



AoA Evidence-Based Disease and Disability Prevention Program

Illinois 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: Illinois Department of Public Health

Lead Collaborator: Illinois Department on Aging

Project Title: Healthy Aging Program

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

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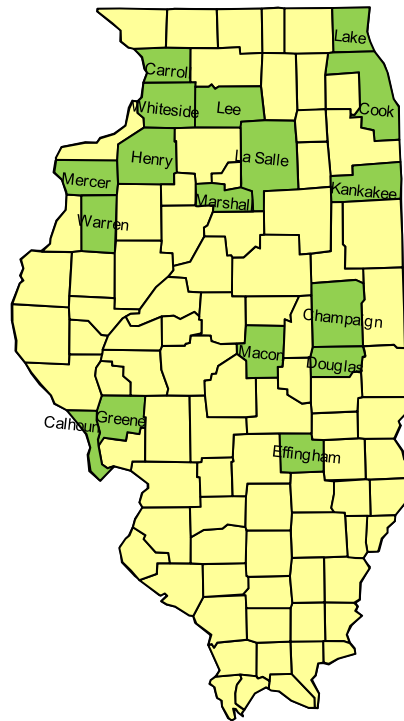
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- Strong for Life Program (SFL)

Trainer and Leader Capacity by Program

- Chronic Disease Self-Management Program: 2 T-Trainers, 16 Master Trainers (including 2 for Tomando), 56 Group Leaders (including 12 for Tomando)
- Strong for Life: 32 Instructors

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 65 sites
 - senior centers, residential, multi-purpose social service organizations, faith-based organizations, community centers and healthcare organizations
- Strong for Life: 1 coordinating site

Participants by Program (through December 2008)

- Chronic Disease Self-Management Program: 1081 enrolled; 67% completed the course
- Strong for Life: 99 enrolled

Evaluation and Outcomes

- Collecting: self-efficacy, participant satisfaction, exercise/physical activity, health status, pain, physical function, and health care utilization

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