

# South Dakota State University

## Chronic Disease Self-Management Education Program Grantee



### Goals, Strategies, and Activities

The overall purposes of this 3-year Sustainable Systems grant are to:

- **Goal 1:** Significantly increase the number of older adults and adults with disabilities who participate in and complete evidence-based chronic disease self-management education (CDSME) and support programs to improve their confidence in managing their chronic condition(s).
- **Goal 2:** Implement new and innovative funding arrangements, including contracts and collaborations with multiple sustainability partners, to support evidence-based self-management education and support programs during and beyond the grant period. Additionally, embed programs into an integrated, sustainable evidence-based prevention program network via centralized, coordinated processes.

South Dakota State University (SDSU) and its partners will:

- Expand implementation of CDSME programs in rural and frontier areas, with a focus on low-income communities that are disproportionately affected by chronic conditions;

- Partner with health care organizations to establish referrals processes;
- Develop an advisory team focused on sustainability and the return on investment of CDSME programs; and
- Create best practices toolkits focused on program implementation in partnership with faith communities, Hutterite colonies, American Indians, correctional facilities, and farmers.

### Proposed Interventions

- Chronic Disease Self-Management Program
- Diabetes Self-Management Program *in-person and virtual workshop pilot*
- Chronic Pain Self-Management Program (CPSMP)
- Workplace Chronic Disease Self-Management Program (wCDSMP)
- Walk with Ease (WWE)

### Partnerships

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

- Alliance for Successful Aging
- Avera Health
- Bureau of Human Resources

Prevention and Public Health Fund 2019, effective May 1, 2019



- Great Plains Tribal Chairmen’s Health Board
- Great Plains Quality Innovation Network
- Mitchell Technical Institute
- Regional Health
- South Dakota State Department of Health
- South Dakota State Department of Human Services, Division of Long-Term Services & Supports
- South Dakota Association of Healthcare Organizations
- WorkWell Program
- Workshop Wizard

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**For more information:**

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 Washington, DC 20201  
<http://www.acl.gov>

## Anticipated Results

SDSU and its partners propose to achieve the following results:

- Engage 500 completers in CPSMP and wCDSMP and 400 completers in WWE;
- Pilot a virtual DSMP workshop in 3 tribal communities;
- Establish 2 Community Referral & Wellness Coaches and 3 Community Health Worker positions;
- Receive 3,000 referrals from health care partners for an estimated yield of 300 CDSME completers;
- Secure \$155,000 in funding per year from third-party sources;
- Establish data sharing systems with partners and providers; and
- Develop a sustainable business plan.

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