



## **Evidence-Based Disease and Disability Prevention Program & Recovery Act Chronic Disease Self-Management Program**

### **Illinois State Profile**

The Evidence-Based Disease and Disability Prevention Program increases older adults' access to effective interventions that helps to reduce their risk of disease, injury, and disability. In 2010, the Recovery Act Chronic Disease Self-Management Program expanded state-led partnerships involving the aging and public health networks to implement evidence-based prevention programs at the community level that help older adults better manage their chronic diseases. This profile provides a brief synopsis of how each state and community organizations are delivering evidence-based prevention programs to meet the needs of the older adults and communities they serve.

The Evidence-Based Disease and Disability Prevention Program grant and the Recovery Act Chronic Disease Self-Management Program grant were awarded to the Illinois Department of Public Health. These programs are offered in collaboration with the Illinois Department on Aging.

**If you would like to learn more about evidence-based programs offered in your area, please contact:**

Rhonda Clancy  
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### **Evidence-Based Programs Offered**

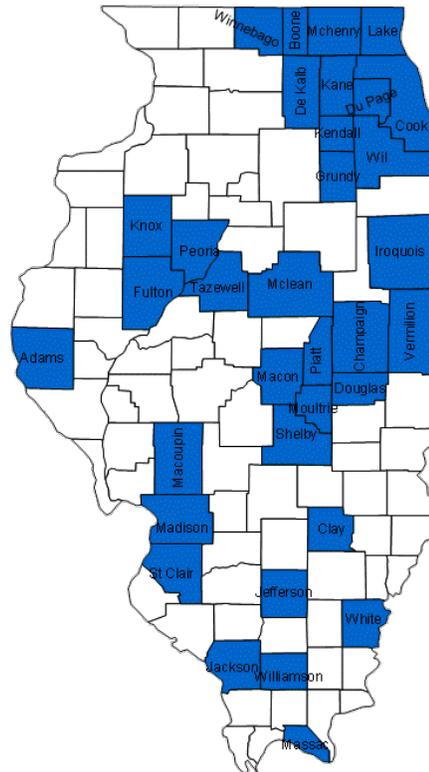
- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Tomando Control de su Salud (Spanish CDSMP)
- Strong for Life (SFL)
- Fit and Strong (FS)
- Healthy IDEAS (HI)

### **Statewide Program Reach (as of September 30, 2011)**

<b>Program Name</b>	<b>Number of Implementation Sites</b>	<b>Number of Program Participants</b>
CDSMP & DSMP	250	4,075
SFL	1?	91
FS	3	55
HI	1	5

- Programs are offered in settings such as Area Agencies on Aging, county health departments, faith-based organizations, health care organizations, recreational organizations, residential facilities and senior centers.

### Counties Offering Evidence-Based Programs



**To find out more information about the state’s Evidence-Based Disease and Disability Prevention grant, contact:**

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**To find out more information about the state’s Recovery Act Communities Putting Prevention to Work: Chronic Disease Self-Management Program grant, contact:**

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