



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

Worksite Montana Living Life Well:

Worksite Montana Living Life Well, also known as Worksite Chronic Disease Self-Management Program (wCDSMP), is a worksite wellness workshop designed for employees that focuses on challenges that are common to individuals dealing with any chronic condition and provides an opportunity use learned tools and skills to overcome challenges.

The Worksite Montana Living Life workshop focuses on:

- **Developing** skills and coping strategies to manage health conditions
- **Learning** how to manage home and work stressors
- **Increasing** confidence to manage own chronic conditions

Program Benefits:

- **Helps** decrease depression, fear, frustration about chronic health conditions and fatigue
- **Increases** physical activity
- **Improves** communication with friends, family, and health care providers
- **Reduces** work absenteeism due to physical and mental health days²

CONTACT

ChronicDiseasePrevention@mt.gov

1-844-MTHLT4U

(1-844-684-5848)

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. Smith, M. L., et al, (2018). Impact of a translated disease self-management program on employee health and productivity: Six-month findings from a randomized controlled trial. International Journal of Environmental Research and Public Health, 15(851). doi:10.3390/ijerph15050851