



## **APPENDIX B:**

### **RI Department of Health (RIDOH) Chronic Disease Prevention and Management Programs**

***Chronic Disease Self-Management Program (or Tools for Healthy Living):*** 2.5 hours per week, six weeks | Free; Teaches participants how to manage symptoms and medications, communicate with family and doctors, relieve stress, eat well, exercise, and set attainable goals.

***Chronic Pain Self-Management Program:*** 2.5 hours per week, six weeks | Free; Provides participants with the tools to manage medications, manage symptoms, fatigue, frustration, proper nutrition, and communication skills, and teaches how to evaluate treatments and make an action plan.

***Heart Healthy Ambassador Blood Pressure Self-Monitoring Program:*** 4 months | Free | Virtual or In Person; Teaches participants how to accurately take their blood pressure at home. Provides personalized 1-on-1 support twice a month from a trained Healthy Heart Ambassador. Participants attend monthly nutrition education seminars and take and record their blood pressure at least twice a month.

***National Diabetes Prevention Program (National DPP)*** 1 hour per week, 16 weeks; followed by 6 months of follow up | Free | Virtual; Participants will focus on long lasting lifestyle changes that will lower their risk of developing Type 2 Diabetes by learning to eat healthier, increase physical, and lose weight. Participants must have a pre-diabetes diagnosis, be screened based on the CDC screening tool, or have a history of gestational diabetes, and be medically safe to lose weight.

<https://www.cdc.gov/diabetes/prevention/index.html>

***Walk with Ease:*** Self-paced, six weeks | Free; Participants will learn to safely make physical activity part of everyday life to reduce pain, be more active, improve strength and balance, and build confidence.

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### **RIDOH Technical Assistance for Chronic Disease Prevention and Management Programs:**

RIDOH can provide technical assistance for evidence-based chronic disease prevention and management programs listed above. Technical assistance provided can be tailored to the needs of individual organizations (i.e., capacity building) or for the program of interest (i.e., implementation, data collection, promotional materials, and other resources). For example, promotional materials for National DPP and the Heart Health Ambassador Blood Pressure Self-Monitoring program are available for use. Class coordination and scheduling can also be provided through RIDOH's Community Health Network. For more information visit: <https://ripin.org/chn/>. Similarly, the RIDOH CDSME Program works in part with the Own Your Health (OYH) Collaborative to coordinate and schedule the Chronic Disease Self-Management Program, the Chronic Pain Self-Management Program, and Walk with Ease. The OYH Collaborative can offer support and assistance to sites interested in implementing its programs by helping to maintain program licensing, coordinate free leader trainings, provide workshop materials, coordinate, schedule, and promote workshops, and assist in participant data collection. For more information visit: [www.ownyourhealthri.org](http://www.ownyourhealthri.org)