

Michigan State University (MSU) Extension

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:

- Implement programs in Michigan counties with the highest rates of arthritis in the state.
- Increase engagement of underserved adults with disabilities and Spanish speaking/Latinx older adults.
- Offer evidence-based programs that include both in-person and remote delivery options.
- Train new leaders, including bilingual staff, to deliver community-based educational programs.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP) (in-person and remote)
- Chronic Pain Self-Management Program (CPSMP) (in-person and remote)
- Walk with Ease (WWE) (in-person and remote)
- Tomando Control de su Salud (in-person and remote)

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:

- The Disability Network of Northern Michigan
- Arthritis Foundation of Michigan
- Living Healthy in Michigan Partner Network
- Seven area agencies on aging in the lower peninsula of Michigan
- Corewell Health System (Spectrum Health and Beaumont Health)
- Michigan Center for Rural Health
- Meijer Specialty Pharmacies

Anticipated Results

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

- Reach 1,230 participants across all proposed evidence-based programs.
- Increase the number of CDSME and support program referrals by 240 (60 per year).
- Develop a "Fund Development and Sustainability Planning" subcommittee for long-term program support.
- Establish and support ongoing infrastructure to offer multiple programs in Spanish.
- Strengthen statewide partnerships with diverse stakeholders for efficient and robust program delivery.

Contact:

Cheryl Eschbach Ph.D., Director, Health and Nutrition Institute
Michigan State University Extension
cheryl@msu.edu

For more information:

Administration for Community Living
U.S. Department of Health and Human Services
Washington, DC 20201
<http://www.acl.gov>

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