

Shasta Community Health Center

Chronic Disease Self-Management Education Program Grantee Profile, Fiscal Year 2024

Goals

This 4-year grant aims to:

- Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based chronic disease self-management education (CDSME) programs and self-management support programs to empower them to better manage their chronic conditions.
- Identify and implement one or more robust strategies to promote the sustainability of evidence-based self-management education and self-management support programs.

Activities

The grantee and its partners will:

- Engage older adults in the CDSME programs in Shasta County.
- Partner with Dignity Health Connected Living and the YMCA to enhance evidence-based initiatives.
- Train and certify new leaders and coaches in all CDSME programs.
- Offer both remote and in-person workshops to improve accessibility for rural communities.

Interventions

- Arthritis Foundation Aquatic Program
- Chronic Disease Self-Management Program (CDSMP)
- EnhanceWellness (Remote)

Partners

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

- Dignity Health Connected Living
- YMCA

Outcomes

The grantee anticipates the following results from this project.

- Engage 450 total participants in CDSME.
- Increase the self-efficacy of 50% of CDSME program completers.
- Achieve improved emotional and social well-being in 50% of EnhanceWellness participants.
- Improve health for 75% of Arthritis Foundation Aquatic Program participants.
- Improve access to remote workshops by providing necessary IT equipment.

Grantee Contact

Zachary Zeller, Patient Education & Health Promotions Manager: zzeller@shastahealth.org