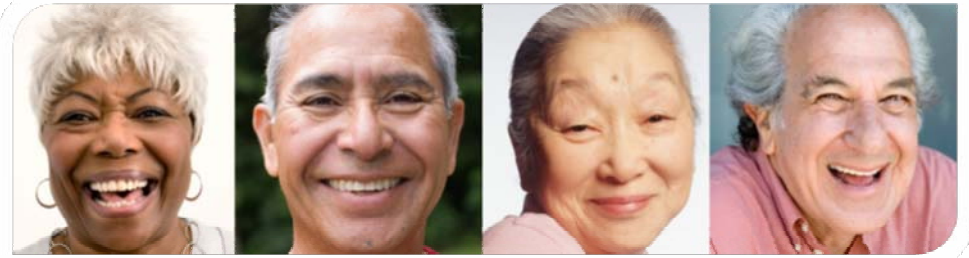




## Better Choices, Better Health™

A Stanford Self-management Workshop  
Powered by the National Council on Aging



Americans are facing an epidemic of chronic disease. Nearly half of all adults live with one or more conditions such as diabetes, heart disease, arthritis, osteoporosis, cancer, depression, kidney failure, or chronic pain. Among individuals over age 60, the incidence rises to 80 percent. And with the older population growing so rapidly—it will nearly double by 2030—the clinical and economic burdens associated with chronic illness will grow dramatically in the coming decades.

### Self-Care Programs Can Make a Difference

Too often overlooked in discussions about drugs and surgeries, people with chronic disease themselves are critical to meeting this challenge. Most of their care is self-care, taking place in homes and communities, rather than clinics or hospitals. Self-management programs are among the most effective and cost-effective tools we can offer people coping with chronic conditions. They lead to better clinical outcomes by helping individuals gain confidence in their ability to manage their symptoms, and in many cases, the progression of their illness.

### Now Available Online—Better Choices, Better Health™

The National Council on Aging (NCOA) and Stanford University are collaborating to make available a unique, powerful, and proven self-management program online called **Better Choices, Better Health™ (BCBH)**. The Internet version of Stanford's Chronic Disease Self-Management Program (CDSMP), BCBH offers techniques to deal with problems associated with a wide range of chronic conditions. It explores appropriate use of medications; communicating effectively with family, friends, and health professionals; healthful eating; making informed treatment decisions; and disease-related problem solving.

A pair of facilitators, at least one of whom has a chronic health problem, leads the six-week workshop through a dedicated, secure Web site. The workshop is highly interactive (although sessions do not require real-time attendance) by way of e-mail and message boards. Approximately 25 participants build their confidence and self-management skills through action planning, sharing experiences, and mutual support. Participants log on at their convenience two or three times each week for approximately two hours. There are no requirements that participants log in at the same time.

### A Proven, Evidence-Based Intervention

Developed under the leadership of Stanford University Professor Kate Lorig, RN, DrPH, Better Choices, Better Health has undergone randomized, controlled trials to demonstrate its efficacy. It is the only online self-care program in the marketplace that has data to demonstrate its effectiveness at reducing medical care utilization. In one published longitudinal study, it lessened the need for hospital and doctor visits sufficiently to produce a net cost saving in its first year.

### Information and Sign Up

For more information, e-mail Jay Greenberg, Senior Vice President, NCOA, at: [jay.greenberg@ncoa.org](mailto:jay.greenberg@ncoa.org)

Prospective participants in the workshops can sign up at: [www.selfmanage.org](http://www.selfmanage.org)