



Chronic Disease Self-Management Education Programs



Learn new skills that will help you feel better!

The **Chronic Disease Self-Management Education Programs (CDSMEP)** is a group of free self-management programs for adults of all ages, including those with disabilities, who are living with one or more chronic health condition that requires daily self-management. Conditions may include arthritis, chronic pain, asthma, cancer, HIV, diabetes, high blood pressure or heart disease.

What free programs are available?

- **Chronic Disease Self-Management Program (CDSMP)**
For adults who have one or more chronic health condition
- **Diabetes Self-Management Program (DSMP)**
For adults who have type 2 diabetes
- **Cancer: Thriving and Surviving Program (CTSP)**
For adults who have cancer or are in remission
- **Chronic Pain Self-Management Program (CPSMP)**
For adults who are managing chronic pain
- **Positive Self-Management Program (PSMP) for HIV**
For adults who are managing HIV

All programs are available in Spanish.

What are these workshops like?

All workshops are led by two trained leaders, at least one of whom has a chronic health condition. All workshops are taught in community settings such as churches, hospitals, senior centers and worksites. Participants meet for 2-1/2 hours once a week for six weeks. Workshops are highly participative, and focus on skill-building and support to help develop participants' confidence in their ability to manage their health.

Why is self-management important?

A national study of the **CDSMP** in 2013, which included New Mexico data, found that many participants reported positive, significant improvements, including:



Better Health

- Better quality of life
- Less depression
- More active lives
- Fewer sick days



Better Care

- Improved communication with doctors
- Improved medication adherence
- Improved health literacy



Lower Health Costs

- **\$714 per person saving in emergency room visits and hospital utilization**
- **Potential saving of \$6.6 billion by reaching 10% of Americans with one or more conditions**

What skills are taught during workshops?

- Feedback, problem-solving and goal-setting
- Making an action plan
- Medication usage
- Healthy eating and weight management
- Dealing with depression
- Preventing falls and improving balance
- Reading nutrition labels
- Relaxation techniques and getting a good night's sleep
- Introduction to physical activity and exercise
- Preventing or delaying complications
- Preventing low blood sugar
- Strategies for sick days
- Pain and fatigue management
- Communication skills and working with your healthcare team
- Making decisions about treatment

About Paths to Health NM: Tools for Healthier Living

The **CDSMEP** are among several programs offered through **Paths to Health NM**. All programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. **Paths to Health NM** is supported by the **New Mexico Department of Health**. These programs have been proven to work and improve quality of life.

Join, learn and take control.

Call Paths to Health NM

(505) 850-0176 or (575) 703-2343

What Participants Are Saying ...

DSMP Participant

"I'm surprised at how much I learned about a lot of different things, not just checking my blood sugar levels. I especially like the part about communication and sick days."

CDSMP Participant

"I came out of the program with a new view of how I should live my life. I am now walking. I am drinking much more water, am learning Tai Chi and am looking at all there is to do and learn out there. This program has given me many tools to adjust to my pain and live a healthy, satisfying life."

CTSP Participant

"I took this workshop myself as a 12-year cancer survivor. My quality of life has improved tremendously and I wish I'd taken this course sooner. I highly recommend the workshop to survivors and caregivers to make the journey from surviving to thriving."