



AoA Evidence-Based Disease and Disability Prevention Program

Maryland 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:	Maryland Department of Aging
State Health Department:	Maryland Department of Health & Mental Hygiene
Project Title:	Living Well—Take Charge of Your Health
Project Period:	September 30, 2006 to July 31, 2009

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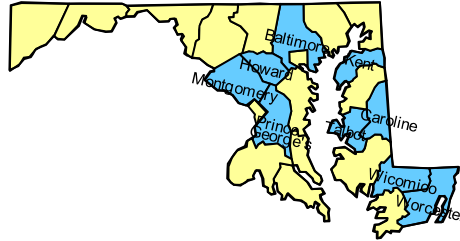
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- Active for Life (AFL)

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

- Chronic Disease Self-Management Program: 3 T-Trainers, 80 Master Trainers, 90 Group Leaders

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 69 sites
 - senior centers, residential, faith-based organizations, healthcare organizations, multi-purpose social service organizations, Area Agencies on Aging and State Health Department

Participants by Program (through January 31, 2009)

- Chronic Disease Self-Management Program: 914 enrolled; 80% completed the course

Evaluation and Outcomes

- Collecting: health status and quality of life

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