

The Curators of the University of Missouri Chronic Disease Self-Management Education Program Grantee



Goals, Strategies, and Activities

The overall purposes of this 3-year Capacity-Building grant are to:

- Develop capacity in areas with no or limited evidence-based program infrastructure to introduce, deliver, and expand the reach of evidence-based chronic disease-self-management education and self-management support programs within underserved geographic areas and/or populations; and
- Develop sustainability strategies to support the proposed programs during and beyond the grant period.

The Curators of the University of Missouri's Arthritis and Osteoporosis Program (MAOP) and its partners will:

- Engage individuals in the Chronic Pain Self-Management Program (CPSMP) and Walk With Ease-Group (WWE-G) program in 11 counties in the northwest area of the state, Jackson County, and Saint Louis City.
- Develop partnerships with health care partners to refer patients to evidence-based programs.

- Expand training of CPSMP and WWE-G master trainers and lay leaders in strategic geographic areas.

Proposed Interventions

- Chronic Pain Self-Management Program
- Walk with Ease-Group

Partnerships

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

- Area Agencies on Aging in the target geographic areas
- Missouri Parks and Recreation Association Chapters
- MOSAIC Life Care
- Truman Medical Center
- University of Missouri Extension offices in the target geographic areas
- Washington University
- Saint Luke's Health System

Anticipated Results

MAOP and its partners propose to achieve the following results:

- Engage 1,278 participants in CPSMP and WWE-G over the 3-year grant period.

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- Achieve a 70% participant completion rate in both programs.
- Provide targeted outreach to African American older adults and adults with disabilities in the targeted urban areas.
- Implement evidence-based programs in order to ensure that Missouri reports no increase in the percentage of adults diagnosed with arthritis that report severe joint pain on the Behavioral Risk Factor Surveillance System survey.

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