

# Yellowhawk Tribal Health Center

## 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 Yellowhawk Tribal Health Center (YTHC) and its partners will:

- Engage American Indian adults living in Umatilla County in the Chronic Disease Self-Management Program (CDSMP);
- Implement a health promotion strategy through existing Tribal programming;
- Identify elder leaders living with chronic conditions to assist with the implementation of CDSMP;

- Reduce the burden of chronic diseases through a combination of health system interventions and linkages with other community providers;
- Use a holistic approach to promote community health and wellness; and
- Strengthen and expand existing opportunities for elders to participate in wellness activities.

### Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Cancer: Thriving and Surviving (CTS)

### Partnerships

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

- Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians
- Confederated Tribes of Umatilla Indian Reservation
- Northwest Regional Council



## Anticipated Results

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

- Increase access to CDSMP and other health promotion activities for American Indian adults living in Umatilla County and across the state of Oregon;
- Increase CDSMP training opportunities at the YTHC or in designated communities throughout Oregon at no cost to tribes;
- Expand the number of tribal organizations offering CDSMP; and
- Use CDSMP workshops to enhance existing YTHC programs focused on physical activity, nutrition, and case management.

### Contact:

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### For more information:

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