

Providers' Guide to Community Resources

<p>Chronic Disease Self-Management Program (CDSMP) Kansas Department of Health and Environment (KDHE) 1000 SW Jackson, Ste. 230 Topeka, KS 66612 785-296-1627 betterhealth@kdheks.gov www.toolsforbetterhealthks.org</p> <p>Cost: Typically free, but some organizations may charge a small fee.</p>	<p>Chronic Disease Self-Management Program is an evidence-based workshop for people with chronic health conditions, such as arthritis, asthma, diabetes, high blood pressure or depression, as well as caregivers. Workshops are interactive learning opportunities that teach techniques to manage common symptoms, such as appropriate use of medication and communicating effectively with family, friends and health professionals. Workshops are led by two trained leaders who follow a scripted curriculum, lasting 2.5 hours per week for six weeks (total of 6 classes). All information shared in workshops is meant to be complementary to clinical instructions and no specific medical advice is given.</p>
<p>Diabetes Prevention Program (DPP) KDHE 1000 SW Jackson, Ste. 230 Topeka, KS 66612 785-296-2330 betterhealth@kdheks.gov www.toolsforbetterhealthks.org</p> <p>Cost: Varies by location</p>	<p>CDC-recognized Diabetes Prevention Programs (DPP) are based on research led by the National Institutes of Health. DPP can reduce participants' risk of developing type 2 diabetes by nearly 60%. DPP classes assist people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes. Participants meet with a trained lifestyle coach once a week for six months then once a month for six months to make permanent lifestyle changes and lose 5-7% of their body weight.</p>
<p>Diabetes Self-Management Program (DSMP) KDHE 1000 SW Jackson, Ste. 230 Topeka, KS 66612 785-296-1627 betterhealth@kdheks.gov www.toolsforbetterhealthks.org</p> <p>Cost: Typically free, but some organizations may charge a small fee.</p>	<p>Diabetes Self-Management Program is an evidence-based workshop for people with type 2 diabetes. Workshops are interactive learning opportunities that teach techniques to manage common symptoms, such as fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration. Workshops are led by two trained leaders who follow a scripted curriculum, lasting 2.5 hours per week for six weeks (total of 6 classes). All information shared in workshops is meant to be complementary to clinical instructions and no specific medical advice is given.</p>

Early Detection Works (EDW)

KDHE
1000 SW Jackson, Ste. 230
Topeka, KS 66612
Clinical Nurse Manager
785-291-3738
edw@kdheks.gov

Cost: Free to women who qualify

Early Detection Works (EDW) is a program designed to reduce mortality and morbidity from breast and cervical cancer among low-income Kansas women. EDW includes education on eligibility requirements, EDW covered services, and current breast and cervical cancer guidelines. The program pays for specific screenings and diagnostics for low income, age-appropriate, medically under-served women.

Eligibility: 40-64 years old (Limited resources are available for women under 40 with documented breast or cervical health concerns); do not have health insurance or are underinsured (deductible > \$2500); and meet income eligibility guidelines:

Household Size	Annual Household Income Maximum	Monthly Household Income Maximum
1	\$29,425	\$2,452
2	\$39,825	\$3,319
3	\$50,225	\$4,185
4	\$60,625	\$5,052
5	\$71,025	\$5,919
6	\$81,425	\$6,785
7	\$91,825	\$7,652

If providers are unsure about a patient's eligibility, please contact EDW.

Enhance Fitness

KDHE
1000 SW Jackson, Ste. 230
Topeka, KS 66612
785-296-2330
betterhealth@kdheks.gov
www.toolsforbetterhealthks.org

Cost: Varies by location and YMCA membership

Enhance Fitness is an evidence-based group exercise program designed by Senior Services to help older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. Enhance Fitness supports the CDC's recommendation of physical activity as the best non-pharmacological treatment for arthritis, but the classes are beneficial to anyone looking to start an exercise program. During Enhance Fitness exercise sessions trained and certified instructors lead participants through a brief warmup, several minutes of aerobic exercise, strength training, stretching, balance exercises and a brief cool-down. These one-hour classes are designed to be fun, relaxed and provide opportunities for participants to socialize. Participants meet three times per week.

<p>Kansas Tobacco Quitline Matthew Schrock, Cessation Coordinator KDHE 300 W Douglas, Ste. 700 Wichita, KS 67202 316-337-6056 mschrock@kdheks.gov www.KSquit.org</p> <p>Cost: Free</p>	<p>The Kansas Tobacco Quitline provides free one-on-one coaching for Kansans interested in and/or attempting to quit using any form of tobacco. It is designed to help the tobacco user take control of his/her attempt to quit. The Quitline is available online (www.KSquit.org) and by phone (1-800-QUIT-NOW), text or mobile application. Trained Quit Coaches provide participants support to create an individual plan to quit tobacco and resist cravings. All callers have the opportunity to participate in five counseling sessions and pregnant and post-partum women have access to 10 sessions. The Quitline answers all calls live and provides intake services 24 hours a day, seven days a week; counseling services are provided 24 hours a day. Translation services are available in 150 languages and TTY is available for individuals who are deaf or have partial hearing loss.</p>
<p>Stepping On KDHE 1000 SW Jackson, Ste. 230 Topeka, KS 66612 785-296-8163 Lhaskett@kdheks.gov www.toolsforbetterhealthks.org</p> <p>Cost: Varies by location</p>	<p>The Stepping On program is research-based and scientifically proven to reduce falls by more than 30%. Stepping On is a program that offers older adults (60 and older) a way of reducing falls by incorporating and discussing a range of issues that include falls and risks, strength and balance exercises, medication review, vision exams, home safety, safe footwear and what to do and how to cope after a fall. The Stepping On course consists of seven weekly classes that are each approximately two-hours, followed by a home assessment at three-months, and a six month follow-up.</p>
<p>Walk with Ease KDHE 1000 SW Jackson, Ste. 230 Topeka, KS 66612 785-296-2330 betterhealth@kdheks.gov www.toolsforbetterhealthks.org</p> <p>Cost: Free</p>	<p>Walk With Ease is a walking program to encourage people with and without arthritis to begin a walking routine and stay motivated to stay active. During the 6-week program, groups meet three times per week (total of 18 classes). Each class begins with a health education session on arthritis- or exercise-related topic, followed by stretching and a 10-35 minute walk. Participants also receive educational materials and tools. A self-directed version of the program is also available.</p>