

# Delta Health Alliance

## 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:

- Integrate these new CDSME programs into existing health and social service programs within underserved communities.
- Focus recruitment for programs on marginalized populations utilizing known referral sources and partnerships with area businesses.
- Develop community partnerships for referral sources to proposed interventions.
- Expand services for chronic disease patients by implementing self-management programs.

### Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP) (remote and in-person)
- Chronic Pain Self-Management Program (CPSMP) (in-person)
- Diabetes Self-Management Program (DSMP) (in-person)
- Walk with Ease (in-person)

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:

- South Delta Area Agency on Aging
- The Social Services Collaborative
- Delta Council
- Delta Health Alliance's 30+ Outreach programs

## Anticipated Results

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

- Reduce the risk for premature deaths, poor quality of life and functional status, unnecessary hospitalizations, depression, and social isolation among African-American, low income older adults and adults with disabilities living in rural communities of Mississippi Delta.
- Improve access to CDSMP to older and disabled population by improving health services.
- Improve health of older adults and adults with disabilities as measured by assessment tools.
- Engage 920 participants in self-management programs in six MS Delta counties.

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### For more information:

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