



AoA Evidence-Based Disease and Disability Prevention Program

California State Profile

The Evidence-Based Disease and Disability Prevention Program was designed to expand seniors' access to effective interventions in the effort to reduce their risk of disease, injury, and disability. This profile provides a brief synopsis of how states and leading community aging provider organizations have tailored evidence-based health promotion programs to meet the needs of the older adult communities they serve.

Lead Organization:	California Department of Aging
State Health Department:	California Department of Public Health
Project Title:	California Initiative to Empower Older Adults to Better Manage Their Chronic Health Conditions Through Evidence-Based Prevention Programs
Project Period:	September 30, 2006 to July 31, 2009

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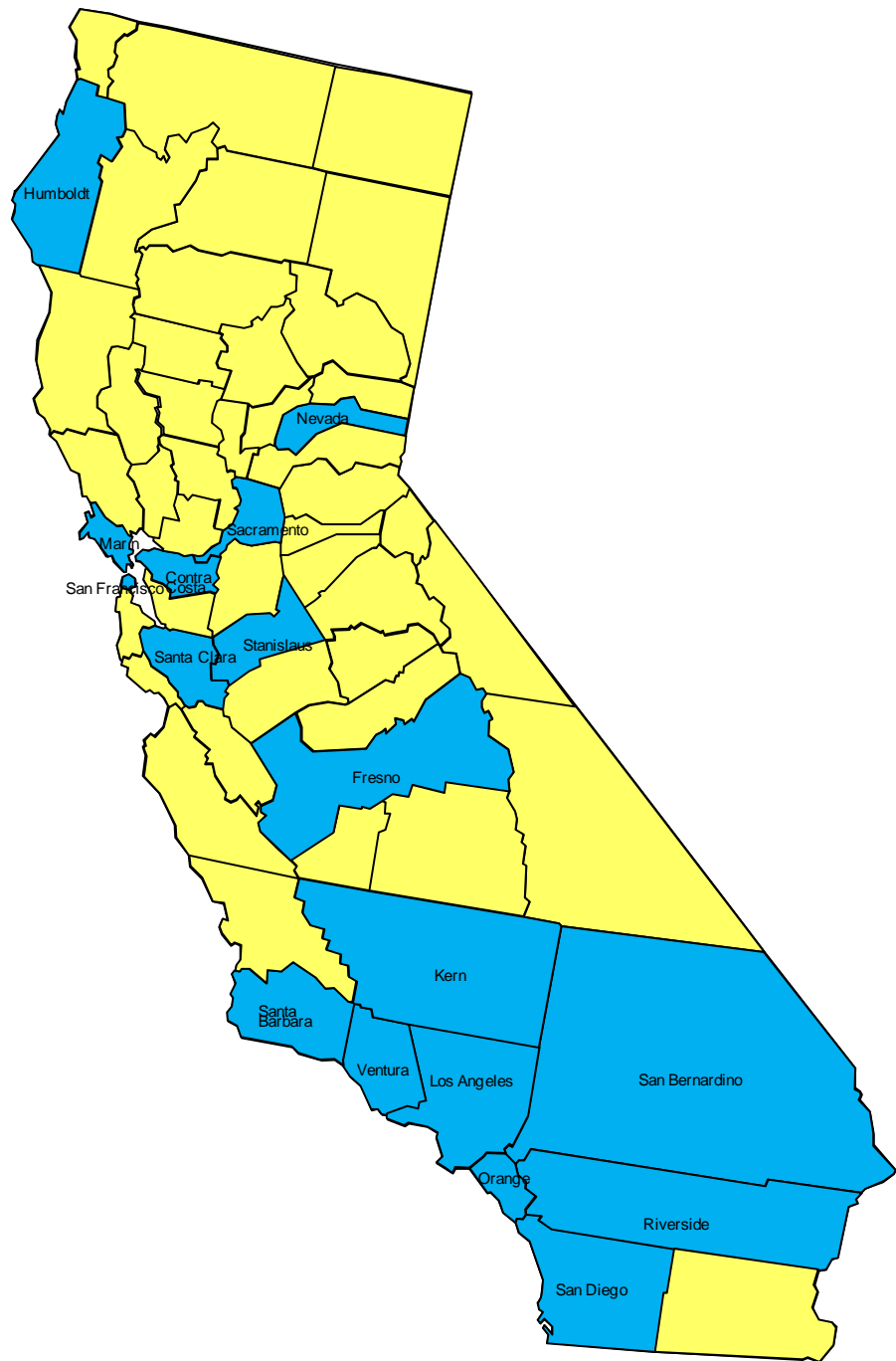
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- A Matter of Balance (MOB)
- Healthy Moves (HM)
- Medication Management Improvement System (MMIS)

Trainer and Leader Capacity by Program (as of April 2009)

- Chronic Disease Self-Management Program: 1 T-Trainer, 41 Master Trainers, 192 Group Leaders
- Matter of Balance: 1 T-Trainer, 27 Master Trainers, 123 Coaches

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 101 sites
 - healthcare organizations, senior centers, residential, faith-based organization, community centers, medical groups, and community colleges
- Matter of Balance: 72 sites
 - senior centers, community centers, community colleges, and residential
- Healthy Moves: 3 sites
 - care management programs
- Medication Management Improvement System: 3 sites
 - care management programs

Participants by Program (through May 2009)

- Chronic Disease Self-Management Program: 3294 enrolled; 54% completed the course
- Matter of Balance: 1321 enrolled; 72% completed the course
- Healthy Moves: 410 enrolled
- Medication Management Improvement System: 1319 encounters

Evaluation and Outcomes

- Collecting: self-efficacy

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