

Utah Department of Health Arthritis Program 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 Utah Department of Health Arthritis Program (UAP) and its partners will:

- Engage underserved older adults and adults with disabilities, including veterans, rural residents, and minority populations in Chronic Disease Self-Management Education (CDSME) programs and EnhanceFitness;

- Expand the Evidence-Based Program Network/Living Well Coalition partner network and delivery infrastructure with a focus on rural and frontier counties;
- Enhance the online Partner Portal to provide a user-friendly central location for data collection, online participant registration, and workshop scheduling;
- Develop and embed a referral system in clinics and hospitals; and
- Pursue reimbursement from public and private agencies and develop a model for community partners to be reimbursed.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish version of CDSMP)
- Diabetes Self-Management Program (DSMP)
- Programa de Manejo Personal de la Diabetes (Spanish version of DSMP)
- Chronic Pain Self-Management Program (CPSMP)
- EnhanceFitness

Partnerships

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

- Central Utah Public Health Department
- Central Valley Medical Center
- Comunidades en Accion
- County Association of Governments (five)
- Davis County Health Area Agency on Aging
- Granger Medical Center
- Gunnison Valley Hospital
- HealthInsight
- Intermountain Healthcare
- Molina Healthcare
- National Tongan American Society
- Options for Independence
- Salt Lake County Aging and Adult Services
- Sound Generations
- Tooele County Area Agency on Aging
- University of Utah Community Clinics
- Utah County Health Department
- Utah Department of Health (UDOH) Bureau of Health Promotion; Environment, Policy and Improved Clinical Care Program; and Violence and Injury Prevention Program
- Utah Department of Human Services (UDHS) Division of Aging and Adult Services
- UDHS Division of Services for People with Disabilities
- Utah Navajo Health System
- Veteran Affairs Salt Lake City Health Care System
- YMCA of Northern Utah

Anticipated Results

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

- Serve a total of 3,418 participants for all programs and 2,417 CDSME program participants;
- Achieve a 75% CDSME program completion rate (participants who attend at least four of six workshop sessions);
- Assure that 10% of CDSME program workshops are provided for underserved and disadvantaged populations;
- Expand program coverage to six rural and frontier counties; and
- Provide reimbursement and sustainability plan models for partners to utilize as part of their routine business practices to ensure that the programs continue beyond the project period.

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