



## CHRONIC DISEASE SELF-MANAGEMENT EDUCATION SUSTAINABILITY PLAN OUTLINE

The Roots Project assists local providers with adopting and sustaining chronic disease self-management programs.

### **Part 1: Introduction (3-5 pages)**

- a. Purpose, Context, Definition of Sustainability
- b. Value of Chronic Disease Self-Management Education
- c. Experience in Missouri: MAOP and Stanford Model

### **Part 2: Key Planning Areas (12-15 pages)**

*[This section addresses the 10 key components for building a community-specific Growth Action Plan. There are planning questions for each strategy to guide discussion among stakeholders and support decision-making. The process for developing a complete Growth Action Plan will include all 10 of the key planning areas, but will not necessarily address each one in full detail. The importance of some key planning areas will vary by SME provider, as history, current resources, and community needs differ as well.]*

- Revenue
- Marketing
- Referral networking
- Competition
- Service operations
- Evaluation
- Organizational support
- Community support
- Advocacy
- Resource linkages

### **Part 3: State-Level Leadership Priorities (3-5 pages)**

*[This section addresses statewide efforts to support sustainable local provider operations.]*

**What is Sustainability?** The working definition of sustainability for this document is: *A community's ongoing capacity and resolve to work together to establish, advance, and maintain support for people with chronic disease to improve health and quality of life through self-management skills.* Sustainability is not just about achieving public health goals; it involves creating and building momentum to maintain community-wide change by organizing and maximizing community assets and resources. Thus, sustainability planning requires an approach that involves many stakeholders who understand and can elevate the importance of self-management education across the health system.