

Texas A&M University Public Policy Research Institute

2023 Chronic Disease Self-Management Education Program Grantee



Goals

The overall purposes of this 4-year grant are to:

Goal 1: Develop capacity to increase the number of older adults and adults with disabilities who participate in evidence-based Chronic Disease Self-Management Education (CDSME) and self-management support programs to empower them to better manage their chronic conditions.

Goal 2: Identify and implement one or more robust strategies that will promote the sustainability of evidence-based self-management education and self-management support programs.

Strategies and Activities

The grantee and its partners will:

- Develop replicable and sustainable program tools and protocols for CDSME programs.
- Grow the capacities of participating congregate meal sites in implementing CDSME programs through partnership and marketing.
- Implement CDSME programs in Dallas County, Angelina County, and the Lower Rio Grande Valley regions in Texas.
- Establish a learning collaborative to expand resources and disseminate outcomes and lessons across the Texas aging network.

Proposed Interventions

- Eat Smart, Move More, Weigh Less (ESMMWL) (remote and in-person)
- ¡Sí, Yo Puedo Controlar Mi Diabetes! (remote and in-person)

Prevention and Public Health Fund 2023, effective May 1, 2023



Partnerships

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

- Agrilife Extension, Texas A&M University
- Amigos del Valle, Lower Rio Grande Valley, Texas
- Angelina County Senior Center, Lufkin, Texas
- Area Agencies on Aging (Dallas, Deep East Texas, Lower Rio Grande Valley)
- Dallas County Health and Human Services
- Local higher educational institutions
- Local hospital systems, health agencies and health insurance organizations
- Local Aging Regional Councils, County Teams and Senior Services Collaboratives
- Regional Transportation Agencies
- Other local foundations and community based organizations

Anticipated Results

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

- Total 450 completers by the end of Year 4.
- Greater access to evidence-based programs.
- Expanded and sustainable repertoire of validated evidence-based programs and protocols.
- Improved social determinants of health outcomes in older adult participants.
- Expanded collaborative network & improved capacities to assess & share outcomes.

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