



AoA Evidence-Based Disease and Disability Prevention Program

Colorado 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: Colorado Department of Public Health & Environment

State Unit on Aging: Colorado Department of Human Services

Project Title: Healthy Aging Partnership Project

Project Period: September 30, 2006 to July 31, 2009

Aging Unit Contact

Leighanna Konetski
1575 Sherman Street
Denver, CO 80203
(303) 866-3056
Email: Leighanna.Konetski@state.co.us

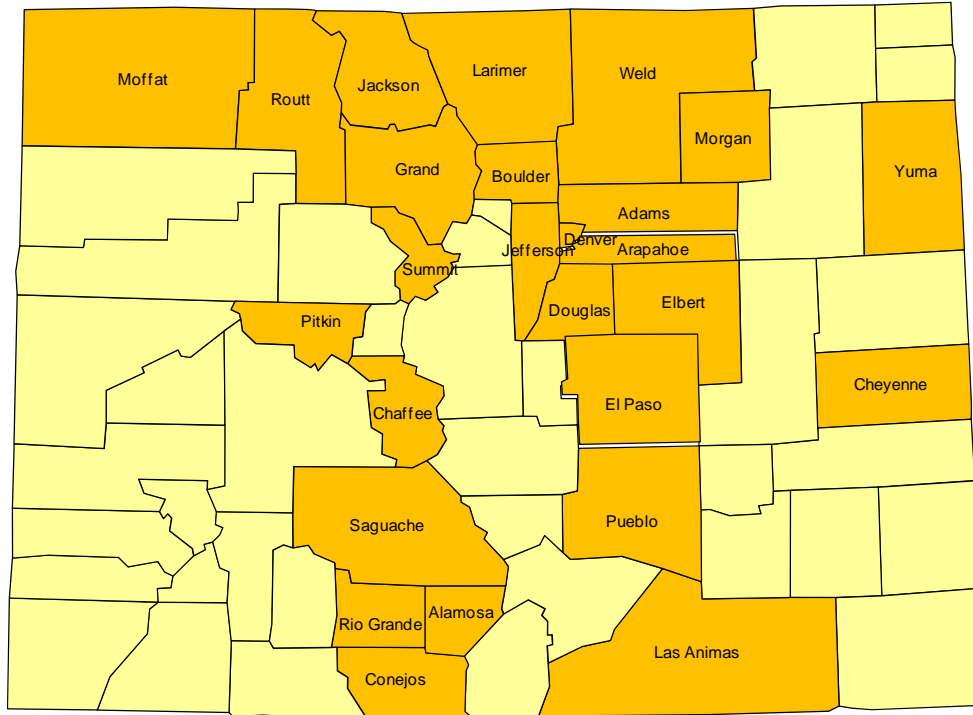
Health Unit Contact

Andrea Poniers
4300 Cherry Creek Drive South
Denver, CO 80203
(303) 692-2607
Email: andrea.poniers@state.co.us

Trainer and Leader Capacity

- Chronic Disease Self Management Program: 30 Master Trainers (including 7 for Tomando), 165 Group Leaders

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 92 sites
 - Faith-based organizations, churches, healthcare organizations including medical clinics, hospitals senior/community centers, congregate housing, and local public health agencies

Participants by Program (through January 31, 2009)

- Chronic Disease Self-Management Program: 970 enrolled; 77% completed the course

Evaluation and Outcomes

- Collecting: health care utilization and confidence levels of program participants.
- Preliminary analyses:
 - self-confidence improvement has been statistically significant
 - six-month averages on three of the four health service utilization items show small decreases in utilization when compared with data obtained at program entry
 - statistically significant change in physician visits which have decreased by 49% following the program (a 13% difference)

Key Partners

- Area Health Education Centers
- The Colorado Clinical Guidelines Collaborative
- Health Care Policy and Finance: Colorado Medicaid Program

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