

University of Nevada, Reno

Chronic Disease Self-Management Education Program Grantee Profile, Fiscal Year 2025

Goals

This four-year grant aims to:

- Expand statewide capacity to deliver evidence-based Chronic Disease Self-Management Education (CDSME) and support programs to increase accessibility for older adults and adults with disabilities, prioritizing those experiencing behavioral health conditions and major life stressors
- Promote the sustainability of CDSME and support programs in Nevada by developing informative resources that aid in program implementation and embedding programs into community organizations

Activities

The grantee and its partners will:

- Expand CDSME and support programs in five rural Nevada counties
- Increase capacity for workshop delivery statewide by training additional workshop facilitators across seven Nevada counties
- Develop referral partnerships with behavioral health specialists across the state to increase the number of people with behavioral health conditions who participate in CDSME and support programs
- Increase the number of caregivers who participate in CDSME and support programs
- Work to sustain programs by identifying program champions and peer leaders in each project county
- Develop and disseminate resources specific to our grant learnings to enhance knowledge in serving the target population and aid in the sustainability of programs

Interventions

- Chronic Disease Self-Management Program
- Health Coaches for Hypertension Control
- Diabetes Self-Management Program
- Fit & Strong!®

- Enhance@Fitness

Partners

To achieve the goals of this project, the grantee will collaborate with these key partners:

- Dignity Health
- Nye Communities Coalition
- Lyon County Human Services
- University of Nevada, Reno Extension

Outcomes

The grantee anticipates the following results from this project:

- Increased self-efficacy in managing chronic conditions
- Increased exercise self-efficacy
- Improved self-rated health and mental well-being
- Increased awareness of CDSME and support programs statewide
- Increased ability for behavioral health providers to refer to CDSME and support programs.
- Increased knowledge of best practices for program implementation and delivery

Grantee Contact

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