

Texas A&M University – Public Policy Research Institute

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

Goals

This four-year grant aims to:

- Develop a sustainable statewide infrastructure to expand access to evidence-based Chronic Disease Self-Management Education (CDSME) and support programs for older adults (60+) and adults with disabilities experiencing behavioral health conditions or related stressors.
- Generate and disseminate Section 508-compliant resources that document the outcomes and process lessons from implementing the CDSME programs with comprehensive person-centered supports in the SNP settings.

Activities

The grantee and its partners will:

- Implement evidence-based CDSME programs at six Senior Nutrition Program (SNP) sites across Texas.
- Conduct outreach and culturally tailored marketing to recruit participants from high-need communities.
- Screen participants for depression, anxiety, and hypertension using validated tools (PHQ-2 and GAD-2).
- Establish bi-directional referral systems with healthcare providers, behavioral health organizations, and community partners.
- Provide ongoing technical assistance, training, and a statewide Learning Collaborative to support program implementation.
- Collect and analyze participant outcome data and report results to the National CDSME Database.
- Develop and disseminate toolkits, policy briefs, training modules, and other resources documenting program outcomes and lessons learned.

Interventions

- ¡Sí, Yo Puedo Controlar Mi Diabetes! – A culturally tailored CDSME program designed to improve self-management behaviors and health outcomes among Hispanic/Latino participants.
- Health Coaches for Hypertension Control – A CDSME program using structured coaching to improve blood pressure management and self-efficacy.

- Walk With Ease – A self-management support program that increases physical activity and mobility while reducing pain and improving confidence and overall health.

Partners

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

- Six Senior Nutrition Program sites across Texas (Dallas, El Paso, Panhandle, Brownwood, San Antonio, and Rio Grande Valley regions)
- Texas Health and Human Services Commission
- Texas Area Agencies on Aging/ Aging and Disability Resource Centers/Association of Regional Councils of Texas
- Texas A&M AgriLife Extension
- Local health departments and healthcare providers
- Behavioral health organizations
- Community-based organizations and disability networks

Outcomes

The grantee anticipates the following results from this project.

- Enrollment of 1,200 participants in CDSME and self-management programs across Texas.
- Improved participant outcomes including reduced symptoms of depression and anxiety, improved blood pressure control, increased physical activity, and improved self-management skills.
- Increased health knowledge, self-efficacy, and sustained self-management behaviors among participants.
- Strengthened partnerships between aging services, healthcare providers, and behavioral health organizations.
- Increased capacity of Senior Nutrition Program sites to deliver evidence-based health promotion programs.
- Development of at least 12 Section 508-compliant resources to support replication and sustainability of CDSME programs.

Grantee Contact

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