

Meet our Partner Program: HealthyU

Wyoming's older adult population is becoming older quickly and is experiencing more chronic diseases. According to the Wyoming Department of Administration and

Information Economic Analysis division the elderly population (Age 65 and over) grew by 3.7% between July 2016 and July 2017. This figure was the fastest in the country. Additionally, older adults are experiencing chronic diseases at high rates¹. A recent study by the National Council on Aging found that approximately 80% of older adults have at least one chronic disease and 77% have at least two².

To address these issues, the Wyoming Department of Health Aging Division has recently partnered with the Wyoming Center



on Aging to offer an evidence-based Chronic Disease Self-Management Program. This program, called HealthyU, was created at Stanford University and has been extensively studied. The program is delivered in 2.5 hour sessions, once a week for six weeks, and assists people with chronic diseases by becoming more active and productive in their own health management. Living with a chronic condition like diabetes, arthritis, high blood pressure, or heart disease can be a daily challenge, but it doesn't have to be. The

Chronic Disease Self-Management Program can help you take charge of your health and feel better!

The Aging Division and the Wyoming

Center on Aging are expanding this program with the intention on making it statewide. In order to find out if this program is offered in your county please give Dominick Duhamel a call at 307-766-2765.

¹Lacock, T. (2018, November 28). AARP Report Suggests Wyoming Getting Older, Faster Than Much of the Nation. Retrieved from <https://states.aarp.org/aarp-recommends-hcbs-services/>

²National Council on Aging *Health Aging Facts*, Retrieved from <https://www.ncoa.org/news/resources-for-reporters/get-the-facts/healthy-aging-facts/>

Community Living Section Newsletter

Thanks for reading! This is the first issue of the Community Living Section Newsletter. Each week, we plan to share information with you about our programs, partners, providers, vol-

unteer opportunities, and much more! Our goal is to keep the citizens of Wyoming informed about current information in aging, as well as topics of interest and popular news stories. If you

have any suggestions, thoughts, or feedback, we'd love to hear it! Please feel free to contact us at 1-800-442-2766, or email us at wyaging@wyo.gov.