Community Health Program Guide

SEE PUBLIC HEALTH DIFFERENTLY

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

Montana Chronic Disease Prevention & Health Promotion Bureau
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
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<tr>
<td>Arthritis Foundation Exercise Program</td>
<td>A recreational exercise program for adults with arthritis. Includes health education, exercise for any fitness level, and relaxation techniques</td>
<td>1 hour class 2-3 times per week</td>
<td>All Montana adults with arthritis or anyone wanting to establish an exercise routine</td>
<td><a href="http://dphhs.mt.gov/publichealth/arthritis">http://dphhs.mt.gov/publichealth/arthritis</a></td>
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<tr>
<td>Walk With Ease</td>
<td>Teaches participants how to safely start and maintain a regular walking routine</td>
<td>1 hour class 3 times per week</td>
<td>All Montana adults with arthritis or anyone wanting to establish an exercise routine</td>
<td><a href="http://dphhs.mt.gov/publichealth/arthritis">http://dphhs.mt.gov/publichealth/arthritis</a></td>
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<tr>
<td>Enhanced Fitness</td>
<td>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.</td>
<td>1 hour class 3 times per week</td>
<td>All Montana adults with arthritis or anyone wanting to establish an exercise routine</td>
<td><a href="http://dphhs.mt.gov/publichealth/arthritis">http://dphhs.mt.gov/publichealth/arthritis</a></td>
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<td>Asthma Education</td>
<td>1-on-1 Asthma self-management tools, education, counseling and support regarding medications and triggers</td>
<td>1 hour – with opportunities for follow-up sessions</td>
<td>Children &amp; Adults with Asthma; Parents of kids with Asthma</td>
<td><a href="http://www.dphhs.mt.gov/Asthma.aspx">http://www.dphhs.mt.gov/Asthma.aspx</a></td>
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<td>Breast, Cervical &amp; Colorectal Cancer Screening</td>
<td>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</td>
<td>Office visit and time to complete screening test – at home or in medical facility (depending on the specific test)</td>
<td>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)</td>
<td><a href="http://dphhs.mt.gov/cancer">http://dphhs.mt.gov/cancer</a></td>
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<tr>
<td>Montana: Living Life Well</td>
<td>Helps adults with one or more Chronic Conditions learn how to take control of their own health</td>
<td>2.5 hours per week for 6 weeks</td>
<td>Montanans with 1 or more Chronic Conditions and their family members or caretakers</td>
<td><a href="http://dphhs.mt.gov/publichealth/arthritis">http://dphhs.mt.gov/publichealth/arthritis</a></td>
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<tr>
<td>Montana Diabetes Prevention Program</td>
<td>Offers comprehensive group-based education on healthy diet and exercise to help adults at high risk for Diabetes to adopt healthy lifestyles</td>
<td>2-4 hours per week for 10 months to adopt healthy lifestyles</td>
<td>Adults who are overweight and have risk factors for Type 2 Diabetes and Heart Disease</td>
<td><a href="http://www.mtprevention.org">www.mtprevention.org</a></td>
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For More Information Contact: [ChronicDiseasePrevention@mt.gov](mailto:ChronicDiseasePrevention@mt.gov) or call 1-844-MTHLT4U (1-844-684-5848)
## PUBLIC HEALTH INTERVENTIONS & COMMUNITY-BASED PROGRAMS

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<th>Program/Intervention</th>
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<tr>
<td>Diabetes Self-Management Education</td>
<td>Connects people with diabetes to quality diabetes education to enhance engagement with positive self-management and improve quality of life</td>
<td>Individually tailored to each person’s needs (e.g., up to 10 hours in year one, then 2 hours the following year)</td>
<td>People diagnosed with diabetes</td>
<td><a href="http://www.diabetes.mt.gov">www.diabetes.mt.gov</a></td>
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<tr>
<td>Living Well with a Disability Program</td>
<td>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</td>
<td>2 hours per week for 10 weeks</td>
<td>Adults with disabilities</td>
<td><a href="http://livingandworkingwell.ruralinstitute.umt.edu">http://livingandworkingwell.ruralinstitute.umt.edu</a></td>
<td>12</td>
</tr>
<tr>
<td>Montana Tobacco Quit Line</td>
<td>Offers free telephone counseling, Nicotine Replacement Therapy (NRTs) and certain cessation medications at a reduced cost to Montana tobacco users</td>
<td>15-30 minutes per call for 5 calls</td>
<td>All Montana tobacco users</td>
<td><a href="http://tobaccofree.mt.gov">http://tobaccofree.mt.gov</a></td>
<td>13</td>
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<td>Montana Asthma Home Visiting Program (MAP)</td>
<td>Offers six contacts from a registered nurse in the home and over the phone to address factors related to a child’s uncontrolled Asthma</td>
<td>6-8 hours over the course of 1 year</td>
<td>Children (ages 0-17) with uncontrolled asthma</td>
<td><a href="http://dphhs.mt.gov/asthma">http://dphhs.mt.gov/asthma</a></td>
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<tr>
<td>Stepping-On Program</td>
<td>Offers a multi-faceted Fall Prevention Program that addresses medication, visual impairments, exercise and the home environment</td>
<td>2 hours per week for 7 weeks + 1-hour reunion class</td>
<td>Adults (ages 60+) who have recently fallen or have a fear of falling</td>
<td><a href="http://dphhs.mt.gov/publichealth/EMSTS/prevention/falls.aspx">http://dphhs.mt.gov/publichealth/EMSTS/prevention/falls.aspx</a></td>
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</tr>
<tr>
<td>Working Well with a Disability</td>
<td>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</td>
<td>2 hours per week for 6 weeks</td>
<td>Adults with Disabilities who are preparing for or trying to maintain employment</td>
<td><a href="http://livingandworkingwell.ruralinstitute.umt.edu">http://livingandworkingwell.ruralinstitute.umt.edu</a></td>
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</tr>
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For More Information Contact: ChronicDiseasePrevention@mt.gov or call 1-844-MTHLT4U (1-844-684-5848)
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

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 arthritis3
- 59% of adults with arthritis report being limited in their usual activities, work, or social activities3
- 31% of adults with arthritis report engaging in no physical activity3
- 47% of adults with arthritis report too little physical activity to meet national recommendations3

CONTACT

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

Sources
3. 2013 Montana Behavioral Risk Factor Surveillance System Data
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 exercise1, 2

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

WHY MAKE A REFERRAL?

- 1 in 4 Montana adults reports ever being diagnosed with arthritis3
- 59% of adults with arthritis report being limited in their usual activities, work, or social activities3
- 31% of adults with arthritis report engaging in no physical activity3
- 47% of adults with arthritis report too little physical activity to meet national recommendations3

CONTACT

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

Sources
3. 2013 Montana Behavioral Risk Factor Surveillance System Data
Enhanced Fitness

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.¹ ²

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

Sources

3. 2013 Montana Behavioral Risk Factor Surveillance System Data

Why Make a Referral?

- 1 in 4 Montana adults reports ever being diagnosed with arthritis³
- 59% of adults with arthritis report being limited in their usual activities, work, or social activities³
- 31% of adults with arthritis report engaging in no physical activity³
- 47% of adults with arthritis report too little physical activity to meet national recommendations³

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
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 controlled¹
- 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 education¹
- These health outcomes can be improved with the help of certified asthma educators

CONTACT

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

Sources
1. Asthma Call Back Survey 2006-2010
**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 MCCP Provider. To become an enrolled MCCP 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
www.mtcancercoaltion.org

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**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.

One in two men will be diagnosed with cancer in their lifetime.

One in three women will be diagnosed with cancer in their lifetime.

Two in five adults aged 50 to 75 years are not up-to-date with colorectal cancer screening.

44% of insured Montanans are not up-to-date with colorectal cancer screening.

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**CONTACT**

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

**Sources**

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\(^1\), \(^2\)

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

Sources
3. 2013 Montana Behavioral Risk Factor Surveillance System Data

WHY MAKE A REFERRAL?

- 2 in 3 Montana adults report having at least one chronic condition\(^3\)
- The most common chronic conditions are:
  - High cholesterol
  - Hypertension
  - Arthritis
  - Depression
  - Asthma
  - Diabetes\(^4\)
- 38% of Montana adults have 2 or more chronic conditions\(^3\)

CONTACT

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

WHY MAKE A REFERRAL?

- It is estimated that 35% of adults are at high risk for developing type 2 diabetes1,2
- 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 time3

CONTACT

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

Sources
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

WHY MAKE A REFERRAL?

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

CONTACT

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

Sources
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\textsuperscript{1}

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\textsuperscript{2}
• 39% of Montana adults with disabilities report their general health as fair or poor compared to 7% without disabilities\textsuperscript{3}
• 30% of Montana adults with disabilities report that their health had prevented their usual activities compared to 5% without disabilities\textsuperscript{3}
• Montana adults with disabilities report higher rates of obesity and diabetes compared to those without disabilities\textsuperscript{3}

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

Sources
* 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.mtKzKgMN8a67u/b.4453157/k.6464/Secondary_conditions.htm
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, 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

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

They'll see immediate results

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

They'll save money

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

Sources

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

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

Sources
1. http://www.thecommunityguide.org/asthma/multicomponent.html
3. Montana Asthma Home Visiting Program Evaluation Data

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
- 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
- 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

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

WHY MAKE A REFERRAL?

- Most hospitalizations (83%) for unintentional injuries among older adults were due to falls\(^1\)
- 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\(^2\)
- 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\(^3\)

CONTACT

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Sources
\(^2\) Montana Department of Public Health and Human Services, Public Health and Safety Division, 2012 MT Vital Statistics Report
**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.

**PROGRAM BENEFITS**

- Reductions in limitation from secondary conditions
- Improved health and capacity to work
- Reduced isolation

**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

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**WHY MAKE A REFERRAL?**

- 37% of adult Montanans with disabilities are employed compared to 75% of Montanans without disabilities
- 10% of Montanans with disabilities are actively seeking work

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**Sources**


* 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

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