

# Community Council of Greater Dallas 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.

To increase participation in chronic disease self-management education (CDSME) programs in Texas, the Community Council of Greater Dallas (CCGD) and its partners will implement the following strategies:

- Focus efforts in 16 counties of North Central Texas to help adults manage their chronic conditions, improve their quality of life, and lower health care costs;
- Improve outreach to populations with health disparities, including African Americans, Hispanics, and Asians;
- Improve the sustainability of the program by securing at least two funding sources and expanding CCGD's Medicare billing practice; and

- Integrate CDSME programs into the rural/urban prevention network.

## Proposed Interventions

- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish version of CDSMP)
- Diabetes Self-Management Program (DSMP)
- HomeMeds

## Partnerships

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

- North Central Texas Council of Governments
- Tejas Health Management
- Cigna Health Spring
- TMS Health Quality Institute
- Greater Dallas Fort Worth Chronic Disease Consortium
- The Area Agencies on Aging in the Dallas area, Tarrant County, and North Central Texas
- United Way of Tarrant County
- Aging and Disability Resource Center



- Centers for Independent Living
- Mental Health Authority
- Texas Healthy at Home Coalition
- Other partners, such as health departments, hospital systems, Federally Qualified Health Centers, large physician practices, and fire-rescue emergency medical services units

- Achieve a 70% completer rate in the CDSME programs; and
- Achieve a 10% increase in the percentage of participants who are active and do not have health problems that interfere with their daily activities.

## Anticipated Results

CCGD and its partners propose to achieve the following results:

- Recruit over 10,000 individuals to participate in evidence-based programs, including over 7,000 participants in HomeMeds and over 3,000 participants in CDSME programs;
- Achieve a 61% increase in HomeMeds participants and a 55% increase in CDSME completers;

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### For more information:

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