Lake County Tribal Health Consortium
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 Lake County Tribal Health Consortium (LCTHC) and its partners will:

- Engage American Indian/Alaska Native Elders aged 50+ in the Diabetes Self-Management Program (DSMP);
- Develop an Outreach and Recruitment Kit;
- Integrate DSMP into the existing activities of health care providers and health systems; and
- Apply for a peer-led group payment incentive through Partnership HealthPlan of California.

Proposed Intervention
- Diabetes Self-Management Program (DSMP)

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

- Lake County Public Health Department, Supplemental Nutrition Assistance Program (SNAP)
- North Coast Opportunities, Partnerships in Community Health program
- Partnership HealthPlan of California
- University of California Cooperative Extension, the Master Gardener Program

Anticipated Results
The LCTHC and its partners propose to achieve the following results:

- Engage 80 participants in DSMP workshops;
- Achieve a 70% participant completion rate (participants who attend at least four of six workshop sessions);
• Ensure that at least 70% of the 118 active Elders (an increase of 8.4%) are accessing self-management education and are empowered to manage diabetes;
• Improve access to affordable fresh food, exercise, social interaction, and intergenerational bonding;
• Obtain incentive payments from Partnership HealthPlan for DSMP workshops; and
• Increase participants’ confidence, self-efficacy, and short-term, as well as long-term, health outcomes.

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For more information:
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