

Chronic Disease Self-Management Program (CDSMP) Talking Points for Engaging with Healthcare Providers

The talking points below provide messaging to help healthcare providers better understand the chronic disease self-management program (CDSMP), its benefits and how to start a new program in their area. These points should be adapted to your speaking style, making them easy to recall and share.

About the Chronic Disease Self-Management Program (Better Choices, Better Health)

- The evidence-based chronic disease self-management program (CDSMP), known in Iowa as Better Choices, Better Health, supports adults living with various long-term conditions in learning disease management skills, building confidence and improving their physical and psychological well-being.
- Trained instructors, including at least one with a chronic condition, lead these sessions. Groups of 8 to 16 adults meet once a week for two hours over six weeks. Participants talk, share ideas, give advice, work together to solve problems, set goals and create personal action plans to address concerns.
- During the program, participants learn:
 - Techniques to manage depression, frustration, fatigue, pain and isolation.
 - Tips to maintain and improve strength, flexibility and endurance.
 - Practical steps to build healthy eating habits.
 - Breathing, relaxation and other practices for reducing anxiety and stress.
 - Ways to effectively communicate with family members, friends and healthcare providers.
 - How to evaluate new treatments and manage medications.
- More information about CDSMPs, including a variety of tools to educate and promote these services to staff and patients, is available at HHS.Iowa.gov/Diabetes.

Why Refer Your Patients to a CDSMP

- Patients with diabetes count on their healthcare provider more than any other source of information to help them manage chronic conditions. You play a vital role in helping more people access these low-cost, effective services.
- The 2023 America's Health Rankings report that 9.9% of adult Iowans had three or more chronic health conditions — an average rate that has remained consistent since 2015.¹ Chronic diseases, including diabetes, are responsible for an annual average of 279.7 deaths for women and 423.8 deaths for men in Iowa.² Chronic diseases are the top cause of death and disability in the United States. Six out of 10 adults have at least one, and four in 10 have two or more.^{3,4}
- Chronic disease self-management programs expand a patient's support network and teach them to make better health choices that support medical treatment.
- National studies show that people who take part in CDSMPs significantly improve and maintain healthy behaviors, leading to better outcomes, including fewer hospital visits.⁵
- Visit HHS.Iowa.gov/Diabetes to find local CDSMPs and patient referral materials.

Starting a CDSMP

- By starting a new CDSMP, you help more people live happier, healthier lives and increase your positive impact in the community.
- Iowa HHS provides resources and information about requirements, costs and more to help you start your own CDSMP at HHS.Iowa.gov/Diabetes.

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Talking Points for Engaging with Healthcare Providers

Sources

1. [America's Health Rankings 2023, United Health Foundation](#)
2. [Kaiser Family Foundation: "Number of Cancer, Diabetes & Heart Disease Deaths per 100,000 Population by Gender," 2019](#)
3. [Centers for Disease Control and Prevention, "National Center for Chronic Disease Prevention and Health Promotion," 2019](#)
4. [Centers for Disease Control and Prevention, "About Chronic Diseases," 2019](#)
5. ["The Effectiveness of the Chronic Disease Self-Management Program in Improving Patients' Self-Efficacy and Health-Related Behaviors: A Quasi-Experimental Study," National Library of Medicine, 2024](#)