

# Texas A&M University Health Science Center Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

This grant (2016-2018) has two major goals:

- Significantly increase the number of older adults and adults with disabilities in underserved areas and populations who participate in evidence-based self-management education and support programs to empower them to better manage their chronic conditions.
- Implement innovative funding arrangements, including contracts, partnerships, and collaborations with one or more sustainability partners to support evidence-based self-management programs during and beyond the grant period, while embedding the programs into an *integrated, sustainable evidence-based prevention program network*.

The Texas A&M University Health Science Center Program on Healthy Aging (TAMU-PHA) and its partners will:

- Support the SUSTAIN (Supporting, Unifying, and Streamlining in Texas through Active Integrated Networks)
- Provide a central hub for embedding Chronic Disease Self-Management

Education (CDSME) programs in 59 counties in Central and East Texas;

- Establish partnerships among area agencies on aging (AAAs), integrated health care systems, and managed care organizations to better scale and sustain CDSME programs;
- Engage underserved older adults and adults with disabilities, including dual Medicare/Medicaid eligible clients;
- Enhance program reach and completion rates; and
- Develop and evaluate models of best practices to create systematic health care referrals and program sustainability.

## Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Chronic Pain Self-Management Program (CPSMP)

## Partnerships

To achieve the goals of the grant, TAMU-PHA will collaborate with the following key partners:



- Seven AAAs: Brazos Valley, Capital, Central Texas, Deep East, East Texas, Heart of Texas, and Houston-Galveston
- Baylor Scott and White (BSW) Hospital System
- BSW Center for Applied Health Research
- Catholic Health Initiatives, St. Joseph Health System, and St. Luke's-The Woodlands Hospital
- Community Council of Greater Dallas
- Consortium for Older Adult Wellness
- Evidence-Based Leadership Council
- Falls Community Hospital and Clinic
- McLennan Community College
- Northwest Diagnostic Clinic
- Sam Houston State University
- TAMU AgriLife Extension, College of Nursing, and School of Public Health
- UnitedHealthcare
- Walker County Health Initiatives
- Improve participant self-efficacy for managing chronic conditions by 10%;
- Ensure that each partnering AAA establishes a memorandum of understanding with at least one integrated health system; and
- Explore return on investment by assessing a reduction in health care utilization on a subset of workshop participants.

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**For more information:**

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 U.S. Department of Health and Human Services  
 Washington, DC 20230  
<http://www.acl.gov>

## Anticipated Results

The TAMU-PHA and its partners propose to achieve the following results:

- Achieve a 75% retention rate, with at least 2,000 CDSME completers (participants who attend at least four of six workshop sessions);
- Document representative program participation among those with multiple comorbidities, males, and those from disadvantaged backgrounds (minority and ethnic groups; individuals with low education or low income; and residents of non-metropolitan areas);

Prevention and Public Health Fund 2016, effective August 1, 2016

