CARES COOK COUNTY
DIABETES PREVENTION & MANAGEMENT

RFA: Launch or Expand DSMES Services

Overview Summary

Purpose: Increase availability and/or reach of Diabetes Self-Management Education and Support (DSMES) services in Cook County, especially in people with diabetes at highest risk of unmanaged diabetes.

Application Deadline: 12/15/26 by 5:00 pm CT
Award Amount & Details: $10,000-$35,000 per organization

Program Background

In 2023, the Illinois Public Health Institute (IPHI) was awarded a cooperative agreement from the Centers for Disease Control & Prevention (CDC, 2320 - *Evidence-based Approaches to Type 2 Diabetes Prevention, Risk Reduction, and Management*), which seeks to decrease risk for type 2 diabetes among adults with prediabetes and improve self-care practices, quality of care, and early detection of complications among people with diabetes. One strategy included is to strengthen self-care practices by improving access, appropriateness, and feasibility of DSMES services for people with diabetes at highest risk of unmanaged diabetes. A large body of evidence supports the effectiveness of Diabetes Self-Management Education and Support (DSMES) services in improving health outcomes, lowering medication use, and decreasing hospitalizations and other health care costs for people with type 2 diabetes; however, DSMES utilization rates are low, even with added coverage of DSMES services by Illinois Medicaid in 2022.

Prediabetes and type 2 diabetes are leading public health problems in Cook County, Illinois, with 9.9% of adults diagnosed with type 2 diabetes and an estimated 1.3 million adults with prediabetes. Working to prevent and manage type 2 diabetes in people with diabetes at highest risk of unmanaged diabetes and addressing their unique needs is vital to improving health. IPHI will prioritize investments in populations at highest risk for type 2 diabetes in Cook County. Organizations serving populations at highest risk for type 2 diabetes in Cook County and/or zip codes with type 2 diabetes rates over 10% or high type 2 diabetes mortality rates will be prioritized. The Chicago Health Atlas and Cook County Health Atlas will be used to confirm community risk factors for applicants.

Program Purpose

This request for applications will support type 2 diabetes management service providers with funding to launch and/or expand DSMES services for people with diabetes at highest risk of

unmanaged diabetes in Cook County. While the funding is to support the launch and/or tailoring of programming for people with diabetes at highest risk of unmanaged diabetes by June 29, 2027, IPHI intends for funded organizations to work toward sustainably offering DSMES programming on an on-going, regular basis. IPHI will work with funded organizations to establish the capacity needed for program sustainability. Applicants will choose at least one of the areas of focus to build/expand their DSMES services to people with diabetes at highest risk of unmanaged diabetes:

- **Establish new** ADA recognition or ADCES accreditation for DSMES services in areas where access to these services is limited (requires progress toward recognition/ accreditation processes);
- **Expand** ADA-recognized or ADCES accredited DSMES services to areas where access to these services is limited;
- **Address barriers** to participation for people with diabetes at highest risk of unmanaged diabetes in new or existing DSMES services and adapt or tailor content and delivery to improve participation; and/or
- **Develop internal systems** to launch and/or sustain DSMES services by seeking Medicaid/ Medicare enrollment/reimbursement to expand access to services for low-income and older adult populations.

Eligible Organizations Include Health Systems, FQHCs, Physician Practices, Community-Based Organizations, and more. Applicants should be:

- Organizations working toward establishing or expanding ADA-recognized or ADCES accredited DSMES services in areas where access to these services is limited; and/or
- Organizations working toward establishing or expanding ADA-recognized or ADCES accredited DSMES services with plans to address barriers to participation for people with diabetes at highest risk of unmanaged diabetes and adapting or tailoring content and delivery to improve participation; and/or,
- Organizations with existing ADA-recognized or ADCES accredited DSMES services interested in seeking Medicaid/Medicare enrollment/reimbursement and further engaging people with diabetes at highest risk of unmanaged diabetes.

Award Components

Selected applicants will receive the below-described support:

- $10,000 per organization working towards establishing new DSMES services or $35,000 for organizations scaling existing DSMES services to 2 or more new locations
- Access to communications and marketing support materials
- Technical assistance from staff at IPHI, consultants, and the Association of Diabetes Care & Education Specialists on an as-needed basis, including on Medicaid/ Medicare enrollment/reimbursement for DSMES services.

Award Expectations

The below will be expected of the selected applicant(s):

- Make progress toward the proposed goal/outcome of the proposal related to one of the areas of focus listed above.
- Participate in program evaluation including the completion of a midpoint and final progress report*. Evaluation requirements include providing the # of people with type 2 diabetes participating in recognized/accredited DSMES services.*
- Participate in peer-learning or TA opportunities as available and appropriate.
- If seeking accreditation or recognition, watch ADCES training on how to become an ADCES accredited DSMES program or ADA informational session on how to become a recognized DSMES program. If seeking Medicaid/Medicare enrollment, watch available recorded trainings and participate in at least one meeting with a technical assistance consultant on enrollment.
- If selecting the $35,000 option – scale DSMES services and engage at least 20 participants across at least two locations in DSMES services by June 29, 2027
- Meet monthly with IPHI.
- ****If your organization is interested in referring participants to DSMES services but not directly provide services, please indicate so in question #9 of the application.**

Eligible Use of Funds

The funding of $10,000 can be used for the following:

- Initial accreditation/recognition costs
- Technical assistance for the accreditation/recognition process
- Platforms and systems to support patient billing and multidirectional referrals
- Limited staff training on DSMES services

- Piloting innovative approaches to adapt DSMES content or delivery approaches to better accommodate the needs of people with diabetes at highest risk of unmanaged diabetes
- Address the social needs of DSMES participants, such as transportation, food, and childcare costs (*Funding to address social needs cannot exceed a monetary value of $80 per person*)
- Program support incentives including items like pedometers, measuring cups, and stretch bands (*Program support incentives cannot exceed a monetary value of $25 per participant*) to increase participant enrollment and retention

Note: funds cannot be used to provide program support/incentives in the form of cash or gift cards

The funding of $35,000 can be used for the following:

- Staff time and any fees to expand DSMES services to additional sites/locations
- Support enrollment into DSMES by creating or expanding referral partnerships for DSMES services for people with diabetes at highest risk of unmanaged diabetes by establishing strong relationships with new partners or leveraging existing partnerships (internal or external) of healthcare and/or community-based providers
- Platforms and systems to support patient billing and multidirectional referrals including building internal screening and referral systems into Electronic Health Records
- Working with billing department to establish Medicare and/or Medicaid reimbursement structures for DSMES services
- Limited staff training on DSMES services
- Piloting innovative approaches to adapt DSMES content or delivery approaches to better accommodate the needs of people with diabetes at highest risk of unmanaged diabetes
- Address the social needs of DSMES participants, such as transportation, food, and childcare costs (*Funding to address social needs cannot exceed a monetary value of $80 per person*)
- Program support incentives including items like pedometers, measuring cups, and stretch bands (*Program support incentives cannot exceed a monetary value of $25 per participant*) to increase participant enrollment and retention

Note: funds cannot be used to provide program support/incentives in the form of cash or gift cards

Application: Informational Questions

1. Name of Organization:

2. Name of Any Partner Organizations Collaborating on this Proposal:

3. Lead Organization Address:

4. Primary Contact (First & Last Name):

5. Primary Contact Title/Position:

6. Primary Contact Email Address:

7. Primary Contact Phone Number:

8. Primary zip codes you serve (*this funding is limited to Cook County*):

9. What activity/ies do you plan to use the funding towards?* (*check all that apply*)

   ☐ **Establishing new** ADA-recognized or ADCES accredited DSMES services to areas where access to these services is limited (requires progress toward recognition/accreditation processes)**

   ☐ **Expanding** ADA-recognized or ADCES accredited DSMES services to areas where access to these services is limited

      ☐ Indicate here if you plan on expanding to 2 or more sites/locations

   ☐ Addressing barriers to participation for people with diabetes at highest risk of unmanaged diabetes to DSMES services and adapting or tailoring content and delivery to improve participation

   ☐ Seeking Medicaid/ Medicare enrollment/reimbursement for DSMES services

   ☐ Interested in **referring participants** to DSMES services and/or addressing their health-related social needs; but not seeking to provide services directly

10. Funding amount being requested:

    ☐ $10,000

    ☐ $35,000

11. How long have you provided DSMES services (if applicable)?

12. What kind of training or technical assistance (TA) do you anticipate needing related to DSMES? (*check all that apply*)

    ☐ Training or TA on ADCES accreditation or ADA recognition requirements/process

    ☐ TA on enrolling in Medicare

    ☐ TA on enrolling in Medicaid and/or contracting with Medicaid Managed Care

    ☐ TA on submitting reimbursement claims for Medicaid and/or Medicare

    ☐ TA on tailoring to people with diabetes at highest risk of unmanaged diabetes or adapting the program

    ☐ Other: _____

*__Resources about DSMES Programs__:

a) Implementing and Evaluating DSMES Programs for Underserved Populations/ Communities: A Practice-Based Guide
b) National Standards for DSMES
c) CDC DSMES Toolkit

**__Resources about DSMES Accreditation and Recognition Process__:

a) Side by side comparison of ADA recognition vs. ADCES accreditation process
b) ADA's Education Recognition Program (DSMES recognition)
c) ADCES's Diabetes Education Accreditation Program (DSMES accreditation)

Application: Scored Criteria

Organizational Capacity and Infrastructure (up to 10 points)

1. Tell us more about your current or proposed diabetes management programs: Are you already accredited/recognized? Where are services provided and to whom? Where do referrals for services typically come from?

2. Complete the table below by including all team members that will be involved in the DSMES work if selected. The members listed will be responsible for completing all expectations outlined for this grant. Feel free to add additional lines, if needed, to be inclusive of all relevant members of the team.

First & Last Name	Title/Position	Relevant Responsibilities or Notes	Email
		•	
		•	
		•	
		•	

3. Describe plans or processes you have in place (e.g., reimbursement/billing, referral partnerships; sustainable staffing models, etc.) to ensure the sustainability of your DSMES service once you've met your proposed goal (e.g., becoming ADA-recognized, enrolling in Medicaid, engaging a new high-risk community in tailored programming, etc.)

Connection and understanding of people with diabetes at highest risk of unmanaged diabetes (up to 10 points)

4. Briefly describe why you want to launch a new or expand your program to better reach people with diabetes at highest risk of unmanaged diabetes?

5. Describe the population(s) you're hoping to engage with your DSMES services. Please touch on how access to these services is limited in this area or how current offerings don't meet the community's needs and how you plan to engage the community

6. Describe plans to engage and remove barriers to participation for people with diabetes at highest risk of unmanaged diabetes and/or adapting or tailoring content and delivery to improve participation. (*To learn more about removing barriers to DSMES services, refer Increasing Referrals and Overcoming Barriers to Participation in the CDC DSMES Toolkit.)*

7. Identify the percentage of the primary audience for DSMES services that is eligible for Medicaid and/or Medicare reimbursement.

Budget and Timeline reflect understanding of what it means to launch a program (up to 5 points)

8. Please describe how you plan to utilize the funding.

9. Describe a tentative timeline of program activities to meet your proposed goal from February to June 29, 2027.

Key Dates	Event
12/01/26	Deadline to submit questions
12/15/26	Application Deadline
06/29/27	Project deliverables due

To Apply

To apply, please send a completed application to rebeca.gordenstein@iphionline.org by **Tuesday, December 15, 2026, by 5:00 pm** CT with the subject line ***Launch or Expand DSMES services - RFA***.

Applications will be accepted in English or Spanish and will be reviewed in their original format.

Contact Information

Questions and inquiries can be directly sent via email to Rebeca Gordenstein at rebeca.gordenstein@iphionline.org. Please submit questions by COB on 12/01/26.