

# South Dakota State University

## Chronic Disease Self-Management Education Program Grantee



### Goals, Strategies, and Activities

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

- Significantly increase the number of participants in evidence-based self-management education and support programs; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

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

- Increase the number of individuals enrolled in chronic disease self-management education (CDSME) programs to help adults manage chronic conditions, improve their quality of life, and lower health care costs;
- Implement strategies to expand outreach from 9 to 23 counties in South Dakota, including the provision of a portable iPad station to access online workshops and mini-grants to facilitate integration of the online venue with other community programming;

- Increase the number of master trainers by partnering with academic institutions to train students; and
- Develop and implement a marketing strategy to reach participants via word-of-mouth, newsletters, and social media, as well as through a partnership formed with the SDSU Extension to share information on its iGrow website.

### Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Better Choices, Better Health® (online version of CDSMP)

### Partnerships

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

- SD Department of Social Services
- SD Division of Adult Services and Aging
- SD Department of Health
- SDSU Extension
- Sanford Health
- SD Health Connect
- Canary Health
- Avera

- SD Foundation for Medical Care
- Regional Health
- North East SD Area Health Education Center
- Indian Health Services
- Great Plains Tribal Chairmen's Health Board
- WorkWell, a workplace wellness program
- Other organizations, including community-based outreach clinics serving veterans, the South Dakota correctional system, health care plans and organizations, and large employers

- Increase outreach to American Indians, adults with disabilities, incarcerated individuals, seniors, and those who are socially or economically disadvantaged;
- Improve participant outcomes, including increased disease management skills, self-efficacy, improved quality of life, increased physical activity, and decreased health care utilization.

## Anticipated Results

SDSU and its partners propose to achieve the following results:

- Recruit more than 800 individuals to participate in the community-based and online versions of CDSMP;
- Achieve a 68% completer rate in the first year of implementation and a 73% completer rate in the second year;

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