

# Health Promotion Council of Southeastern Pennsylvania Chronic Disease Self-Management Education Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this two-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.

The Health Promotion Council (HPC) and its partners will:

- Convene a chronic disease self-management education (CDSME) leadership sustainability group;
- Conduct a cost-benefit analysis to determine sustainability solutions for community-based health systems;
- Create a system for centralized promotion, training, and quality assurance activities;
- Create culturally appropriate promotional materials to raise awareness of the CDSME initiative; and

- Disseminate success stories and testimonials from participants to educate the public, policy makers, and others.

## Proposed Interventions

- Diabetes Self-Management Program (DSMP)

## Partnerships

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

- Pennsylvania Department of Aging
- Area Agencies on Aging
- AmeriHealth Caritas Plan
- Health Partners Plans
- Public Health Management Corporation - Research and Evaluation Group and PersonLink
- PA Department of Health
- PA Department of Human Services
- Stanford Patient Education Research Center
- University of Pennsylvania Health System



## Anticipated Results

HPC and its partners propose to achieve the following results:

- Engage 3,350 completers in DSMP workshops;
- Train additional DSMP leaders;
- Increase awareness of DSMP;
- Offer more DSMP workshops, including opportunities specifically for older adults and adults with disabilities;
- Increase referrals to DSMP;
- Foster positive health behaviors among participants;
- Decrease negative diabetes-management indicators (e.g., emergency room visits);
- Increase demand for DSMP; and
- Improve access to DSMP services for older adults and adults with disabilities.

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