

# Utah Department of Health Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

The purposes of this three-year grant are to:

- Significantly increase the number of participants in evidence-based self-management education and support programs; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

Utah Department of Health (UDOH) and its partners will:

- Provide centralized and coordinated leadership statewide to support evidence-based programs;
- Expand the number of lay leaders available to conduct Chronic Pain Self-Management Program (CPSMP) and Living Well with a Disability workshops (LWF);
- Reach target populations including older adults, adults with disabilities, and adults who use prescription pain medications; and
- Implement workshops in Pacific Islander, Native American, and Hispanic communities.

## Proposed Interventions

- Chronic Pain Self-Management Program
- Living Well with a Disability
- Better Choices, Better Health®

## Partnerships

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

- Area agencies on aging
- Utah State University's Center for Persons with Disabilities
- Five County Association of Governments
- Intermountain Healthcare
- Local health departments
- TURN Community Services
- University of Utah Community Clinics
- Utah County Health Department Division of Services for People with Disabilities
- Veterans Affairs

## Anticipated Results

UDOH and its partners propose to achieve the following results:

- Enroll 4,239 participants in the proposed programs;
- Achieve a 75% retention rate, for a total of 3,179 participants that attend at least 4 of the 6 workshop sessions;

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- Engage at least 10% of program participants from underserved communities; and
- Build partnerships with three health care organizations to sustain programs long-term.

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**For more information:**

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