



## AoA Evidence-Based Disease and Disability Prevention Program

### Florida 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.

<b>Lead Organization:</b>	Florida Department of Elder Affairs
<b>State Health Department:</b>	Florida Department of Health
<b>Project Title:</b>	Implementation of Evidence-Based Prevention Programs
<b>Project Period:</b>	September 30, 2006, to July 31, 2009

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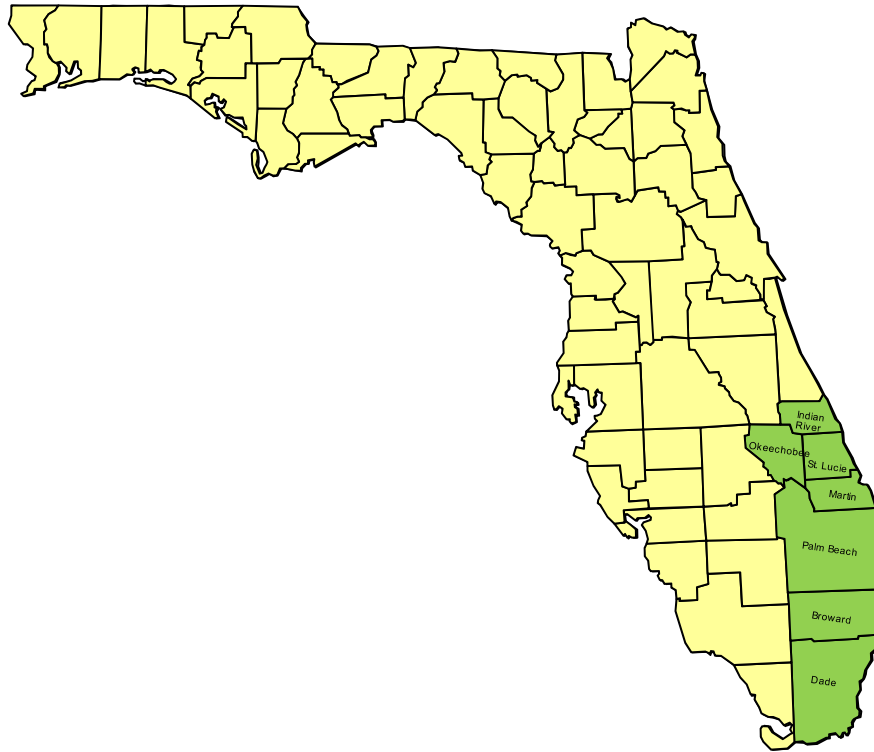
#### **Evidence-Based Programs Offered**

- Chronic Disease Self-Management Program (CDSMP)
- EnhanceFitness (EF)
- A Matter of Balance (MOB)

#### **Trainer and Leader Capacity by Program** (as of December 2007)

- Chronic Disease Self-Management Program: 20 Master Trainers (including 7 for Tomando), 28 Leaders (including 3 for Tomando)
- EnhanceFitness: 18 Instructors
- Matter of Balance: 2 Master Trainers

## Counties Offering Evidence-Based Programs



### Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 18 sites
  - senior centers, community centers, senior public housing, retirement apartments, seniors homeless transitional housing, and community centers
- EnhanceFitness: 7 sites
- Matter of Balance: 2 sites

### Participants by Program (through January 31, 2009)

- Chronic Disease Self-Management Program: 273 enrolled; 83% completed the course
- EnhanceFitness: TBD
- Matter of Balance: 41 enrolled; 63% completed the course

### Key Partners

- Health Foundation of South Florida
- Area Agency on Aging of Palm Beach/Treasure Coast (Planning and Service Area 9)
  - Catholic Charities
- Area Agency on Aging of Broward County, Inc. (Planning and Service Area 10)
  - Broward County Elderly and Veteran Services Division
- Alliance for Aging, Inc. (Planning and Service Area 11)
  - Little Havana

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