

SPECIAL TOPICS IN PUBLIC HEALTH
ORIGINAL RESEARCH: FEATURED ABSTRACT FROM THE
18TH NATIONAL CONFERENCE ON CHRONIC DISEASE PREVENTION AND CONTROL

Communities Combating Chronic Disease: The Kate B. Reynolds SELF Improvement Program

JL Michener, ML Sauer, SD Yaggy

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PEER REVIEWED

The objective of this study is to prevent chronic disease in at-risk populations through the development of community-based service delivery networks using community partnerships to create and sustain behavior change.

Administered by Duke University Medical Center's Department of Community and Family Medicine (CFM), on behalf of the Kate B. Reynolds Charitable Trust, the program provides funding to 16 low-income community partnerships across 21 counties in North Carolina over a 5-year period. Partners include health departments, health care organizations, schools, park and recreation departments, economic development offices, and other civic groups.

The Kate B. Reynolds Smoking, Education, Lifestyle and Fitness (SELF) Improvement Program is focused on 3 main health problems: tobacco use, inadequate nutrition, and physical inactivity. Projects are required to demonstrate effective and long-term change in the most at-risk populations through collaboration with local providers and community-based organizations as a support base for sustainability.

CFM provides technical assistance to grantees on a variety of issues, including project management and evaluation, health promotion, and service delivery.

The SELF Improvement Program is a statewide initiative that enables North Carolina communities to effect positive health changes through community-level interventions.

Corresponding Author: Maggie Sauer, MS, MHA, Administrative Program Manager, Department of Community and Family Medicine, Division of Community Health, DUMC 2914, Durham, NC 27710. Telephone: 919-681-3086. E-mail: sauer004@mc.duke.edu.

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