

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.

Contact:

Gemalli Austin
Lake County Tribal Health Consortium
gaustin@lcthc.org

For more information:

U.S. Department of Health and Human Services
Administration for Community Living
Administration on Aging
Washington, DC 20230
<http://www.acl.gov/>

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