



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

## Maine 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 State Department of Health & Human Services, Maine Office of Elder Services. These programs are offered in collaboration with State Department of Health & Human Services, Maine Center for Disease Control and Prevention.

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

Kathy Poulin  
Director of Community Programs  
Maine Department of Human Services  
207-287-9206  
[kathy.poulin@maine.gov](mailto:kathy.poulin@maine.gov)

**Program Website:** <http://www.maine.gov/dhhs/oes/healthychoices/>

### Evidence-Based Programs Offered

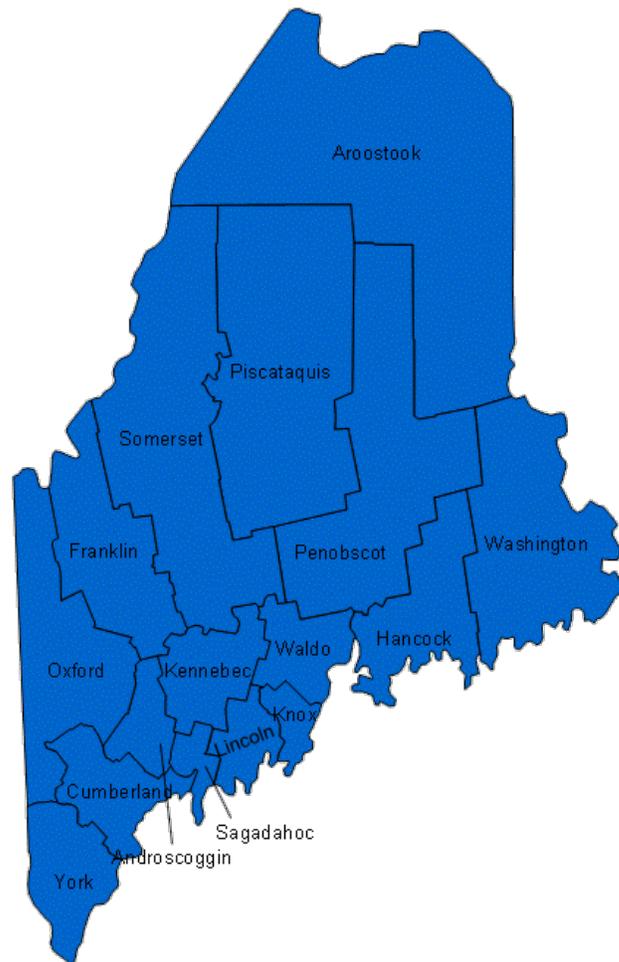
- Chronic Disease Self-Management Program (CDSMP)
- EnhanceFitness
- EnhanceWellness
- Healthy IDEAS
- A Matter of Balance

### Statewide Program Reach (As of September 30, 2011)

Program Name	Number of Implementation Sites	Number of Program Participants
CDSMP	104	1,358
EnhanceFitness	6	389
EnhanceWellness	3	131
A Matter of Balance	123	1,897
Healthy IDEAS	1	505

- Programs are offered in settings such as Area Agencies on Aging, health care organizations and residential facilities.

### Counties Offering Evidence-Based Programs



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

Kathy Poulin  
Director of Community Programs  
Maine Department of Human Services  
11 State House Station  
32 Blossom Drive  
Augusta, ME 04333  
207-287-9206  
[kathy.poulin@maine.gov](mailto:kathy.poulin@maine.gov)

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