Resources to Support Evidence-Based Chronic Disease Self-Management Education and Falls Prevention Programs in Native Communities

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National Council on Aging
Improving the lives of 10 million older adults by 2020
About NCOA

Who We Are:
NCOA is the national voice for every American’s right to age well

Our Vision:
A just and caring society in which each of us, as we age, lives with dignity, purpose, and security
NCOA’s Center for Healthy Aging

- **Goal**: Increase the quality and years of healthy life for older adults and adults with disabilities

- **Two national resource centers funded by the Administration for Community Living**
  - Chronic Disease Self-Management Education (CDSME)
  - Falls Prevention

- **Other key areas**: behavioral health, physical activity, immunizations, oral health

CDSMP at Yellowhawk Tribal Health Center
Technical Assistance Activities

One-on-one support
Annual meeting
National CDSME Database

Learning collaboratives
Webinars
Online tools and resources

Best practices
Networking
Work groups
Tribal organizations funded by ACL

For falls prevention:
- Hardrock Council on Substance Abuse, Arizona
- Inter Tribal Council of Arizona, Inc.
- Indian Health Council, Inc., California
- Little Traverse Bay Bands of Odawa Indians, Michigan
- Match-E-Be-Nash-She-Wish Band of Pottawatomi Indians, Michigan
- Mescalero Apache Tribe, New Mexico
- Sokaogon Chippewa Community, Wisconsin
- Spirit Lake Tribe, North Dakota

For Chronic Disease Self-Management Education:
- Great Plains Tribal Chairmen’s Health Board, South Dakota
- Lac Courte Oreilles Band of Lake Superior Chippewa Indians, Wisconsin
- Lake County Tribal Health, California
- Sokaogon Chippewa Community, Wisconsin
- Yellowhawk Tribal Health Center, South Dakota
Chronic Disease Self-Management Education

- Better Choices, Better Health® online programs for CDSMP, Arthritis, and Diabetes
- Cancer: Thriving and Surviving
- Chronic Disease Self-Management – English and Spanish
- Chronic Pain Self-Management
- Diabetes Self-Management – English and Spanish
- EnhanceWellness
- Positive Self-Management Program for HIV
- Support programs focused on depression, medication management, physical activity, and more
Benefits of CDSME

- **Patients** gain the knowledge, skills, and necessary support to take control of their health and make healthy lifestyle changes.

- **Community-based organizations** successfully address the impact of chronic diseases on the lives of older adults and improve their quality of life.

- **Health care providers** activate patients to participate in their medical plan of care to achieve better health.

- The **national health care system** will be more effective and efficient; CDSME can help achieve the Triple Aim.
CDSME Meets the Goals of the Triple Aim of Health Care

**Better Health**
- Better self-assessed health and quality of life
- Fewer sick days
- More active
- Less depression
- Improved symptom management

**Better Care**
- Improved communication with physicians
- Improved medication compliance
- Increased health literacy

**Lower Costs**
- Decreased ER visits and hospitalizations ($364 net savings per person)
Northwest Regional Council’s Wisdom Warriors

- CDSMP completers are designated as Wisdom Warriors.
- Meet monthly for educational activities.
- Participants receive a *Wisdom Bag* signifying their commitment to their health and are rewarded with pony beads and charms to celebrate accomplishments.
- Wisdom Warriors is implemented in 20 of the 29 tribes in Washington, Alaska, California, Oklahoma, Oregon, and more!
Successes from the Yellowhawk Tribal Health Center, California

- Implementing CDSMP
- Plan to reach 225 participants in Umatilla County, CA.
- Using innovative marketing and recruitment strategies including reaching out to participants through Head Start meetings.
- Trained members of several local tribes in Wisdom Warriors.

Second cohort of leaders trained in Wisdom Warriors at Yellowhawk Tribal Health Center.
Successes from the Lac Courte Oreilles Health Center, Wisconsin

- Plan to engage 70 local elders in Diabetes Self-Management Program workshops.
- Developed a partnership with the Lac Courte Oreilles Department of Aging and neighboring tribes to recruit tribal elders to workshops.
- Identify potential patients through the diabetes registry at the health center.
- Include participant note and feedback on program participation in the health center electronic medical record.
- Utilized local transportation assistance to support participants in attending the workshop sessions.
Evidence-Based Falls Prevention Programs

- A Matter of Balance
- CAPABLE
- CDC’s STEADI
- EnhanceFitness
- FallScape
- Fit & Strong
- Otago Exercise Program
- Tai Chi for Arthritis
- Stay Active and Independent for Life (SAIL)
- Stepping On

- Stay Safe, Stay Active
- Tai Ji Quan: Moving for Better Balance
- YakTrak® Walkers
- YMCA Moving for Better Balance

Stay Safe, Stay Active at Gun Lake Tribe
## Benefits of Falls Prevention Programs

<table>
<thead>
<tr>
<th>Falls Prevention Program</th>
<th>Effectiveness</th>
<th>Net Benefits and ROI</th>
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<tbody>
<tr>
<td><strong>Tai Chi: Moving for Better Balance</strong></td>
<td>Fall rate among participants was reduced by 55%</td>
<td>Net benefit = $530, ROI = 509%</td>
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<tr>
<td><strong>Stepping On</strong></td>
<td>Fall rate among participants was reduced by 30%</td>
<td>Net benefit = $134, ROI = 64%</td>
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<tr>
<td><strong>Otago Exercise Program (adults 80+)</strong></td>
<td>Reduction of 35% in adults over age 80</td>
<td>Net benefit = $429, ROI = 127%</td>
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<tr>
<td><strong>A Matter of Balance</strong></td>
<td>Significant increase in falls efficacy, falls management, and falls control</td>
<td>Total cost savings per Medicare beneficiary = $938</td>
</tr>
</tbody>
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### Sources:
- Report to Congress in November 2013: The Centers for Medicare & Medicaid Services’ Evaluation of Community-based Wellness and Prevention Programs under Section 4202(b) of the Affordable Care Act.
- Stevens, JA, Sogolow, ED. Preventing Falls What Works: A CDC Compendium of Effective Community-based Interventions from Around the World; Atlanta, GA: CDC, 2009.
# Reported Outcomes

<table>
<thead>
<tr>
<th>Outcome</th>
<th>% Improved/Maintained</th>
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<tr>
<td>Program helped reduce their fear of falling</td>
<td>92%</td>
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<tr>
<td>Feel they can protect themselves from a fall</td>
<td>83%</td>
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<tr>
<td>Can find a way to reduce falls</td>
<td>89%</td>
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<tr>
<td>Can find a way to get up if they’ve fallen</td>
<td>86%</td>
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<tr>
<td>Can increase their physical strength</td>
<td>84%</td>
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<tr>
<td>Have become more steady on their feet</td>
<td>87%</td>
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Successes from Sokaogon Chippewa Community, Wisconsin

- Implemented Stepping On, an 8 week multi-factorial fall prevention community program
- Participants
  - Increased physical activity
  - Adopted home safety practices
  - Reported high satisfaction
- Engaged Tribal members to be leaders
- Exceeded participation targets by 13%
- Health clinic continues to provide weights needed by the program participants
Successes from Match-E-Be-Nash-She-Wish Band of Pottawatomi Indians, Michigan

- Implemented Stay Safe, Stay Active that includes both falls prevention education and physical activity
- Word-of-mouth spread information about the program
- Trained multiple people to be program leaders
- Collaborated with their diabetes program for assessment and referrals
- Partnered with local aging service providers to increase participation
- Sustained program by embedding it into health services offerings
Best Practices Toolkit: Resources from the Field

A centralized location for sharing resources from across the U.S. to foster the expansion and sustainability of CDSME and falls prevention programs. The toolkit includes over 200 resources!

Online tools and resources

Roadmap to Community-Integrated Health Care
www.ncoa.org/roadmap
Resources for Chronic Disease Self-Management Education

Visit https://www.ncoa.org/center-for-healthy-aging/cdsme-resource-center/ for:

- Blog posts about managing chronic conditions
- Information about malnutrition and ongoing health conditions
- A list of self-management programs
- Information about online CDSMP

10 Common Chronic Conditions for Adults 65+

- Hypertension (High Blood Pressure): 58%
- High Cholesterol: 47%
- Arthritis: 31%
- Ischemic Heart Disease (or Coronary Heart Disease): 29%
- Diabetes: 27%
- Chronic Kidney Disease: 18%
- Heart Failure: 14%
- Depression: 14%
- Alzheimer’s Disease and Dementia: 11%
- Chronic Obstructive Pulmonary Disease: 11%

Quick Facts

- 80% have at least 1 chronic condition
- 68% have 2 or more chronic conditions

Source: Centers for Medicare & Medicaid Services. Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015
Engaging American Indian/Alaska Native Adults in Chronic Disease Self-Management Education

This tip sheet provides an overview of health disparities in chronic diseases among American Indians/Alaska Natives (AI/AN) and discusses effective strategies for increasing access to chronic disease self-management education (CDSME) programs to improve their health status. It highlights the Wisdom Warriors program in Washington and summarizes activities of current and former grantees funded by the Administration for Community Living (ACL) to expand and sustain CDSME programs in their states, including tribal communities.

Health Disparities

The AI/AN population experiences poorer health status than the general United States population and carries a much heavier burden of chronic illness. One in five of 5.4 million AI/ANs have two or more chronic conditions, and heart disease and cancer are the leading causes of death. Other chronic conditions, such as obesity, heart disease, and University’s Chronic Disease Self-Management Program (CDSMP), have been proven to help people with chronic conditions manage their health and improve their quality of life. Research has shown that CDSMP significantly improves self-reported health, communication with doctors, and appropriate medication use, while lowering health care costs. When provided in a culturally

Falls prevention resources for older adults and caregivers

Visit https://www.ncoa.org/healthy-aging/falls-prevention/ for:

- Videos about evidence-based falls prevention programs and 6 steps to prevent a fall
- Information on Falls Prevention Awareness Day (September 22, 2017)
- Falls prevention success stories
- Resources for older adults and caregivers
- The 2015 Falls Free® Action Plan
- And more!
Next steps: AI/AN/NH Evidence-Based Program Advisory Council

- Support tribal organizations in training community members to lead evidence-based programs.
- Explore modifications to programs to ensure they are culturally appropriate (for example, Matter of Balance and Stepping On)
- Support tribal communities in developing evidence-based programs specifically for Native American/Alaska Native elders.

Tai Chi for Arthritis leader training in Albuquerque, NM for 18 tribal members representing 9 tribes in the Four Corners area.
Next steps: AI/AN/NH Evidence-Based Program Advisory Council

- Funded by the Administration for Community Living
- Led by NCOA’s National CDSME and Falls Prevention Resource Centers
- Co-Chaired by:
  - Becky Bendixen, Tribal Outreach Coordinator, Northwest Regional Council
  - Melody Coleman, Community Programs Manager, Northwest Regional Council
- Council includes members from 15 agencies/organizations, including:
  - ACL National Resource Center on Native American Aging
  - ACL National Resource Center for Alaska Native Elders
  - National Indian Council on Aging (NICOA)
  - National Council of Urban Indian Health
  - University of Arizona, College of Medicine
  - Western Carolina University, College of Health and Human Sciences
Helpful tip sheets

• National Study of the Chronic Disease Self-Management Program: A Brief Overview
• Increasing Completion of Chronic Disease Self-Management Education Workshops (includes information on session zero)
• Chronic Disease Self-Management Education and People with Disabilities
• Tip Sheet: Engaging People with Disabilities in Evidence-Based Programs
• Developing Partnerships with the Disability Community
• Engaging American Indian/Alaska Native Adults in Chronic Disease Self-Management Education
• Engaging American Indian/Alaska Native Elders in Falls Prevention Programs
• Engaging Veterans in Evidence-Based Programs
Our job is to support you.

- Have you implemented evidence-based health promotion programs?
- Have you had challenges implementing evidence-based health programs?
- Are there resources that would help you serve your elders?
- Any questions?
NCOA Resources – www.ncoa.org/cha

- **Sign up** for the Center for Healthy Aging e-newsletter
- **Follow @NCOAging** on social media
- **E-mail healthyaging@ncoa.org** to join our CDSME and falls prevention listservs.
- **Share** NCOA’s free, trusted tools with older adults:
  - [BenefitsCheckUp.org](http://BenefitsCheckUp.org)
  - [EconomicCheckUp.org](http://EconomicCheckUp.org)
  - [MyMedicareMatters.org](http://MyMedicareMatters.org)
THANK YOU

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