

# National Kidney Foundation of Michigan Chronic Disease Self-Management Education Program Grantee



## Goals

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

- Goal 1: Develop or expand capacity to significantly increase the number of older adults and adults with disabilities, particularly those in underserved areas/populations, who participate in evidence-based chronic disease self-management education and self-management support programs to empower them to better manage their chronic conditions.
- Goal 2: Enhance the sustainability of evidence-based chronic disease self-management education and self-management support programs through the implementation of robust sustainability strategies.

## Strategies and Activities

The National Kidney Foundation of Michigan (NKFM) and its partners will:

- Integrate CDSME and support programs into strategies for managing kidney health.
- Develop and strengthen referral pathways for CDSME and support programs.
- Build on current infrastructure and expand delivery of remote, in-person and digital programming
- Develop value propositions to secure contracts with payers.

## Proposed Interventions

- Better Choices Better Health (BCBH)
- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Health Coaches for Hypertension Control (HCHC)
- Walk with Ease (WWE)

## Partnerships

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

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- Area Agencies on Aging
- Ascension
- Beaumont Health
- Canary Health
- Health Alliance Plan
- Hypertension Nephrology Associates
- Michigan Association of Health Plans
- Michigan Department of Health and Human Services
- Michigan State University Extension
- National Kidney Foundation
- Thumb Community Health Partnership
- UnitedHealthcare Community Plan
- University of Michigan Health System
- Upper Peninsula Health Plan
- Western Wayne Family Health Centers

- and availability of CDSME and support programs
- Establish referral pathways with health systems, healthcare providers, and community based organizations
- Secure contracts with payers for self-management programs, especially for preventing and managing chronic kidney disease.

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**For more information:**

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<http://www.acl.gov>

## Anticipated Results

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

- Engage 868 participants that complete CDSME and Support programs (70% average completion across programs).
- Enhance collaboration and infrastructure for promotion, delivery,

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