

# MISSOURI CHRONIC DISEASE SELF-MANAGEMENT EDUCATION



## Goals, Strategies, and Activities

The overall purpose of this cooperative agreement is to increase access to evidence-based chronic disease self-management programs for older adults and adults with disabilities. Missouri will work with various organizations to expand and strengthen the CDSME infrastructure to offer CDSME programs to older adults throughout the state.

## Partnerships

In partnership with the AAAs, National Association of Chronic Disease Directors Health Equity Council, RACs, Veterans Affairs, health systems, and community-based organizations, the MO Department of Health and Senior Services will work to reach Missourians with one or more chronic conditions, underserved populations, and those residing in rural areas.

## Key Components

Missourians will be reached via a centralized online registration process, social media outlets, and a workshop calendar. Using a quality assurance program, CDSME programs will be monitored for fidelity and to ensure quality improvement.

## Anticipated Results

- Missouri anticipates having 3,153 completers over the course of three years.
- The programs to be offered are: the Chronic Disease Self-Management Program in English and Spanish, and the Diabetes Self-Management Program. Missourians will be able to access Better Choices, Better Health and Better Choices, Better Health – Diabetes online.

## Acronyms

AAA – Area Agency on Aging  
CDSME – Chronic Disease Self-Management Education  
MO – Missouri  
RAC – Regional Arthritis Center

## Contact

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