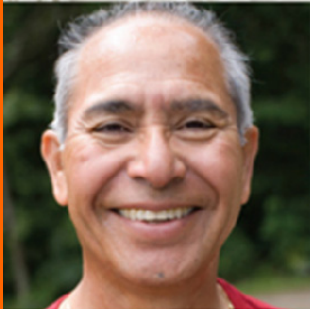


Living Well in Idaho



Elmore Medical Center
Center for Community Health



What is Living Well in Idaho?

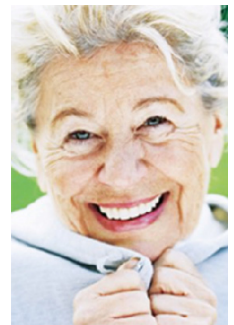
Living Well in Idaho (LWI), known elsewhere as the Chronic Disease Self-Management Program (CDSMP), is a health workshop in which participants learn how to better manage their health.

Participants meet once a week for six weeks and learn about goal-setting and problem-solving, nutrition, medication management, exercises that improve flexibility and strength, communicating about having the condition, stress management, and more.

Who is it for?

Anyone with an ongoing health issue. Because of the wide range of subjects addressed common to people with a chronic disease, it doesn't matter *which* chronic diseases the participants have—they can participate and gain from the experience. Participants may have the following ongoing health issues: diabetes, hypertension, heart disease, lung disease, anxiety, depression, or others not mentioned here.

Caretakers or family members are also welcome to join.



Is it a class?

It is both a class and a support group. There is a curriculum, but the class leaders mostly help facilitate & steer conversation. Participants learn from the class materials (textbook) and from the experience of others who talk about what's worked for them.

Does it work?

Research shows that many participants can achieve more energy, less fatigue, fewer doctor visits *and* fewer hospitalizations if they participate all six weeks.

Stanford's review of research findings notes:

"There is strong evidence across studies that CDSMP has a beneficial effect on physical & emotional outcomes, and health-related quality of life. This statement is based on high-quality information, standardized measures and is made with a high degree of confidence. The program consistently results in greater energy/reduced fatigue, more exercise, fewer social role limitations, better psychological well-being, enhanced partnerships with physicians, improved health status, and greater self efficacy."

Locally, participants who have graduated from the program have noted positive changes in their health, confirming the research findings.

For information about Living Well in Idaho in the Mountain Home area,
contact the Center for Community Health:
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