CDSME PROGRAM SUMMARY

CDSME STORY

Action Health Partners Mission:
To educate, support and empower individuals to improve quality of life and well-being

Participant Race
- White: 80%
- Other: 15%
- AI or AN: 3%

2% Asian
1% Mult. Races

Subgroups
- Hispanic or Latino: 27%
- Do not have a High School Diploma: 12%
- 1st time taking a Diabetes self-management class: 81%

Participant Health Insurance
- Medicare/Medicare Advantage: 46%
- Medicaid: 43%
- Private Insurance: 21%
- I don’t have insurance: 5%
- I don’t know: 5%
- Other: 1%

Participant Health Conditions
1. Depression or Anxiety Disorders
2. Chronic Pain
3. Hypertension
4. High Cholesterol
5. Arthritis/Rheumatic Disease

Top 5 Participant Health Conditions

61 Workshops
20 Active Lay Leaders

CDSME HIGHLIGHTS

Behavior Change
42% of Diabetes participants changed their behavior.

Increased Confidence
45% of Diabetes participants identified being totally confident to manage their chronic condition(s).

Increased Quality of Life
71% increase in quality of life among Chronic Pain participants according to the RAND Survey.

Notes: Number of participants and workshops represents program to date data, 2013-2019. The rest of the data comes from participant surveys from 2018-2019. The RAND Survey is the 36-item Short Form Survey Instrument (SF-36) from RAND Health Care website that measures quality of life.

Abbreviations: CDSME – Chronic Disease Self-Management Education; AI or AN – American Indian or Alaskan Native; Mult. Races – Multiple Races
CDSME PROGRAM SUMMARY

FINANCIAL

2019 Expenses

- Salary/Benefits/Staff Travel: 83.5%
- Workshop Expense: 8.7%
- General Administrative Expense: 7.8%

Annual Expenses

- $600 for one Workshop
- $2,500 for one Lay Leader/CHW Training
- $1,500 for one License (per 3 years)

Costs per Individual

- $85.70 per participant
- $417 per Lay Leader/CHW Trained
- $300 - $1,275 per 12 CEU’s per person

LESSONS LEARNED

- Local Lay Leader/CHW champions
- Marketing and outreach to wider populations
- Need for bi-directional referrals
- Need for data management system

OPPORTUNITIES

- Braiding Funding
- Lay Leader/CHW Workforce
- Partnerships
- Virtual Workshops

Braiding funding from contracts and grants to continue providing and expand CDSME in NCW

Using CDSME as the foundation for building a stronger CHW Network

Partnering with Health Care • Tribes • Managed Care Organizations • Social Service Agencies to better serve NCW

Providing workshops virtually to support residents with self-management education and peer support

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Abbreviations: CEU – Continuing Education Credit; CHW – Community Health Worker; NCW – North Central Washington