Adapting Stanford’s Chronic Disease Self-Management Program to Hawaii’s Multicultural Population

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Hawaii Healthy Aging Partnership (HHAP) Overview

Established in 2003

- A statewide partnership whose mission is to improve the health status of older adults
- Led by Executive Office on Aging & Department of Health

- Now we have 64+ orgs partners!
HHAP has adapted evidence-based programs

Chronic Disease Self-Management Program
In ALL Counties

Diabetes Self-Management Program
In ALL Counties

Arthritis Self-Management Program
In Oahu, Maui, & Hawaii

In Kauai & Oahu & Maui
To offer Stanford’s Chronic Disease Self-Management Programs

1. Get familiar with HHAP by attending meetings
2. Attend training (4 ½ days)
3. Offer 1st workshop (coach will be there to support)
4. Continue to offer the workshops at least one workshop a year

Make sure the person has time to attend the training & can offer 2 ½ hours per week for 6 weeks
Stanford’s Chronic Disease Self-Management Program Overview & Demonstration

Please enjoy!
We Served more than 1725 people! (Average completion rate: 82%)

- 804 individuals attended
- 478 individuals attended
- 276 individuals attended
- 139 individuals attended

Reasons for attending:
- 71%: Have chronic conditions
- 67%: Wanted to learn self-mgmt

Pushpins
- Sites implemented

Age: population, 55 years and above (2007) by ZIP Code
Participant Demographics

- Mean age: 69.9 years old
- Gender: 83% Female
- English limitation: 17%
- Ethnicity: White 28%, Filipino 28%, Native Hawaiian 28%, Japanese 20%

Prevalence of Chronic Conditions

- Diabetes: 36%
- Hypertension: 54%
- Arthritis: 43%
- Heart Disease: 19%
Reporting more exercise, fewer symptoms, and higher self-efficacy
(n=782 at 6-month post-program follow-up)
Reporting communication skills↑ and ↓ medical services

Bar chart showing times in the past 6 months for communication with healthcare providers and visits to healthcare facilities (Physician, ER, Hospital). The Y-axis represents the times, with 0-5 indicating lower communication. The X-axis categories are communication with healthcare providers and healthcare facility visits. The chart indicates a comparison between before and 6-month data.
Move Forward Together

• CDSMP
  – Is very interactive and FUN!
  – Is beneficial for variety of ethnic groups
  – Can improve health & lower health care costs
    (health care cost savings of approximately $590 per participant*)

• To Join offering CDSMP & to learn about HHAP,
  – Please contact: Hawaii Executive Office on Aging, Caroline Cadirao, 586-0100