

Iowa Department of Health and Human Services

Iowa's Initiative to Advance and Sustain Evidence-Based CDSME Programs for Adults with Behavioral Health Conditions, Fiscal Year 2026

Chronic Disease Self-Management Education Grantee Profile, Fiscal Year 2026

Goals

This 3-year grant aims to:

- Expand statewide delivery of Chronic Disease Management Program (CDSMP) and Walk With Ease (WWE) for older adults and adults with disabilities experiencing behavioral health needs.
- Build a sustainable leader workforce of CDSMP Peer Leaders, Master Trainers, and WWE Leaders.
- Establish e-referral pathways linking healthcare, behavioral health, and aging/disability networks.
- Develop resources and standardized reporting to support program sustainability and replication.

Activities

The grantee and its partners will:

- Launch a standardized referral workflow between the Iowa Primary Care Association and the Iowa Community HUB, with FHIR integration piloted at select Federally Qualified Health Centers (FQHCs).
- Engage Iowa's four Disability Access Points as referral sources into the Iowa Community HUB.
- Train CDSMP and WWE Leaders and Master Trainers, delivering workshops statewide with priority given to high-need counties.
- Provide person-centered, trauma-informed, and responsive leader training in partnership with the Center of Excellence for Behavioral Health and the University of Iowa Center for Disabilities and Development.
- Expand referral workflows statewide and embed them into routine operations.
- Develop Section 508-compliant resources and transition reporting to the Iowa Community HUB.

Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Walk With Ease (WWE)

Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- Epilepsy Foundation Iowa
- Iowa Community HUB
- Iowa HHS Aging and Disability Services Division / Disability Access Points
- Iowa Primary Care Association (Iowa PCA)
- National Alliance on Mental Illness (NAMI) Iowa
- Self-Management Resource Center (SMRC)
- The Arthritis Foundation
- University of Iowa Center for Disabilities and Development

Outcomes

The grantee anticipates the following results from this project.

- A total of 2,400 participants across CDSMP and WWE including 1,200 CDSMP completers and 1,200 WWE participants.
- At least 90% of participants from the target population, with at least 60% reporting increased self-management confidence and reduced stress post-program.
- A trained workforce of 26 CDSMP Peer Leaders, 15 WWE Leaders, and 2 CDSMP Master Trainers, with at least 80% demonstrating increased competency and at least 75% delivering a workshop within six months of training.
- At least 70% of providers at integrated FQHC sites reporting improved knowledge and confidence in referring patients to CDSMP and WWE.
- Nine Section 508-compliant resources disseminated, including a Replication Toolkit shared with at least 10 organizations, with quarterly outcome reporting transitioned fully to the Iowa Community HUB.

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