South Dakota State University
Chronic Disease Self-Management Education Program Grantee

Goals, Strategies, and Activities
The overall purposes of this 3-year Sustainable Systems grant are to:

- **Goal 1**: Significantly increase the number of older adults and adults with disabilities who participate in and complete evidence-based chronic disease self-management education (CDSME) and support programs to improve their confidence in managing their chronic condition(s).

- **Goal 2**: Implement new and innovative funding arrangements, including contracts and collaborations with multiple sustainability partners, to support evidence-based self-management education and support programs during and beyond the grant period. Additionally, embed programs into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes.

South Dakota State University (SDSU) and its partners will:

- Expand implementation of CDSME programs in rural and frontier areas, with a focus on low-income communities that are disproportionately affected by chronic conditions;

- Partner with health care organizations to establish referrals processes;

- Develop an advisory team focused on sustainability and the return on investment of CDSME programs; and

- Create best practices toolkits focused on program implementation in partnership with faith communities, Hutterite colonies, American Indians, correctional facilities, and farmers.

Proposed Interventions
- Chronic Disease Self-Management Program
- Diabetes Self-Management Program *in-person and virtual workshop pilot*
- Chronic Pain Self-Management Program (CPSMP)
- Workplace Chronic Disease Self-Management Program (wCDSMP)
- Walk with Ease (WWE)

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

- Alliance for Successful Aging
- Avera Health
- Bureau of Human Resources

Prevention and Public Health Fund 2019, effective May 1, 2019
• Great Plains Tribal Chairmen’s Health Board
• Great Plains Quality Innovation Network
• Mitchell Technical Institute
• Regional Health
• South Dakota State Department of Health
• South Dakota State Department of Human Services, Division of Long-Term Services & Supports
• South Dakota Association of Healthcare Organizations
• WorkWell Program
• Workshop Wizard

Anticipated Results

SDSU and its partners propose to achieve the following results:

• Engage 500 completers in CPSMP and wCDSMP and 400 completers in WWE;
• Pilot a virtual DSMP workshop in 3 tribal communities;
• Establish 2 Community Referral & Wellness Coaches and 3 Community Health Worker positions;
• Receive 3,000 referrals from health care partners for an estimated yield of 300 CDSME completers;
• Secure $155,000 in funding per year from third-party sources;
• Establish data sharing systems with partners and providers; and
• Develop a sustainable business plan.

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