

# Big Sandy Health Care, Inc.

## Chronic Disease Self-Management Education Program Grantee



### Goals, Strategies, and Activities

The purposes of this three-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.

Big Sandy Health Care (BSHC) and its partners will:

- Expand implementation of the Chronic Disease Self-Management Program (CDSMP) in eastern Kentucky;
- Utilize community health workers to overcome barriers to chronic disease self-management;
- Embed CDSMP into the routine operations of all five BSHC clinics;
- Train health care providers to refer patients to CDSMP; and
- Develop an integrated network of evidence-based program providers in the region.

### Proposed Interventions

- Chronic Disease Self-Management Program

### Partnerships

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

- Appalachian Kentucky Health Care Access Network;
- Big Sandy Area Agency on Aging;
- Cooperative extension agencies;
- Faith-based organizations;
- Kentucky Department for Public Health;
- Kentucky Department for Aging and Independent Living;
- Local businesses;
- Local health departments in the Big Sandy service area; and
- Local hospitals and health care providers.

### Anticipated Results

BSHC and its partners propose to achieve the following results:

- Engage 2,000 participants in CDSMP over three years;

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- Achieve a 75% retention rate, for a total of 1,500 participants that attend at least 4 of the 6 workshop sessions;
- Train 30 master trainers and 80 lay leaders to conduct CDSMP in eastern Kentucky; and
- Identify opportunities to sustain program implementation over time.

**Contact:**

Pam Spradling  
Big Sandy Health Care, Inc.  
[p.spradling@bshc.org](mailto:p.spradling@bshc.org)

**For more information:**

Administration for Community Living  
U.S. Department of Health and Human Services  
Washington, DC 20201  
[Administration for Community Living website](#)

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