



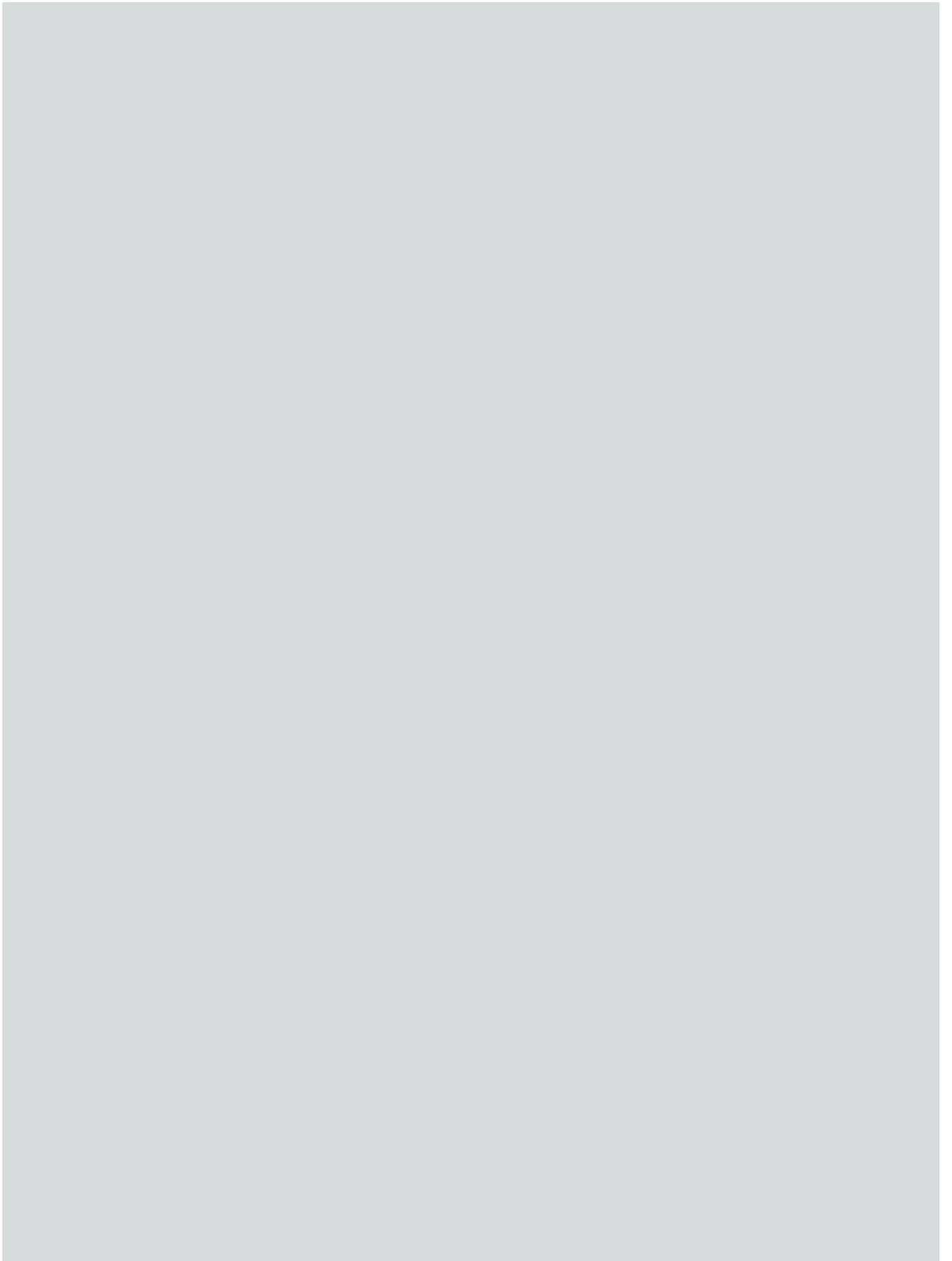
# Community Health Program Guide



## SEE PUBLIC HEALTH DIFFERENTLY

Public health enhances quality of life in Montana  
by supporting healthy living in your community







## Community Health Program Guide

Public health enhances quality of life in Montana by supporting healthy living in your community. It touches everyone in Montana – from the minute you're born, throughout your entire life. Take a closer look at what public health programs are available in your community to make your life better and See Public Health Differently.

### Purpose of guide

This guide highlights programs that address the prevention and management of chronic disease and health disparities experienced by Montanans, including people with disabilities who experience secondary conditions, such as pain and depression. These programs offer access to health promotion and healthy lifestyle opportunities.

### Goal of community health programs

These programs aim to reduce and prevent illness and death through healthy lifestyles and self-management and by addressing specific health gaps and disparities.

### How to use the guide

**The table of content lists the community health programs and briefly provides:**

- Program Description
- Time Commitment of Participant
- Target Audience
- Website for more Information

**Fact Sheets on each program are provided for more detail on:**

- Why to Make a Referral
- Program Description
- Program Benefits
- What is Provided for Participants
- Resources & Contact Information

# Public Health Interventions To Serve Montanans



## PUBLIC HEALTH INTERVENTIONS & COMMUNITY-BASED PROGRAMS

Program/ Intervention	Description	Time Commitment of Participant	Target Audience	Website	Pg
Arthritis Foundation Exercise Program	A recreational exercise program for adults with arthritis. Includes health education, exercise for any fitness level, and relaxation techniques	1 hour class 2-3 times per week	All Montana adults with arthritis or anyone wanting to establish an exercise routine	<a href="http://dphhs.mt.gov/publichealth/arthritis">http://dphhs.mt.gov/publichealth/arthritis</a>	4
Walk With Ease	Teaches participants how to safely start and maintain a regular walking routine	1 hour class 3 times per week	All Montana adults with arthritis or anyone wanting to establish an exercise routine	<a href="http://dphhs.mt.gov/publichealth/arthritis">http://dphhs.mt.gov/publichealth/arthritis</a>	5
Enhanced Fitness	Helps adults with Arthritis adopt and maintain an exercise routine in order to improve function and decrease pain. All exercises can be done sitting or standing.	1 hour class 3 times per week	All Montana adults with arthritis or anyone wanting to establish an exercise routine	<a href="http://dphhs.mt.gov/publichealth/arthritis">http://dphhs.mt.gov/publichealth/arthritis</a>	6
Asthma Education	1-on-1 Asthma self-management tools, education, counseling and support regarding medications and triggers	1 hour – with opportunities for follow-up sessions	Children & Adults with Asthma; Parents of kids with Asthma	<a href="http://www.dphhs.mt.gov/Asthma.aspx">http://www.dphhs.mt.gov/Asthma.aspx</a>	7
Breast, Cervical & Colorectal Cancer Screening	Offers mammograms, pap tests, some diagnostic tests, colonoscopies and high-sensitivity FITs/FOBTs to eligible Montanans; Eligibility is based on age, income and insurance status	Office visit and time to complete screening test – at home or in medical facility (depending on the specific test)	Eligibility is open to people who are un- or under-insured and meet age and income guidelines; Women (ages 30-64) / Men (ages 50-64)	<a href="http://dphhs.mt.gov/cancer">http://dphhs.mt.gov/cancer</a>	8
Montana: Living Life Well	Helps adults with one or more Chronic Conditions learn how to take control of their own health	2.5 hours per week for 6 weeks	Montanans with 1 or more Chronic Conditions and their family members or caretakers	<a href="http://dphhs.mt.gov/publichealth/arthritis">http://dphhs.mt.gov/publichealth/arthritis</a>	9
Montana Diabetes Prevention Program	Offers comprehensive group-based education on healthy diet and exercise to help adults at high risk for Diabetes to adopt healthy lifestyles	2-4 hours per week for 10 months to adopt healthy lifestyles	Adults who are overweight and have risk factors for Type 2 Diabetes and Heart Disease	<a href="http://www.mtprevention.org">www.mtprevention.org</a> <a href="http://www.diabetes.mt.gov">www.diabetes.mt.gov</a>	10

# Public Health Interventions To Serve Montanans



## PUBLIC HEALTH INTERVENTIONS & COMMUNITY-BASED PROGRAMS

Program/ Intervention	Description	Time Commitment of Participant	Target Audience	Website	Pg
Diabetes Self-Management Education	Connects people with diabetes to quality diabetes education to enhance engagement with positive self-management and improve quality of life	Individually tailored to each person's needs (e.g. up to 10 hours in year one, then 2 hours the following year)	People diagnosed with diabetes	<a href="http://www.diabetes.mt.gov">www.diabetes.mt.gov</a>	11
Living Well with a Disability Program	A peer support workshop for people with physical disabilities (e.g., paralysis) that uses goal setting and adoption of healthy lifestyle to prevent and manage secondary conditions (e.g., depression, pressure sores, infection) and to maintain independence and quality of life	2 hours per week for 10 weeks	Adults with disabilities	<a href="http://livingandworkingwell.ruralinstitute.umt.edu">http://livingandworkingwell.ruralinstitute.umt.edu</a>  <a href="http://mtdh.ruralinstitute.umt.edu">http://mtdh.ruralinstitute.umt.edu</a>	12
Montana Tobacco Quit Line	Offers free telephone counseling, Nicotine Replacement Therapy (NRTs) and certain cessation medications at a reduced cost to Montana tobacco users	15-30 minutes per call for 5 calls <i>(online program also available via website)</i>	All Montana tobacco users	<a href="http://tobaccofree.mt.gov">http://tobaccofree.mt.gov</a>  1-800-QUIT-NOW (1-800-784-8669)  <a href="http://www.QuitNowMontana.com">www.QuitNowMontana.com</a>	13
Montana Asthma Home Visiting Program (MAP)	Offers six contacts from a registered nurse in the home and over the phone to address factors related to a child's uncontrolled Asthma	6-8 hours over the course of 1 year	Children (ages 0-17) with uncontrolled asthma	<a href="http://dphhs.mt.gov/asthma">http://dphhs.mt.gov/asthma</a>	14
Stepping-On Program	Offers a multi-faceted Fall Prevention Program that addresses medication, visual impairments, exercise and the home environment	2 hours per week for 7 weeks + a 1-hour reunion class	Adults (ages 60+) who have recently fallen or have a fear of falling	<a href="http://dphhs.mt.gov/publichealth/EMSTS/prevention/falls.aspx">http://dphhs.mt.gov/publichealth/EMSTS/prevention/falls.aspx</a>	15
Working Well with a Disability	A health promotion workshop for people with physical disabilities (e.g., paralysis) that considers the prevention and management of secondary conditions (e.g., depression, pain, fatigue) in the context of employment	2 hours per week for 6 weeks	Adults with Disabilities who are preparing for or trying to maintain employment	<a href="http://livingandworkingwell.ruralinstitute.umt.edu">http://livingandworkingwell.ruralinstitute.umt.edu</a>  <a href="http://mtdh.ruralinstitute.umt.edu">http://mtdh.ruralinstitute.umt.edu</a>	16

## PROGRAM DESCRIPTION

The Arthritis Foundation Exercise Program is a community-based recreational program specifically designed to teach adults with arthritis how to exercise safely. Trained instructors cover a variety of range-of-motion exercises, endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs and abilities.

## PROGRAM BENEFITS

**Participants completing the program report experiencing:**

- improved functional ability
- decreased depression
- decreased pain
- increased confidence in one's ability to exercise<sup>1,2</sup>

## WHAT IS PROVIDED TO PARTICIPANTS

Classes meet two or three times per week for an hour. One session is typically 8 weeks long, but many locations in Montana offer ongoing classes and participants can continue attending as long as they wish.

**Each class offers:**

- range of motion exercises and stretches
- endurance exercises
- strength building exercises
- health education
- relaxation techniques
- social interaction

## RESOURCES

**Visit this website for more information:**

<http://dphhs.mt.gov/publichealth/arthritis>

## WHY MAKE A REFERRAL?

- 1 in 4 Montana adults reports ever being diagnosed with arthritis<sup>3</sup>
- 59% of adults with arthritis report being limited in their usual activities, work, or social activities<sup>3</sup>
- 31% of adults with arthritis report engaging in no physical activity<sup>3</sup>
- 47% of adults with arthritis report too little physical activity to meet national recommendations<sup>3</sup>

### Sources

1. Callahan L.F., et al. *A Randomized Controlled Trial of the People With Arthritis Can Exercise Program: Symptoms, Function, Physical Activity, and Psychosocial Outcomes*. *Arthritis Care & Research* 2008;59:92—101.
2. Suomi R., Collier D. *Effects of Arthritis Exercise Programs on Functional Fitness and Perceived Activities of Daily Living Measures in Older Adults with Arthritis*. *Arch Phy Med Rehabil* 2003;84:1589—1594.
3. 2013 Montana Behavioral Risk Factor Surveillance System Data

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

## PROGRAM DESCRIPTION

The Walk With Ease Program is a community-based, group walking program specifically designed to help individuals start and maintain a safe walking routine. Trained instructors cover how to warm up and cool down, stretch, and set personal exercise goals. Each class also includes health education topics related to arthritis and exercise. Participants must be able to stand for at least 5 minutes.

## PROGRAM BENEFITS

**Participants completing the program report experiencing:**

- improved functional ability
- decreased depression
- decreased pain
- increased confidence in one's ability to exercise<sup>1,2</sup>

## WHAT IS PROVIDED TO PARTICIPANTS

Classes meet three times per week for an hour. One session is 6 weeks long. After the initial session participants are encouraged to maintain their walking routine by forming independent walking groups.

**Each class offers:**

- pre-walk discussion covering topics related to exercise and arthritis
- Warm-up and stretches
- Self-packed 10- to 40-minute walk
- Cool down and stretches
- Social interaction

Walk With Ease can also be delivered in a self-directed format with a workbook and weekly interaction with a trained leader to guide the participant.

## RESOURCES

**Visit this website for more information:**

[www.dphhs.mt.gov/publichealth/arthritis](http://www.dphhs.mt.gov/publichealth/arthritis)

## WHY MAKE A REFERRAL?

- 1 in 4 Montana adults reports ever being diagnosed with arthritis<sup>3</sup>
- 59% of adults with arthritis report being limited in their usual activities, work, or social activities<sup>3</sup>
- 31% of adults with arthritis report engaging in no physical activity<sup>3</sup>
- 47% of adults with arthritis report too little physical activity to meet national recommendations<sup>3</sup>

### Sources

1. Callahan L.F., et al. *Evaluation of Group and Self-Directed Formats of the Arthritis Foundation's Walk With Ease Program*. Arthritis Care & Research 2011;63:1098—1107.
2. Nyrop K.A., et al. *Effect of a Six-Week Walking Program on Work Place Activity Limitations Among Adults with Arthritis*. Arthritis Care & Research 2011;63:1773—1776.
3. 2013 Montana Behavioral Risk Factor Surveillance System Data

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

## PROGRAM DESCRIPTION

Enhance Fitness, a low-cost, evidence-based group exercise program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Trained instructors cover cardiovascular exercise, strength training, balance, and flexibility.

## PROGRAM BENEFITS

### Participants completing the program report experiencing:

- Increased strength. People who regularly attend class grow stronger, improve their balance, and become more limber.
- Boosted activity levels. Even the unfit quickly find themselves able to do the things they want to do, safely and independently.
- Elevated mood. Research shows that exercise can help prevent depression, and Enhance Fitness participants say they feel better physically and emotionally.<sup>1,2</sup>

## WHAT IS PROVIDED TO PARTICIPANTS

Classes meet three times per week for an hour. One session is 16 weeks long, but many locations in Montana offer ongoing classes and participants can continue attending as long as they wish.

### Each class offers:

- A 5-minute warm-up to get the blood flowing to the muscles
- A 20-minute aerobic 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

## RESOURCES

### Visit this website for more information:

<http://dphhs.mt.gov/publichealth/arthritis>

## WHY MAKE A REFERRAL?

- 1 in 4 Montana adults reports ever being diagnosed with arthritis<sup>3</sup>
- 59% of adults with arthritis report being limited in their usual activities, work, or social activities<sup>3</sup>
- 31% of adults with arthritis report engaging in no physical activity<sup>3</sup>
- 47% of adults with arthritis report too little physical activity to meet national recommendations<sup>3</sup>

### Sources

1. Wallace J.L., et al. *Implementation and effectiveness of a community-based health promotion program for older adults*. *Journal of Gerontology: Medical Sciences*, 1998; 53a(4): M301—M306.
2. Belza B., et al. *The effects of a community-based exercise program on function and health in older adults: the Enhanced Fitness Program*. *The Journal of Applied Gerontology*, 2006; 25(4): 291—306.
3. 2013 Montana Behavioral Risk Factor Surveillance System Data

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

## PROGRAM DESCRIPTION

Individuals with asthma will improve their self-management by understanding how to control their asthma by working with a certified asthma educator. The asthma educator provides in depth knowledge and support equipping the patient with the necessary skills for effective self-management of their asthma. Program length is one hour with opportunities for follow-up sessions.

## PROGRAM BENEFITS

**Participating in this free program will allow patients to interact directly, one-on-one, with certified asthma educators (AE-Cs) who are specially trained in delivering asthma self-management education. Patients will learn about:**

- the pathophysiology of their condition
- how to identify and manage triggers
- how to use their medication properly, and
- other components of self-management

## WHAT IS PROVIDED TO PARTICIPANTS

**Certified asthma educators can teach patients:**

- about the manner in which asthma affects their bodies
- inhaler technique
- how to use medication appropriately to increase their control over the condition, and
- develop a customized asthma action plan to help coordinate patient education and care by working with the patient and their health care team

## RESOURCES

**Visit these websites for more information:**

[www.dphhs.mt.gov/asthma](http://www.dphhs.mt.gov/asthma)

**To find a certified asthma educator in Montana:**

<http://www.naecb.com/find-certificant.php>

## WHY MAKE A REFERRAL?

- About half of adults and one third of children with current asthma in Montana report that their asthma is not well or very poorly controlled<sup>1</sup>
- Only 4 in 10 adults and almost 6 in 10 children with asthma report having ever received at least 3 of the 5 recommended pieces of asthma self-management education<sup>1</sup>
- These health outcomes can be improved with the help of certified asthma educators

### Sources

1. Asthma Call Back Survey 2006-2010
2. National Asthma Educator Certification Board. (2013). "Certified Asthma Educator Candidate Handbook." Retrieved from <http://naecb.com/pdf/NAECBhandbook.pdf>

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

# Breast, Cervical & Colorectal Cancer Screening



## PROGRAM ACTIVITIES

Our free cancer screening services include mammograms, Pap tests, some diagnostic tests, colonoscopies and high-sensitivity FITs/FOBTs.

Eligibility is open to people who are un- or under insured and meet age and income guidelines.

- Women age 30-64
- Men age 50-64

Patients need to be screened by an enrolled M CCP Provider. To become an enrolled M CCP Provider, contact Montana Medical Billing at 1-888-227-7065.

## PROGRAM BENEFITS

- Prevention and early detection of breast, cervical and colorectal cancers
- Free or low cost screenings to people who are un- or under-insured
- Cancer treatment services through the Montana Breast and Cervical Cancer Treatment Program (breast and cervical cancers only)

## WHAT IS PROVIDED TO PARTICIPANTS

- Patient education on screening guidelines and test options
- Client navigation through screening process
- Follow-up screening reminders to clients
- Client referral to other free or low cost chronic disease management programs offered through the Montana Department of Public Health & Human Services, see <http://dphhs.mt.gov/publichealth/chronicdisease>

## RESOURCES

**For information on free cancer screening services:**

Call 1-888-803-9343

**Visit these websites for more information:**

[www.cancer.mt.gov](http://www.cancer.mt.gov)

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

## WHY MAKE A REFERRAL?

A **physician recommendation** is one of the most important factors in getting screened for cancer

**Cancer** is the leading cause of death among Montana residents. About **2,000 Montanans** die of cancer each year<sup>1</sup>

**One in two men** will be diagnosed with cancer in their lifetime<sup>2</sup>

**One in three women** will be diagnosed with cancer in their lifetime<sup>2</sup>

**Two in five adults** aged 50 to 75 years are not up-to-date with colorectal cancer screening<sup>3</sup>

**44%** of insured Montanans are not up-to-date with colorectal cancer screening<sup>4</sup>

### Sources

1. Montana Office of Vital Statistics, 2006-2010
2. Howlander N, Noone AM, Krapcho M, Neyman N, Aminou R, Altekruse SF, Kosary CL, Ruhl J, Tatalovich Z, Cho H, Mariotto A, Eisner MP, Lewis DR, Chen HS, Feuer EJ, Cronin KA (eds). *SEER Cancer Statistics Review, 1975-2009 (Vintage 2009 Populations)*, National Cancer Institute. Bethesda, MD, [http://seer.cancer.gov/csr/1975\\_2009\\_pops09/](http://seer.cancer.gov/csr/1975_2009_pops09/), based on November 2011 SEER data submission, posted to the SEER web site, 2012.
3. Montana Behavioral Risk Factor Surveillance System, 2010
4. Montana Behavioral Risk Factor Surveillance System, 2012

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

## PROGRAM DESCRIPTION

Montana: Living Life Well (Stanford's Chronic Disease Self-Management Program) is an effective self-management education program for people with chronic health problems. The workshops empower participants to take an active role in managing their health by giving them the key skills needed to manage any chronic health condition. The program does not address disease specific topics. Family members and others who support people with a chronic health condition are also encouraged to attend.

## PROGRAM BENEFITS

### Participants who have completed a workshop demonstrated:

- increased exercise
- increased ability to do social and household activities
- less depression, fear, frustration, and worry about their health
- reduction in symptoms like pain
- increased confidence in their ability to manage their condition
- decreased emergency department visits and hospitalizations<sup>1,2</sup>

## WHAT IS PROVIDED TO PARTICIPANTS

Workshops are facilitated by two trained instructors and meet once a week for six weeks; each class lasts 2 ½ hours.

### During the workshop the topics covered include:

- Pain and fatigue management
- How to make an action plan to set and achieve attainable goals
- Problem solving
- How to deal with difficult emotions
- Physical activity and exercise
- How to make decisions
- Healthy eating
- Communication skills
- Working with your health care professional
- And many more important topics

## RESOURCES

### Visit these websites for more information:

<http://dphhs.mt.gov/publichealth/arthritis>

## WHY MAKE A REFERRAL?

- 2 in 3 Montana adults report having at least one chronic condition<sup>3</sup>
- The most common chronic conditions are:
  - High cholesterol
  - Hypertension
  - Arthritis
  - Depression
  - Asthma
  - Diabetes<sup>3</sup>
- 38% of Montana adults have 2 or more chronic conditions<sup>3</sup>

### Sources

1. Ory M.G., et al. *National Study of Chronic Disease Self-Management: Six-Month Outcome Findings*. Journal of Aging and Health 2013; 25(7):1258—1274.
2. Ahn S., et al. *The impact of chronic disease self-management programs: healthcare savings through a community-based intervention*. BMC Public Health 2013;13:1471.
3. 2013 Montana Behavioral Risk Factor Surveillance System Data

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

# Montana Diabetes Prevention Program



## PROGRAM DESCRIPTION

The Montana Diabetes Prevention Program (DPP) is an evidence-based program that began in 2008, with the goal to prevent or delay the development of type 2 diabetes and cardiovascular disease among at risk Montanans.

## PROGRAM BENEFITS

- Empowerment through education and application
- Movement toward a healthier self one step at a time
- Sustainability through behavior change
- Increased physical activity
  - Average physical activity of 193 minutes per week per person
  - 64% of participants achieved the physical activity goal of at least 150 minutes per week
- Weight loss
  - Average weight loss of 12 pounds per person
  - 50% of participants achieved at least 5% weight loss
  - 34% of participants achieved the 7% weight loss goal

## WHAT IS PROVIDED TO PARTICIPANTS

- 12-month intensive lifestyle change program with 16 weekly and 6 monthly group sessions focusing on
  - behavior change
  - healthy eating strategies
  - ways to become more physically active
  - goal of 150 minutes of physical activity per week
  - goal of 7% weight loss
- Facilitated by trained lifestyle coaches that encourage, coach and motivate participants to adopt sustainable lifestyle changes

## RESOURCES

Visit these websites for more information:

[www.diabetes.mt.gov](http://www.diabetes.mt.gov)

## WHY MAKE A REFERRAL?

- It is estimated that 35% of adults are at high risk for developing type 2 diabetes<sup>1,2</sup>
- Type 2 diabetes can be prevented or delayed by lifestyle changes
- The Diabetes Prevention Program intensive lifestyle intervention has been shown to reduce the incidence of type 2 diabetes by 58%, and this risk reduction is sustained over time<sup>3</sup>

### Sources

1. 2005–2008 National Health and Nutrition Examination Survey (NHANES), National Center for Health Statistics, Centers for Disease Control and Prevention. Available at <http://www.cdc.gov/nchs/nhanes.htm>.
2. U.S. Census Bureau, resident population estimates for 10/1/2010. Available at <http://www.census.gov/popest/national/asrh/2009-nat-res.html>.
3. Diabetes Prevention Program, Montana Department of Public Health & Human Services, 2008–2014.

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

# Diabetes Self-Management Education Programs

## PROGRAM DESCRIPTION

Diabetes education is a collaborative process that helps people with diabetes learn how to successfully manage their disease. The goal of diabetes education is to help people with diabetes practice self-care behaviors every day and be as healthy as possible. It is also known as diabetes self-management education (DSME) and is provided by diabetes educators.

## PROGRAM BENEFITS

- Real-life guidance and coaching to help people understand exactly how to best manage their diabetes, and to feel supported while doing it
- It focuses on seven self-care behaviors so that people with diabetes can be healthy and fully enjoy life:
  - Healthy eating
  - Being active
  - Monitoring
  - Taking medication
  - Problem solving
  - Healthy coping
  - Reducing risks

## WHAT IS PROVIDED TO PARTICIPANTS

- Education and support on all aspects of diabetes care by diabetes educators in individual or group settings
- Individualized plan that includes the tools and support to help make the plan easy to follow

## RESOURCES

Visit this website for more information:

[www.diabetes.mt.gov](http://www.diabetes.mt.gov)

## WHY MAKE A REFERRAL?

- In Montana, 8% of adults, including 16% of American Indians, reported having been diagnosed with diabetes in 2013<sup>1</sup>
- Diabetes self-management education (DSME) results in improved A1C, blood pressure, and cholesterol levels as well as fewer complications and reduced rates of hospitalizations<sup>2</sup>
- DSME is a cost-effective strategy that results in reduced diabetes-related health care cost<sup>3</sup>

### Sources

1. Montana BRFSS, Montana Department of Public Health & Human Services, 2013.
2. Robbins JM, Thatcher GE, Webb DA, Valdmantis VG. Nutritionist visits, diabetes classes, and hospitalization rates and charges: the Urban Diabetes Study. *Diabetes Care*. 2008 Apr;31(4):655-60.
3. Boren SA, Fitzner KA, Panhalkar PS, Specker, J. Costs and Benefits Associated with Diabetes Education: A Review of the Literature. *The Diabetes Educator*. 2009;31(1):72-96.

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

## PROGRAM DESCRIPTION

Living Well with a disability (LWD) is a ten-week evidence-based health promotion workshop for people with physical disabilities or mobility impairments. This program helps participants develop goals for meaningful activities that link to the management of secondary health conditions and healthy lifestyle.\*

## PROGRAM BENEFITS

- 20%-25% fewer limitations from preventable secondary conditions
- Reduction in use of health care services
- Reduced health care costs
- Improvements in outlook, lifestyle, and health<sup>1</sup>

## WHAT IS PROVIDED TO PARTICIPANTS

- Peer support and facilitated guidance
- A workbook and skills training for:
  - setting goals
  - solving problems
  - managing health
  - communicating with service providers
  - avoiding frustration and depression
  - increasing physical activity and nutrition
  - maintaining healthy lifestyle practices

## RESOURCES

Visit these websites for more information:

<http://livingandworkingwell.ruralinstitute.umt.edu>

<http://www.dphhs.mt.gov/detd/independentliving>

## WHY MAKE A REFERRAL?

- Studies have shown that individuals with disabilities are more likely than people without disabilities to report: Poorer overall health, less access to adequate health care, smoking and physical inactivity<sup>2</sup>
- 39% of Montana adults with disabilities report their general health as fair or poor compared to 7% without disabilities<sup>3</sup>
- 30% of Montana adults with disabilities report that their health had prevented their usual activities compared to 5% without disabilities<sup>3</sup>
- Montana adults with disabilities report higher rates of obesity and diabetes compared to those without disabilities<sup>3</sup>

### Sources

1. Ipsen, C., Ravesloot, C., Seekins, T. & Seninger, S. (2006). A financial cost-benefit analysis of a health promotion program for individuals with mobility impairments. *Journal of Disability Policy Studies*, 16(4) 220-228.
2. <http://www.cdc.gov/ncbddd/disabilityandhealth/relatedconditions.html>
3. Montana Behavioral Risk Factor Surveillance System, [www.brfss.mt.gov](http://www.brfss.mt.gov), [www.cdc.gov/brfss](http://www.cdc.gov/brfss) 3. Ravesloot, C., Seekins, T., Cahill, T., Lindgren, S., Nary, N.E., White, G. (2006). Health promotion for people with disabilities: Development and evaluation of the Living Well with a Disability Program. Health Education Research.

\* A secondary condition is any medical, social, emotional, mental, family, or community problem that a person with a primary disabling condition (stroke, MS, brain injury, etc.) likely experiences. [http://www.christopherreeve.org/site/c.mtKZkgMwKwG/b.4453157/k.6464/Secondary\\_conditions.htm](http://www.christopherreeve.org/site/c.mtKZkgMwKwG/b.4453157/k.6464/Secondary_conditions.htm)

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

# Montana Tobacco Quit Line



## PROGRAM DESCRIPTION

The Montana Tobacco Quit Line is a free program that can help tobacco users end their addiction. The **eCoach service, [www.QuitNowMontana.com](http://www.QuitNowMontana.com), allows participants to sign up for quit line services online.** They can also read success stories, receive text messages, email quit tips and reminders, schedule their coaching calls and track their medication shipments.

We also offer a **pregnancy and postpartum program** that offers expanded benefits to pregnant women. The program includes 9 coaching calls with a single dedicated coach. Pregnancy program participants are eligible for 6 weeks of free NRT (Nicotine Replacement Therapy) during pregnancy with a prescription and are eligible for an additional 6 weeks of free NRT postpartum (prescription required if they are breastfeeding). A small cash card reward is sent for each completed coaching call.

## PROGRAM BENEFITS

**Participating in a quit line program will:**

- more than double a smoker's chance of quitting
- reduce the risk for stroke, heart disease and cancer

## WHAT IS PROVIDED TO PARTICIPANTS

- FREE telephone-based service for all Montanans
- FREE personalized quit plans
- FREE cessation coaching
- FREE Nicotine Replacement Therapy (NRT) including gum, patches or lozenges
- FREE educational materials
- Discounted Chantix and Bupropion—Quit Line users pay less than one-third the retail cost with a valid prescription from their doctor

The Quit Line offers up to 8 weeks of free NRT (patches, gum, or lozenges). Discounted medications include Chantix at \$25/month for 3 months or Bupropion at \$5/month for 3 months.

## RESOURCES

**Visit these websites for more information:**

[www.dphhs.mt.gov/mtupp](http://www.dphhs.mt.gov/mtupp)

**Call toll-free 1-800-QUIT-NOW (1-800-784-8669)**

We're here 7 days a week, 5 a.m. – 11 p.m., Mountain Standard Time

## WHY MAKE A REFERRAL?

**Patients are more likely to quit**

- Quit line counseling can more than double a tobacco user's chances of quitting and quit line counseling combined with medication (such as NRT) can more than triple chances of quitting<sup>1</sup>

**They'll see immediate results**

- Those who successfully quit reduce their risk for stroke, heart disease, and a number of cancers and other diseases<sup>2</sup>

**They'll save money**

- Receive FREE NRT, including gum, patches, and lozenges
- Save an average of \$2,150 a year by quitting

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

### Sources

1. Fiore, MC, et al., Treating Tobacco Use and Dependence: 2008 Update – Clinical Practice Guideline, U.S. Public Health Service, May 2008.
2. The Health Benefits of Smoking Cessation: A Report of the Surgeon General, United States Public Health Service. Office of the Surgeon General; DHHS Publication No. (CDC) 90-8416; 1990.
3. Immediate Smoker Savings from Quitting in Each State. Campaign for Tobacco-Free Kids, 1400 I Street N.W., Suite 1200, Washington, DC; 7/2014. <http://www.tobaccofreekids.org/research/factsheets/pdf/0337.pdf>

# Montana Asthma Home Visiting Program (MAP)

## PROGRAM DESCRIPTION

The Montana Asthma Home Visiting Program (MAP) trains public health nurses to empower children with uncontrolled asthma and their families with the knowledge and tools they need to manage the disease. Nine sites covering 14 Montana counties are currently funded to implement MAP. See below for contact information.

- Anaconda-Deer Lodge Health Department, Anaconda (563-7863)
- Bullhook Community Health Center Havre (265-4541)
- Butte-Silver Bow City-County Health Department, Butte (497-5023)
- Custer County oneHealth, Miles City (874-8700)
- Lewis and Clark City-County Health Department, Helena (457-8918)
- Missoula City-County Health Department Missoula (258-4290)
- Richland County Health Department Sidney (433-2207)
- Cascade City-County Health Department Great Falls (791-9262)
- Flathead City-County Health Department Kalispell (751-8169)

## PROGRAM BENEFITS

### Participants completing the program report:

- fewer symptoms, emergency department visits, and activity limitations from asthma
- fewer missed school days due to asthma, and
- more had good inhaler technique and asthma control upon completion of the program<sup>1,2</sup>

## WHAT IS PROVIDED TO PARTICIPANTS

The home visiting nurse provides specific information and support with 6 visits over twelve months regarding:

- asthma medications and inhaler technique
- asthma action plans, and
- the importance of regular medical care

Families also receive allergen impermeable bed sheets for the child's bed, educational materials, and a HEPA air filter when necessary.

## RESOURCES

### Visit this websites for more information:

<http://www.dphhs.mt.gov/asthma>

## WHY MAKE A REFERRAL?

- Upon completion of the program, nearly all participants had well-controlled asthma and used tools such as an asthma action plan and proper inhaler technique to help them maintain their level of asthma control<sup>3</sup>
- Our data show that fewer participants used their Short-Acting Beta Agonist every day, experienced symptoms every day, and reported less activity limitation due to asthma<sup>3</sup>
- Nurses carrying out the Montana Asthma Home Visiting Program can work with primary care providers and specialists to provide more in-depth asthma education and improve asthma control among their patients

### Sources

1. <http://www.thecommunityguide.org/asthma/multicomponent.html>
2. Nurmagambetov TA, Barnett SBL, Jacob V, Chattopadhyay SK, Hopkins DP, Crocker DD, Dumitru GG, Kinyota S, Task Force on Community Preventive Services. Economic value of home-based, multi-trigger, multicomponent interventions with an environmental focus for reducing asthma morbidity: a Community Guide systematic review. *Am J Prev Med* 2011;41(2S1):S33-47.
3. Montana Asthma Home Visiting Program Evaluation Data

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

## PROGRAM DESCRIPTION

Stepping On is an evidence-based fall prevention program that reduces falls among participants. Falling is not an inevitable result of aging. Through practical lifestyle adjustments and community partnerships, we can substantially reduce fall risks, keeping older adults living independently with a good quality of life. Stepping On addresses known risk factors, promotes behavior change, and leverages community networks to link older adults seen in medical settings to effective programs available in their community.

### Eligible Participants:

- Are age 60 years or over
- Have had a fall in the past year or are fearful of falling
- Are living in a home or apartment
- Are not suffering from dementia

## PROGRAM BENEFITS

- 31% reduction in falls among participants
- Decreased fear of falling
- Increased performance of safe behaviors

## WHAT IS PROVIDED TO PARTICIPANTS

### Seven week program with weekly two hour group sessions

- interactive discussion
- story-telling to promote adult learning
- individualized follow-up
- education including:
  - falls and risk
  - strength and balance exercises
  - home hazards
  - safe footwear
  - vision and falls
  - community mobility and safety in public places
  - coping after a fall
  - medication review

## RESOURCES

### Visit this website for more information:

<http://dphhs.mt.gov/publichealth/EMSTS/prevention/falls>

#### Sources

1. Montana Hospital Discharge Data System (MHDDS) for 2009-2012 using ICD-9-CM, <http://icd9cm.chrisendres.com/index.php?action=contents>
2. Montana Department of Public Health and Human Services, Public Health and Safety Division, 2012 MT Vital Statistics Report
3. Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based injury statistics query and reporting system (WISQRS). <http://www.cdc.gov/injury/wisqars/index.html>.

## WHY MAKE A REFERRAL?

- Most hospitalizations (83%) for unintentional injuries among older adults were due to falls<sup>1</sup>
- In 2012, 100 people aged 65 and older died from a fall. Over half of these were from a fall in the home and 24% where the cause of the fall was identified as due to a fall on the same level by slipping, tripping or stumbling<sup>2</sup>
- Falls are the leading cause of both fatal and nonfatal injury for persons aged 65 and older, and the chance of falling and becoming seriously injured increases with age<sup>3</sup>

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

# Working Well With A Disability

## PROGRAM DESCRIPTION

Working Well with a Disability (WWD) is a six week health promotion workshop for people with physical disabilities that considers the prevention and management of secondary conditions in the context of employment. Primary disabling conditions place people at greater risk of secondary health conditions like pain, fatigue, and depression that undermine long-term employment.\* WWD is for individuals with disabilities preparing for, or trying to maintain employment.<sup>1</sup>

## PROGRAM BENEFITS

- Reductions in limitation from secondary conditions
- Improved health and capacity to work
- Reduced isolation<sup>2</sup>

## WHAT IS PROVIDED TO PARTICIPANTS

- Peer support and facilitated guidance
- A workbook and skills training for:
  - Managing health and secondary conditions
  - Addressing competing life demands
  - Managing stress
  - Increasing physical activity and nutrition
  - Maintaining work/life balance through healthy lifestyle practices

## RESOURCES

Visit these websites for more information:

<http://livingandworkingwell.ruralinstitute.umt.edu>

<http://www.dphhs.mt.gov/detd/independentliving>

## WHY MAKE A REFERRAL?

- 37% of adult Montanans with disabilities are employed compared to 75% of Montanans without disabilities<sup>3</sup>
- 10% of Montanans with disabilities are actively seeking work<sup>3</sup>

### Sources

1. Ipsen, C., Seekins, T., & Arnold, N. (2011). A prospective study to examine the influence of secondary conditions on Vocational Rehabilitation client employment outcomes. *Disability and Health Journal*, 4, 28-38.
2. Ipsen, C., Ravesloot, C., Arnold, N., & Seekins, T. (2012). Working Well with a Disability: Health promotion as a means to employment. *Rehabilitation Psychology*, 57(3), 187-195.
3. Erickson, W., Lee, C., von Schrader, S. (2014). Disability Statistics from the 2012 American Community Survey (ACS). Ithaca, NY: Cornell University Employment and Disability Institute (EDI). Retrieved Aug 06, 2014 from [www.disabilitystatistics.org](http://www.disabilitystatistics.org)

\* A secondary condition is any medical, social, emotional, mental, family, or community problem that a person with a primary disabling condition (stroke, MS, brain injury, etc.) likely experiences. [http://www.christopherreeve.org/site/c.mtKZKgMwKwG/b.4453157/k.6464/Secondary\\_conditions.htm](http://www.christopherreeve.org/site/c.mtKZKgMwKwG/b.4453157/k.6464/Secondary_conditions.htm)

## CONTACT

ChronicDiseasePrevention  
@mt.gov  
1-844-MTHLT4U  
1-844-684-5848

