

UTAH DEPARTMENT OF HEALTH

FACT SHEET Evidence-Based Lifestyle Change Programs

We Support the Following Evidence-Based LIfestyle Change Programs:

CDSMP
Living Well with Chronic Conditions

DSMP
Living Well with Diabetes

DSME/T
Diabetes Self-Management Education/Training

National DPP
National Diabetes Prevention Program

Stepping On

Details are provided on the next page.

Program Descriptions

Living Well with Chronic Conditions (CDSMP)
(Stanford's Chronic Disease Self-Management Program)

The Living Well with Chronic Conditions program is an effective self- management education program for people with chronic health problems. The workshops empower participants to take an active role in managing their health by giving them the key skills needed to manage any chronic health condition. The program does not address disease specific topics. Family members and others who support people with a chronic health condition are also encouraged to attend. (www.health.utah.gov/arthritis/classes/livingwell.html)

Living Well with Diabetes (DSMP)
(Stanford's Diabetes Self-Management Program)

The Living Well with Diabetes program curriculum is more specific to diabetes self-management and covers topics such as monitoring blood sugar, healthy eating, list of recommended testing and preventive services, how to deal with sick days, foot care, and complications. (www.health.utah.gov/arthritis/classes/dsmp.html)

Diabetes Self-Mangement Education/Training (DSME/T)

Diabetes education is a collaborative process that helps people with diabetes learn how to successfully manage their disease. The goal of diabetes education is to help people with diabetes practice self-care behaviors every day and be as healthy as possible. It is provided by diabetes educators. (www.choosehealth.utah.gov/your-health/lifestyle-change/dsme.php)

National Diabetes Prevention Program (National DPP)

The CDC-led National Diabetes Prevention Program (National DPP) is an evidence-based lifestyle change program for preventing type 2 diabetes. The year-long program helps participants make real lifestyle changes such as eating healthier, including physical activity into their daily lives, and improving problem-solving and coping skills. Participants meet with a trained lifestyle coach and a small group of people who are making lifestyle changes. (www.choosehealth.utah.gov/your-health/lifestyle-change/diabetes-prevention-program.php)

Stepping On

Stepping On is a multifaceted falls-prevention program for the community-residing elderly. About 30% of older people who fall lose their self-confidence and start to go out less often. Inactivity leads to social isolation and loss of muscle strength and balance, increasing the risk of falling. Stepping On aims to break that cycle, engaging people is a range of relevant fall preventive strategies. Stepping On content draws on current evidence for falls prevention. The program has been proven to reduce falls by 31%.
(www.health.utah.gov/vipp/older-adults/falls/)

Find a Course Now: www.Livingwell.Utah.gov

FACT SHEET — Lifestyle Change Programs

	CDSMP	DSMP	DSME/T	National DPP	Stepping On
Title	**Chronic Disease Self-Management Program**	**Diabetes Self-Management Program**	**Diabetes Self-Management Education**	**National Diabetes Prevention Program**	**Stepping On**
Other Titles(s)	Living Well with Chronic Conditions Tomando Control de Su Saldud (Spanish CDSMP)	Living Well with Diabetes Manejo Personal de la Diabetes (Spanish DSMP)	DSMT (Training)	National DPP CDC approved lifestyle change program (LCP)	
To Qualify	18 years and older with a chronic condition or living with someone with a chronic condition	18 years and older with Diabetes, prediabetes or living with someone with Diabetes or prediabetes	Type 1, Type 2, or Gestational diabetes	18 years and older and have a body mass index (BMI) $\geq$24 kg/m^2 ($\geq$22 kg/m^2, if Asian)	60+ years, resides in community, cognitively intact, and has had a fall in the past year or is fearful of falling
Physician Referral	No	No	Yes Include specific indicators; type of diabetes, treatment plan, and reason for referral.	Yes	No
Reimbursed by	Possible under Medicare Part B, but not currently done in Utah	Possible under Medicare Part B, but not currently done in Utah	Medicare Utah Medicaid Utah health plans	Not covered by insurance	Not covered by insurance
Cost for participant	Free	Free	Medicare 20% copay Medicaid $0-3 copay Private call your insurance	Cost varies	Free
Class Details	Group of up to 15 people; Standardized lesson plan	Group of up to 15 people; Standardized lesson plan	Group and/or individual; Variable lesson plans based upon core curriculum	Group of up to 12 people; CDC approved curriculum	Group of 8-15 people
Hours per series	6 week course, 2.5 hours per class	6 week course, 2.5 hours per class	Up to 10 hours in the first year with 2 hours follow-up per year. Individual and group training	1-year long program; First 6-months: 16 weeks, 1-hour sessions; Second 6-months: 1-hour sessions each month for 6-months	7 weeks, 2 hours/class
Taught by	Trained lay leaders	Trained lay leaders	RN, RD, RPharm or other diabetes educator (CDE).	Trained Lifestyle Coach	2 trained leaders
Accrediting agency	Stanford University	Stanford University	American Diabetes Association (ADA) or American Association of Diabetes Educators (AADE)	CDC	Wisconsin Institute for Healthy Aging
Locations	25 contracted partners (LHDs, AAAs, Health Systems)	Contracted partners (LHDs, AAAs, other partners)	38 sites associated with hospitals and clinics	University of Utah and Salt Lake Community College	14 contracted partners (LHDs, AAAs, Intermountain)
Languages	English, Spanish, Navajo, Tongan and Samoan	English & Spanish	English & Spanish	English & Spanish	English

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