



Community  
Health Resources  
for Your Patients  
Health Professionals' Guide  
May 2017





## How to use this Toolkit

This toolkit is designed to help the health professional refer patients to nationally recognized and proven programs for better health. Each resource will have one page that briefly describes the program, the supporting evidence, and where to refer patients. **The following page is a handout you may distribute to patients for further referral.**

Information in this toolkit is designed to give you the most up-to-date resources when speaking with patients. This information helps you connect patients to local resources that support them in following your recommendations to improve their lifestyles and manage existing chronic conditions.

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# Chronic Disease Self-Management Program (CDSMP)

785-291-3742

[KDHE.BetterHealth@ks.gov](mailto:KDHE.BetterHealth@ks.gov)

[www.toolsforbetterhealthks.org](http://www.toolsforbetterhealthks.org)

Cost: Typically free, but some organizations may charge a small fee.

Chronic Disease Self-Management Program (CDSMP) 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. Over 1,000 people with heart disease, lung disease, stroke or arthritis participated in a randomized, controlled test of the Program, and were followed for up to three years. Subjects who took the Program, when compared to those who did not, demonstrated significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability, and social/role activities limitations. They also spent fewer days in the hospital, and there was a trend toward fewer outpatient visits and hospitalizations. These data yield a cost to savings ratio of approximately 1:4. Many of these results persist for as long as three years. [patienteducation.stanford.edu/programs/cdsmp.html](http://patienteducation.stanford.edu/programs/cdsmp.html)

# Chronic Disease Self-Management Program (CDSMP)

## Helping you manage your health

Chronic Disease Self-Management Program (CDSMP) workshops are interactive, evidence-based programs developed by Stanford University to help people with chronic health conditions better manage their health. People with different chronic health conditions attend 2.5 hour sessions once a week for six weeks (6 total classes). Workshops are led by two trained leaders, one or both of whom have a chronic disease.

Family and caregivers of people with chronic conditions are encouraged to attend workshops as well.

### You will learn:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating better with family, friends and health professionals about your condition(s)
- Ways to improve your nutrition
- Decision making
- How to evaluate new treatments

Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

### Participants have shown improvements in:

- Exercise
- Symptom management
- Communication with physicians
- Self-reported general health
- Health distress
- Fatigue
- Disability
- Social activity limitations
- Reduced days in the hospital and fewer outpatient visits

## Get Started



Visit [www.toolsforbetterhealthks.org](http://www.toolsforbetterhealthks.org) and select "Find a Workshop" contact KDHE at 785-291-3742 or [KDHE.BetterHealth@ks.gov](mailto:KDHE.BetterHealth@ks.gov) for information about programs in Kansas.

**"The workshop put me back in charge of my life and I feel great. I only wish I had done this sooner."**

*-CDSMP Participant*

For more information about the Stanford University program, please visit: [patienteducation.stanford.edu/programs/](http://patienteducation.stanford.edu/programs/). Workshops are typically free, although some organizations may charge a small fee.

# Diabetes Prevention Program (DPP)

785-291-3742

[KDHE.BetterHealth@ks.gov](mailto:KDHE.BetterHealth@ks.gov)

<http://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/index.html>

Cost: Varies by location

CDC-recognized Diabetes Prevention Programs (DPP) are based on research led by the National Institutes of Health. Research has shown that people who participate in a structured lifestyle change program, such as DPP, are able to cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). These findings were the result of the program helping people lose 5% to 7% of their body weight through healthier eating and 150 minutes of physical activity a week.

# Diabetes Prevention Program (DPP)

## Helping you make lifestyle changes to prevent diabetes

The Diabetes Prevention Program (DPP) is a lifestyle change program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

Prediabetes is identified when a person's blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems including heart disease and stroke.

Learning new habits, gaining new skills and building confidence takes time. As you begin to eat better and become more active, you'll notice changes in how you feel, and maybe even in how you look.

DPP classes assist people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes and can reduce their risk of developing type 2 diabetes by nearly 60 percent. A trained lifestyle coach leads the DPP program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress and getting more physical activity. The program also includes group support from others who share your goals and struggles.

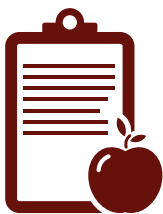
This lifestyle change program is not a fad diet or an exercise class. And it's not a quick fix. It's a year-long program focused on long-term changes and lasting results.

A year might sound like a long commitment, but learning new habits, gaining new skills and building confidence takes time. As you begin to eat better and become more active, you'll notice changes in how you feel, and maybe even in how you look.

## Get Started

To learn more about what it's like to be in a lifestyle change program, visit The Lifestyle Change Program Details [www.cdc.gov/diabetes/prevention/lifestyle-program/experience/](http://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/). To see if there is a program near you visit [www.toolsforbetterhealthks.org](http://www.toolsforbetterhealthks.org) and select "Find a Workshop" contact KDHE at 785-291-3742 or [KDHE.BetterHealth@ks.gov](mailto:KDHE.BetterHealth@ks.gov). The cost of the program varies by location.

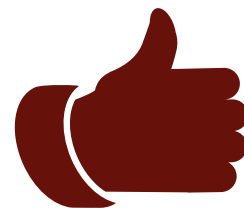
### DPP Lifestyle Change Classes Provide



Trained  
Lifestyle  
Coach



CDC  
Approved  
Curriculum



Group  
Support  
During the  
Course of a  
Year



# Diabetes Self-Management Program (DSMP)

785-291-3742

[KDHE.BetterHealth@ks.gov](mailto:KDHE.BetterHealth@ks.gov)

[www.toolsforbetterhealthks.org](http://www.toolsforbetterhealthks.org)

Cost: Typically free, but some organizations may charge a small fee.

The Diabetes Self-Management Program (DSMP) is an evidence-based workshop for people with type 2 diabetes. DSMP was developed through a randomized, controlled study to test the workshop's effectiveness. Six months after the workshop, participants had significant improvements in depression, symptoms of hypoglycemia, communication with physicians, healthy eating, and reading food labels. They also had significant improvements in patient activation and self-efficacy. At 12 months, DSMP participants continued to demonstrate improvements in depression, communication with physicians, healthy eating, patient activation, and self-efficacy. There were no significant changes in utilization or A1C (A1C values were already in the desirable range at the beginning of the study for most participants). 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.

[patienteducation.stanford.edu/programs/diabeteseng.html](http://patienteducation.stanford.edu/programs/diabeteseng.html)

# Diabetes Self-Management Program (DSMP)

## Helping you manage your diabetes

Diabetes Self-Management Program (DSMP) workshops are interactive, evidence-based programs developed by Stanford University. People with type 2 diabetes attend the 2.5 hour sessions once a week for six weeks (6 total classes). Workshops are led by two trained leaders, one or both of whom are living with diabetes.

### You will learn:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working better with health care providers

***Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.***

Participants make weekly action plans, share experiences, and help each other solve problems.

Evidence shows that people who participated in DSMP demonstrated significant improvements in diabetes-related depression, symptoms of hypoglycemia, communication with physicians, healthy eating and reading food labels. They also had significant improvements in patient activation and confidence to reach personal goals.

## Get Started

Visit [www.toolsforbetterhealthks.org](http://www.toolsforbetterhealthks.org) and select "Find a Workshop" contact KDHE Coordinator at 785-291-3742 or [KDHE.BetterHealth@ks.gov](mailto:KDHE.BetterHealth@ks.gov) for information about Kansas DSMP and to find a class near you. For more information about the Stanford University program, please visit: [patienteducation.stanford.edu/programs/](http://patienteducation.stanford.edu/programs/). Workshops are typically free, although some organizations may charge a small fee.

### DSMP Lifestyle Change Classes Provide



Trained  
Leaders



CDC  
Approved  
Curriculum



Group  
Support  
During the  
Workshops

# Breast and Cervical Cancer Screening for Women with Low Income

785-296-1207

[edw@ks.gov](mailto:edw@ks.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 women in Kansas with low income. 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 based on 250% of current federal poverty guidelines:

## Income Eligibility Guidelines (updated annually)

Family Size*	Monthly	Yearly
1	\$ 2,513	\$ 30,150
2	\$ 3,383	\$ 40,600
3	\$ 4,254	\$ 51,050
4	\$ 5,125	\$ 61,500
5	\$ 5,996	\$ 71,950
6	\$ 6,867	\$ 82,400
7	\$ 7,738	\$ 92,850
8	\$ 8,608	\$ 103,300

For households with more than 8 persons, add \$10,450 for each additional person.  
Guidelines updated 2017.

*If providers are unsure about a patient's eligibility, please contact Early Detection Works at [edw@ks.gov](mailto:edw@ks.gov) or 785-296-1207.*

# Early Detection Works Program (EDW)

## Helping you get breast & cervical cancer screenings

This program pays for breast and cervical cancer screenings for Kansas women who:

- Are 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)
- Meet income eligibility guidelines based on 250% of current federal poverty guidelines.  
(see table)

### Income Eligibility Guidelines (updated annually)

Family Size*	Monthly	Yearly
1	\$ 2,513	\$ 30,150
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7	\$ 7,738	\$ 92,850
8	\$ 8,608	\$ 103,300
For households with more than 8 persons, add \$10,450 for each additional person. Guidelines updated 2017.		

### Early Detection Works Program Services

Women may enroll by calling toll-free 1-877-277-1368. Women who qualify for this program are given an **enrollment number** and referred to a health care provider in the Early Detection Works network of providers.

### What if something is wrong?

If one of your screening tests shows a potential problem, the health care provider will explain it to you and the Early Detection Works program will pay for specific diagnostic tests. The health care provider will assist you in making these appointments.

### What if I need treatment?

Women who are Kansas residents and diagnosed with cancer through the Early Detection Works program are eligible for referral to KanCare (Kansas Medicaid) for treatment. Other treatment options may be available for women not eligible for KanCare.

Visit [www.kdheks.gov/edw](http://www.kdheks.gov/edw) or call toll-free 1-877-277-1368 to learn more about the program.

The Kansas Breast and Cervical Cancer Early Detection Works Program is funded through the Centers for Disease Control and Prevention, Cooperative Agreement number DP003889, the State of Kansas and through grant funding from both the Kansas and Greater Kansas City Affiliates of Susan G. Komen.

# Kansas Tobacco Quitline

Matthew Schrock, Cessation  
Coordinator

316-337-6056

[matthew.schrock@ks.gov](mailto:matthew.schrock@ks.gov)

[www.KSquit.org](http://www.KSquit.org)

Cost: Free

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](http://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.

# Kansas Tobacco Quitline

## **KSquit.org** or **1-800-QUIT-NOW (784-8669)**

The Kansas Tobacco Quitline **KSquit.org** or **1-800-QUIT-NOW (784-8669)** provides FREE one-on-one coaching for Kansans ready to quit using any form of tobacco. It is designed to help you take control of your attempt to quit. The Quitline is available 24 hours a day/7 days a week online and by phone, text or mobile application. Trained Quit Coaches provide you support to create an individual plan to quit tobacco and fight cravings.

### **Quitline Services**

- Confidential, personalized support
- Readiness quiz
- Cost savings calculator
- Telephone assistance in English or Spanish and translation for more than 150 other languages
- Quit Guide — a workbook you can reference in any situation to help stick with your Quit Plan
- Quit Coach® — one-on-one support whenever you need it over the phone from expert Quit Coaches® who specialize in helping people quit tobacco
- Web Coach® — online access to highly trained coaches by live chat and email. You can use Web Coach® alone or in addition to phone support. Gain membership to a private, online community where you can watch videos, complete activities and have discussions with others in the program. Trackers measure progress and money saved.
- Quitting Aids — assistance in helping you decide what type, dose and duration of nicotine substitute or other medication is right for you



### **Text2Quit**

- A text message feature allows you to connect with your Quit Coach®, interact with Web Coach®, use medications correctly, manage urges and avoid relapse — all from your cell phone.
- Enroll in Text2Quit by completing the online registration at **KSquit.org** or complete the enrollment by phone at 1-800-QUIT-NOW (784-8669).

### **Mobile Application (quitforlifeapp.com)**

- The mobile app supports you through the entire quit process
- To boost motivation, the mobile app tracks money saved and days added back to your life
- To download the mobile app, go to **www.quitforlifeapp.com**

The Quitline is provided through a partnership between the Kansas Department of Health and Environment and Alere Wellbeing.

# Physical Activity for People with Arthritis

316-219-9622 ext 5578

[Lianna.Fry@ymcawichita.org](mailto:Lianna.Fry@ymcawichita.org)

[www.toolsforbetterhealthks.org](http://www.toolsforbetterhealthks.org)

Cost: Varies by location and  
YMCA membership

EnhanceFitness 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. [www.projectenhance.org/AboutEvidenceBasedPrograms/Citations.aspx](http://www.projectenhance.org/AboutEvidenceBasedPrograms/Citations.aspx) EnhanceFitness 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 EnhanceFitness exercise sessions, trained and certified instructors lead participants through a brief warm-up, 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.

# EnhanceFitness Program

## Helping you be more active and energized

The Kansas Department of Health and Environment partners with the Kansas State Alliance of YMCAs to offer EnhanceFitness. EnhanceFitness is a group exercise program designed to help older adults at all levels of fitness become more active, energized and empowered to sustain independent lives.

EnhanceFitness supports the Centers for Disease Control and Prevention's recommendation of physical activity as the best non-drug treatment for arthritis, but the classes are beneficial to anyone looking to start an exercise program.

During EnhanceFitness exercise sessions, trained and certified instructors lead participants through a brief warm-up, 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.

### A typical class includes:

- A certified instructor with special training in bringing out the physical best from older adults
- A 5-minute warm-up to get the blood flowing to the muscles
- A 20-minute aerobics workout that gets participants moving, or a walking workout to lively music that the class chooses
- A 5-minute cool-down
- A 20-minute strength training workout with soft ankle and wrist weights (0 up to 20 pounds)
- A 10-minute stretching workout to keep the muscles flexible
- Balance exercises throughout the class
- Lots of opportunities for participants to make new friends and acquaintances

## Get Started

Current class locations: Wichita, Salina, McPherson, Kansas City, Dodge City, Garden City and Topeka YMCA branches. The cost of the program varies by location and YMCA membership.

For more information visit [www.projectenhance.org/enhancefitness](http://www.projectenhance.org/enhancefitness) or contact Lianna Fry, Senior Program Director of Community Health at the Greater Wichita YMCA, [Lianna.Fry@ymcawichita.org](mailto:Lianna.Fry@ymcawichita.org) or 316-219-9622 ext 5578.





# Falls Prevention

785-296-8163

[lori.haskett@ks.gov](mailto:lori.haskett@ks.gov)

[www.toolsforbetterhealthks.org](http://www.toolsforbetterhealthks.org)

Cost: Varies by location

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.

## Stepping On Program

### Helping you reduce falls

Stepping On is a program that helps you by working on and discussing a range of issues that include falls and risks, strength and balance exercises, a 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.

Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health, reduce their risk of falls, and maintain active and fulfilling lives.

***The Stepping On program is proven to reduce falls by more than 30 percent.***

## Benefits of Stepping On:

- Learn to step outside your home with confidence
- Learn with people your own age
- Become more aware of fall hazards and learn how to reduce your fall risk
- Study the most up-to-date information on falls prevention
- Help others by sharing what has worked for you

## To participate in Stepping On you must:

- Be 60 years old or older
- Have had a fall in the last year or have a fear of falling
- Be able to move independently on your own or with assistance (cane or walker)

**The Stepping On community workshops are facilitated by trained leaders.**

## Get Started

To find a workshop in your area go to “Stepping On participants workshop schedule” at [www.kdheks.gov/idp/stepping\\_on.htm](http://www.kdheks.gov/idp/stepping_on.htm). For more information about Stepping On please visit [www.kdheks.gov/idp/stepping\\_on.htm](http://www.kdheks.gov/idp/stepping_on.htm) or call 785-296-8163. The cost of the program varies by location.





