



## AoA Evidence-Based Disease and Disability Prevention Program

### Iowa 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:** Iowa Department on Aging

**State Health Department:** Iowa Department of Public Health

**Project Title:** Linking Older Iowans to Healthier Communities (*Iowa Healthy Links*)

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

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**Program Website:** <http://www.iowahealthylinks.org/>

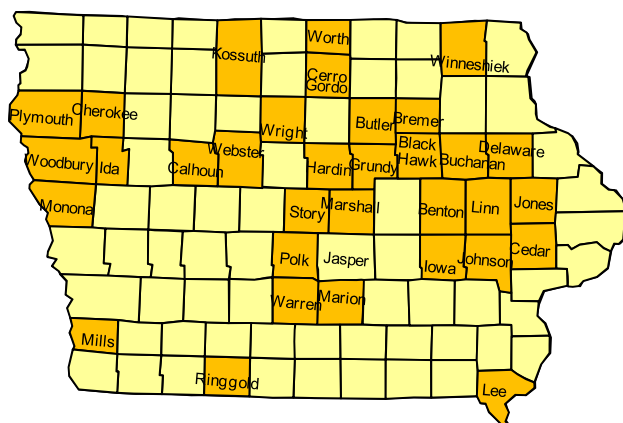
#### **Evidence-Based Programs Offered**

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

#### **Trainer and Leader Capacity by Program** (updated through June 2009)

- Chronic Disease Self-Management Program: 45 Master Trainers, 83 Group Leaders
- EnhanceFitness: 2 Master Trainers, 4 Instructors
- Matter of Balance: 6 Master Trainers, 23 Coaches

## Counties Offering Evidence-Based Programs



### Number and Types of Implementation Sites (updated through June 2009)

- Chronic Disease Self-Management Program: 72 sites
  - senior centers, residential, faith-based organizations, healthcare organizations, and community centers
- EnhanceFitness: 8 sites
  - senior centers, community centers, YMCA
- Matter of Balance: 20 sites
  - senior centers, residential, faith-based organizations, healthcare organizations, and community centers

### Participants by Program (updated through June 2009)

- Chronic Disease Self-Management Program: 697 enrolled; 74% completed the course
- EnhanceFitness: 115 enrolled
- Matter of Balance: 72 enrolled

### Evaluation and Outcomes

Results of pre-post study of Chronic Disease Self-Management Program participants

- Reduction in health care utilization (emergency room visits, nights in hospital, and skilled nursing facility stays resulting in significant dollar savings)
- Significant reduction of physician visits at 6 months post workshops
- Significant increase in self-efficacy through 1 year

### Key Partners

- Iowa Chronic Care Consortium (founded by former Governors Tom Villsak (D)-now Secretary of USDA- and Terry Branstad (R))
- Des Moines University
- U.S. Department of Veterans Affairs
- Wellmark Blue Cross/Blue Shield (in contract negotiations for a pilot)
- Mercy Medical System-Cedar Rapids (in contract negotiations for an endowment to sustain CDSMP)

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