

# University of Texas Medical Branch

## 2023 Chronic Disease Self-Management Education Program Grantee



### Goals

The overall purposes of this 4-year grant are to:

Goal 1: Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based chronic disease self-management education (CDSME) and self-management support programs to empower them to better manage their chronic conditions.

Goal 2: Identify and implement one or more robust strategies that will promote the sustainability of evidence-based self-management education and self-management support programs.

### Strategies and Activities

The grantee and its partners will:

- Build infrastructure to implement evidence-based CDSME & self-management support programs.
- Advance strategies to recruit aging participants from Galveston, Brazoria & Harris Counties.
- Take action to advance project sustainability, scalability, and replicability.
- Scale up the interventions through documenting the model and disseminating lessons learned.

### Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP) (remote, in-person, English & Spanish)
- Diabetes Self-Management Program (DSMP) (remote, in-person, English & Spanish)
- Health Coaches for Hypertension Control (HCHC) (remote, in-person, English & Spanish)
- Toolkit for Active Living with Chronic Conditions (self-guided, phone, English & Spanish)
- Walk with Ease (WWE) (self-guided, in-person, English & Spanish)
- Geri-Fit (remote, in-person, English)

Prevention and Public Health Fund 2023, effective May 1, 2023



## Partnerships

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

- Galveston Aging Care Network
- Osher Lifelong Learning Institute at University of Texas Medical Branch
- Hope Clinic
- St. Vincent's House

## Anticipated Results

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

- Partners incorporate CDSME and self-management support programs in the treatment of chronic diseases.
- Improved capacity of project personnel to implement the program.
- Engage 2,464 participants in evidence-based programs, with 516 participants reached annually.
- Support 1,548 participants in attending at least 60% of program sessions for a retention rate of 75%.
- At least 50% of program completers will experience improvement in knowledge and practices.

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