



## AoA Evidence-Based Disease and Disability Prevention Program

### Maine 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:** Maine Office of Elder Services

**State Health Department:** State Department of Health & Human Services

**Project Title:** Empowering Older People to Take More Control of their Health and Reduce their Risk of Disease and Disability

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

#### Aging Unit Contact

Diana Scully  
11 State House Station  
Augusta, ME 04333  
(207) 287-9204  
Email: [diana.scully@maine.gov](mailto:diana.scully@maine.gov)

#### Health Unit Contact

Dora Anne Mills  
221 State Street  
Augusta, ME 04333  
(207) 287-8016  
Email: [dora.a.mills@maine.gov](mailto:dora.a.mills@maine.gov)

**Program Website:** <http://www.maine.gov/dhhs/oes/healthychoices/>

#### Evidence-Based Programs Offered

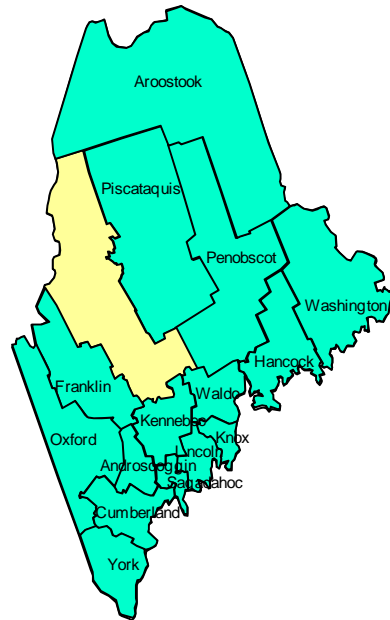
- Chronic Disease Self-Management Program (CDSMP)
- A Matter of Balance (MOB)
- EnhanceFitness (EF)
- EnhanceWellness (EW)
- Healthy IDEAS (HI)

#### Trainer and Leader Capacity by Program (as of May 2009)

- Chronic Disease Self-Management Program: 2 T-Trainers, 19 Master Trainers, 120 Group Leaders
- A Matter of Balance: 4 T-Trainers, 79 Master Trainers, 30 Master Trainer sites
- EnhanceFitness: 1 Master Trainer, 4 Instructors

- EnhanceWellness: 1 Master Trainer, 2 RNs, 1 Social Worker, 6 peer mentors
- Healthy IDEAS: 3 Master Trainers, 11 Case Managers

## Counties Offering Evidence-Based Programs



### Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 32 sites
  - healthcare organizations, residential, faith-based organization, senior centers, community centers and state health department
- A Matter of Balance: 59 sites
  - residential, senior centers, and healthcare organizations
- EnhanceFitness: 5 sites
  - recreational organizations and senior centers
- EnhanceWellness: 1 Master site (Portland), 4 sites for participant contact
  - Southern Maine Area Agency on Aging, Maine Medical Center Geriatric Center, low-income senior housing sites
- Healthy IDEAS: 1 site, statewide participant visits at home

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

- Chronic Disease Self-Management Program: 451 enrolled; 76% completed the course
- A Matter of Balance: 798 enrolled; 78% completed the course
- EnhanceFitness: 316 enrolled
- EnhanceWellness: 119 enrolled
- Healthy IDEAS: 164 enrolled (5/31/09)

### **Evaluation and Outcomes**

- Collecting: participant satisfaction, exercise/physical activity, health status, and health care utilization
- EnhanceWellness: 65 % improve health goals, 24% maintain health goals, 63% reduction in hospital admissions, 69% reduction in ED visits
- A Matter of Balance: significant improvement in 7 outcome variables, including fall control, self-management, increased physical activity
- Healthy IDEAS: 164 consumers were assessed for symptoms of depression
  - 100 consumers had mild to severe symptoms of depression (GDS score of 6-15)
  - 52 consumers were referred for services (primarily to their primary care physician)
  - 61 consumers participated in behavioral activation

### **Key Partners**

- MaineHealth's Partnership for Healthy Aging
- Southern Maine Agency on Aging
- Spectrum Generations (Central AAA)
- Aroostook Area Agency on Aging
- Eastern Area Agency on Aging
- Elder Independence of Maine
- SeniorsPlus (Western AAA)

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