New Mexico Department of Health
Chronic Disease Self-Management Education Program Grantee

Goals, Strategies, and Activities

This grant (2016-2018) has two major goals:

- Significantly increase the number of older adults and adults with disabilities in underserved areas and populations who participate in evidence-based self-management education and support programs to empower them to better manage their chronic conditions.
- Implement innovative funding arrangements, including contracts, partnerships, and collaborations with one or more sustainability partners to support evidence-based self-management programs during and beyond the grant period, while embedding the programs into an *integrated, sustainable evidence-based prevention program network*.

The New Mexico Department of Health (NM DOH) and its partners will:

- Introduce the online Better Choices, Better Health® program;
- Expand the newly operational Centralized Referral and Data System to connect health care providers with community-based programming;
- Create promotional strategies and tools for health care practices to increase statewide awareness and referrals to chronic disease self-management education (CDSME) programs;
- Collaborate with the Indian Area Agency on Aging to integrate CDSME programs into existing services; and
- Integrate CDSME programs into the routine operations of New Mexico's local community health care practices and health systems, and implement a payment model through provider networks.

Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish version of CDSMP)
- Better Choices, Better Health® (online version of CDSMP)
- Diabetes Self-Management Program (DSMP)
- Programa de Manejo Personal de la Diabetes (Spanish version of DSMP)
- Cancer: Thriving and Surviving (CTS)
- Chronic Pain Self-Management Program (CPSMP)
- Positive Self-Management Program (PSMP)

Partnerships

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

- Canary Health
- CWA Strategic Communications
- City of Albuquerque, Department of Senior Affairs
- Consortium for Older Adult Wellness
- HealthInsight New Mexico
- New Mexico Aging and Long-Term Services Department
- New Mexico AIDS Services
- New Mexico Health Connections
- New Mexico Indian and Non-Metro Area Agencies on Aging
- New Mexico Retiree Health Care Authority
- New Mexico State University Extension, Family and Consumer Sciences

Anticipated Results

The NM DOH and its partners propose to achieve the following results:

- Engage 2,680 participants in CDSME workshops and 430 participants in Better Choices, Better Health®;
- Achieve an 82% participant completer rate;
- Implement policy changes and innovative funding arrangements to increase referrals to and participation in CDSME workshops;
- Increase access to CDSME within tribal communities, rural and frontier areas, and for those living with HIV and/or the Hepatitis C virus; and
- Develop evidence-based alliances to strengthen, expand, and embed CDSME programs into an integrated, sustainable network that will lead to the improvement of the overall health and well-being of New Mexicans.

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