

A Congressional Briefing

Taking Control of Our Health – Applying Research on the Self-Management of Chronic Illness

Friday, March 12, 2004
10:00 am - 12:00 pm
2168 Rayburn House Office Building

More than 45 percent of adults struggle with a chronic condition that affects their daily activities. From diabetes to asthma, heart disease, depression, obesity, and AIDS, more and more Americans are living with chronic illnesses. More than 90 million Americans live with one or more chronic illness; at least 22 million live with three chronic illnesses. Coping with a complex chronic illness such as diabetes affects the individual as well as family members throughout the entire lifespan.

There is considerable evidence that individuals themselves can play a major role in managing their conditions. Similarly, for a range of conditions interventions that promote better self-care have been shown to reduce mortality, disability, absenteeism, and unnecessary health care utilization. Effective self-management includes a broad range of health, lifestyle, and self assessment and treatment behaviors, often with the assistance and support of others. Three distinguished social and behavioral scientists will discuss current scientific knowledge about self-management and directions for research that have the potential to improve the ability of people to manage and enhance their health. This research is funded by the National Institutes of Health and voluntary health organizations.

Speakers:

Jacqueline Dunbar-Jacob, Ph.D., RN, FAAN,	University of Pittsburgh School Of Nursing
Dana P. Goldman, Ph.D.,	RAND, Inc.
James O. Hill, Ph.D.,	University of Colorado Health Sciences Center
Virginia Cain, Ph.D. (moderator)	Acting Director, Office of Behavioral and Social Sciences Research, National Institutes of Health

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