



BURDEN FACTS

- **2 in 3 Montana** adults report having at least one chronic disease¹
- **Over a third** of Montana adults have two or more chronic conditions¹
- **15% Montana** adults report their health as fair or poor¹
- **Most common** chronic conditions in Montana are¹:
 - Arthritis
 - Asthma
 - Cancer
 - Depression
 - Diabetes
 - Heart Disease

CONTACT

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Montana Living Life Well:

Montana Living Life Well, also known as Chronic Disease Self-Management Program (CDSMP) is a workshop designed to help individuals living with chronic condition(s) such as: arthritis, asthma, diabetes, hypertension, and heart or lung disease, learn new skills to manage and improve their day-to-day health.

The Montana Living Life Well is an interactive workshop that focuses on challenges that are common to individuals dealing with any chronic condition and how to overcome them.

The Montana Living Life workshop focuses on:

- **Developing** skills and coping strategies to manage health conditions
- **Learning** how to make action plans and achieve goals
- **Increasing** confidence to manage own chronic conditions

Program Benefits:

- **Helps** decrease depression, fear, and frustration about chronic health conditions²
- **Increases** physical activity²
- **Improves** communication with friends, family, and health care providers²
- **Decreases** emergency department visits and hospitalization²

RESOURCES

Visit the [Montana Arthritis Program website](http://dphss.mt.gov/publichealth/arthritis) for more information:
<http://dphss.mt.gov/publichealth/arthritis>

1. Koeppen H. 2016 Montana BRFSS Annual Report: Survey Results from the Behavioral Risk Factor Surveillance System. Helena, MT: Montana DPHHS, Public Health and Safety Division, November 2017.
2. Ory, M. G., et al. (2013) *National study of Chronic Disease Self-Management: Six-month outcomes findings*. Journal of Aging Health, 25(7): 1258-1274.