



## Recovery Act Chronic Disease Self-Management Program

### New Mexico State Profile

The Evidence-Based Disease and Disability Prevention Program increases older adults' access to effective interventions that helps to reduce their risk of disease, injury, and disability. In 2010, the Recovery Act Chronic Disease Self-Management Program expanded state-led partnerships involving the aging and public health networks to implement evidence-based prevention programs at the community level that help older adults better manage their chronic diseases. This profile provides a brief synopsis of how each state and community organizations are delivering evidence-based prevention programs to meet the needs of the older adults and communities they serve.

The Recovery Act Chronic Disease Self-Management Program grant was awarded to the New Mexico Department of Health. This program is offered in collaboration with the New Mexico Aging and Long Term Services Department.

**If you would like to learn more about evidence-based programs offered in your area, please contact:**

Chris Lucero  
New Mexico Department of Health  
505-222-8605  
[christopher.lucero@state.nm.us](mailto:christopher.lucero@state.nm.us)

**Program Website:** <http://www.arthritisnm.org/myCD-program.html>

### Evidence-Based Programs Offered

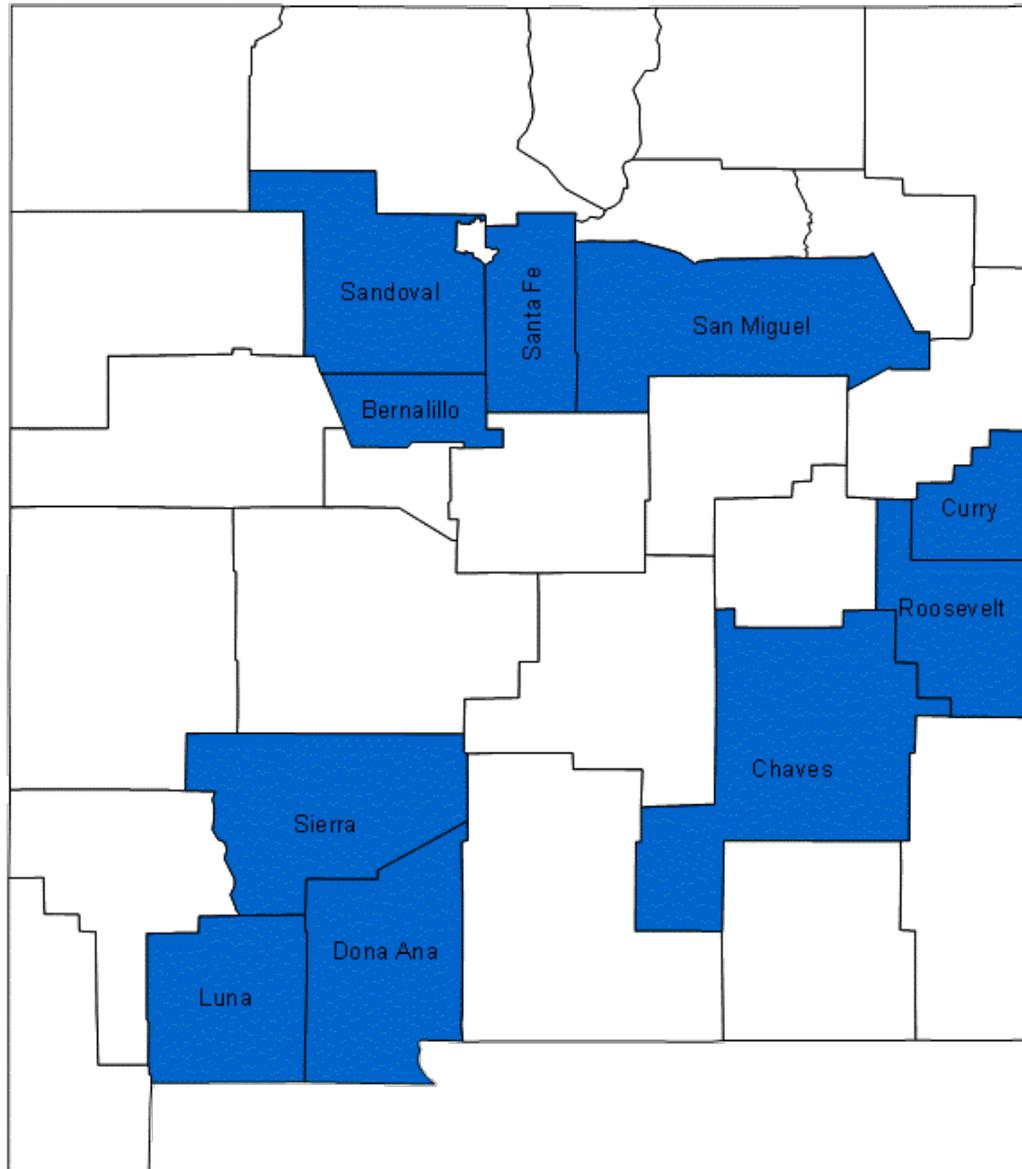
- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish CDSMP)

### Statewide Program Reach (March 31, 2010 to September 30, 2011)

Program Name	Number of Implementation Sites	Number of Program Participants
CDSMP	43	753

- Programs are offered in settings such as educational institutions, faith-based organizations, and residential facilities.

## Counties Offering Evidence-Based Programs



**To find out more information about the state's Recovery Act Communities Putting Prevention to Work: Chronic Disease Self-Management Program grant, contact:**

David Vigil  
New Mexico Department of Health  
5301 Central Ave, NE, Suite 800  
Albuquerque, NM 87108  
505-841-5836  
[david.vigil1@state.nm.us](mailto:david.vigil1@state.nm.us)

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