



Personal Action Toward Health (PATH)

The *Stanford Chronic Disease Self-Management Program* in Michigan

PATH (Personal Action Toward Health) is Michigan's name for the *Stanford Chronic Disease Self-Management Program*. PATH is a six-week workshop that helps people with chronic or long-term health conditions learn strategies for disease self-management. The program was developed and tested by Stanford University and has been proven to help people play a more active role in their own health care, and achieve greater wellness and well-being.

Program Features:

- Topics covered in workshops include symptom management, taking medications properly, working with a health care team, goal setting, problem-solving, stress reduction and relaxation, healthy diet, and physical activity
- Content is not disease specific, rather it focuses on symptoms and problems that are common to people with a variety of health conditions and ways to address them
- Emphasis on creating personal action plans and setting practical, achievable goals
- Highly interactive format allows participants to share challenges and solutions with one another, and practice new skills
- Led by trained facilitators, many of whom also have a chronic condition
- Offered in convenient, easily accessible community locations
- Free or low cost

Proven Benefits: Program participants reported improved symptom management, communication with physicians, self-efficacy, physical activity, and general health compared to those who had not participated in the workshop.

Who should participate: PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, fibromyalgia and depression. Family members and caregivers are also encouraged to participate.

PATH in Michigan: Community-based agencies offer PATH workshops across the state. In addition to the chronic disease version, partners also offer Diabetes PATH and Chronic Pain PATH.

For More Information: Please visit www.mihealthyprograms.org to find workshops or leader trainings in your area or contact Karen McCloskey at McCloskeyK@michigan.gov or (517) 335-1236.