UTAH
CHRONIC DISEASE SELF-MANAGEMENT EDUCATION

Goals, Strategies, and Activities

The overall purpose of this cooperative agreement is to increase access to evidence-based CDSME programs for older adults and adults with disabilities. The Utah Department of Health will develop and expand the CDSME infrastructure to offer CDSME programs to older adults and individuals with disabilities across the state. Utah will give special attention to Native Americans and build a sustainable system for CDSME.

Partnerships

Utah will recruit and partner with ADRCs, Medicaid, Veteran Affairs, local health departments, AAAs, faith-based organizations, and health systems.

Key Components

Through a strong collaboration, Utah's public health and AAA leaders are working to provide Utahans with access to CDSME workshops at least twice a year. In addition, Utah is working with partners to adopt and sustain CDSME programs.

Anticipated Results

- Chronic Disease Self-Management Program in English and Spanish and the Diabetes Self-Management Program will be offered to older and/or disabled adults with chronic conditions.
- Utah will have 2,343 workshop completers over the course of three years.
- A new program website and Facebook page will be launched to enhance access to more information, schedules, and registering for CDSME.

Acronyms

AAA – Area Agency on Aging
ADRC – Aging and Disability Resource Center
CDSME – Chronic Disease Self-Management Education

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