

# Healthy Maine Partnerships Linking Local Chronic Disease Self-Management (CDSM) Supports to Their Community

## B A C K G R O U N D

Maine has high rates of chronic diseases. In fact, about 70% of Maine people die from only four diseases:

- cardiovascular disease (heart disease and stroke)
- cancer
- chronic lung disease (primarily emphysema)
- diabetes

Nationally, about one-third of all disabilities are caused by one of these four diseases.

To address chronic diseases and their complications, Maine is using a coordinated, evidence-based plan called the Care Model. This model actively includes the person with chronic disease in his or her own treatment and management. Chronic Disease Self-Management (CDSM) is critical to improving the health and quality of life of those with chronic conditions. It's a valuable tool for both healthcare providers and patients.

As part of the ongoing effort of the Maine CDC to enhance public health, Healthy Maine Partnerships (HMP) is working with statewide partners to promote access to health improvement resources for those with chronic diseases. Healthy Maine Partnerships has completed a CDSM supports/resources inventory that will provide each community, as well as local health-care providers, a better understanding of available resources.

As part of this effort, Healthy Maine Partnerships is partnering with 2-1-1, a statewide information clearinghouse that offers free, 24-hour service to the public. An individual with a chronic disease calling 2-1-1 receives help from a trained representative, based in Maine, who can provide access to information and health resources for specific needs in the caller's community. It's a convenient and efficient method to link people with chronic diseases to the support they need.