Goals

The overall purposes of this 3-year grant are to:

- **Goal 1:** Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based chronic disease self-management education and self-management support programs to empower them to better manage their chronic conditions.

- **Goal 2:** Enhance the sustainability of evidence-based chronic disease self-management education and self-management support programs through the implementation of robust sustainability strategies.

Strategies and Activities

The National Kidney Foundation of Michigan (NKFM) and its partners will:

- Integrate CDSME and support programs into strategies for managing kidney health.
- Develop and strengthen referral pathways for CDSME and support programs.
- Build on current infrastructure and expand delivery of remote, in-person and digital programming.
- Develop value propositions to secure contracts with payers.

Proposed Interventions

- Better Choices Better Health (BCBH)
- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Health Coaches for Hypertension Control (HCHC)
- Walk with Ease (WWE)

Partnerships

To achieve the goals of the grant, NKFM will collaborate with the following key partners:

Prevention and Public Health Fund 2022, effective May 1, 2022
• Area Agencies on Aging
• Ascension
• Beaumont Health
• Canary Health
• Health Alliance Plan
• Hypertension Nephrology Associates
• Michigan Association of Health Plans
• Michigan Department of Health and Human Services
• Michigan State University Extension
• National Kidney Foundation
• Thumb Community Health Partnership
• UnitedHealthcare Community Plan
• University of Michigan Health System
• Upper Peninsula Health Plan
• Western Wayne Family Health Centers

Anticipated Results

The NKFM and its partners propose to achieve the following results:

• Engage 868 participants that complete CDSME and Support programs (70% average completion across programs).
• Enhance collaboration and infrastructure for promotion, delivery, and availability of CDSME and support programs
• Establish referral pathways with health systems, healthcare providers, and community based organizations
• Secure contracts with payers for self-management programs, especially for preventing and managing chronic kidney disease.

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