



CITY OF SAN ANTONIO  
**METROPOLITAN HEALTH DISTRICT**

# **An Agreement with UTSA for the Building a Healthy Temple Program for Chronic Disease and Diabetes Self-Management**

**Presented by: Dr. Colleen M. Bridger, Director**  
**Agenda Item #**  
**March 30, 2017**



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## **Background**

- Metro Health has received Medicaid 1115 Waiver Program funding to enroll individuals in evidence-based Chronic Disease Self-Management or Diabetes Self-Management Workshops.
- The free, six-week series workshops provide support for individuals to take control of their health and build on participants skills to safely manage the symptoms of diabetes.
- Topics covered include: controlling symptoms, healthy eating, medication use, working with your physician, setting goals, relaxation techniques.



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## **Background**

- UTSA's Building a Healthy Temple Program has been awarded a grant from the American Diabetes Association to implement diabetes self-management in churches.
- Metro Health is requesting approval of a contract with UTSA's Building a Healthy Temple to provide Diabetes Self-Management Workshops in nine churches over a two year period.
- This agreement will expand access of the Metro Health Diabetes Self-Management Workshops to additional churches thus increasing the availability of the program to more participants.



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## **Fiscal Impact**

- The agreement with UTSA will provide an amount up to \$14,437.00 for the provision of services for chronic disease/ diabetes self-management workshops.
- There is no impact to the General Fund



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## **Recommendation**

- Staff recommends the approval of an ordinance authorizing an agreement with UTSA's Building an Healthy Temple Program to provide an amount up to \$14,437.00 to Metro Health for implementation of diabetes self-management workshops for a term beginning on April 1, 2017 and ending on December 31, 2019.