

## Better Choices / Better Health Program

Our program was formally known as CDSMP (Chronic Disease Self Management Program) is based on the widely successful Stanford University model for evidence based self management of chronic conditions. It is a workshop of six (6) sessions where participants actively learn how to manage their health problems. The workshop leaders are trained staff or volunteers who may have chronic conditions themselves and can relate to the participants.

The Better Choices/Better Health Program has been in existence for over 17 years and is used around the world. Iowa was first awarded a grant from the Administration on Aging to implement this program in 2008 and now has programs in many counties throughout Iowa. Iowa's goal is to have workshops available to all residents of the state. A web-based model of the program has recently been roll-out in Iowa.

### Who should attend?

Anyone with any chronic health problem can benefit from the program.

Friends, caregivers, or relatives who are involved with the participant would also benefit from the problem solving skills related to managing a health condition and may also attend classes.

### What does the program target?

- Sleep problems
- Difficult emotions
- Pain management
- Loss of energy
- Feelings of being overwhelmed



Put Life Back  
In Your Life

### What do those who complete the program report?

- Better communication with doctors, dietitians or nurses.
- Reduced frustration
- Less fatigue and tiredness
- Accomplishing daily tasks more easily
- Easier breathing
- Reduced stress and anxiety
- Feeling in control of condition

**Why is the Better Choices/Better Health program so successful?** Because the participant learn healthy ways to live with chronic conditions, feel more in control of their health and will have fun enjoying the class with others.