



AoA Evidence-Based Disease and Disability Prevention Program

New Jersey 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: New Jersey Department of Health and Senior Services (Joint State Unit on Aging)

Project Title: Establishing Local and State Partnerships for the Delivery of Evidence-Based Prevention Programs for Older Adults

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

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Evidence-Based Programs Offered

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

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

- Chronic Disease Self-Management Program: 71 Master Trainers, 323 Lay Leaders
- Healthy IDEAS: 2 Coaches, 12 Case Managers
- Matter of Balance: 20 Master Trainers, 20 Coaches

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 99 sites
 - residential, faith-based organization, community centers, senior centers, workplace, Area Agencies on Aging, and State Health Department
- Healthy IDEAS: 2 sites
 - Jewish Family Services
- A Matter of Balance: 6 sites
 - faith-based organizations, senior centers, Area Agency on Aging

Participants by Program (through May 2009)

- Chronic Disease Self-Management Program: 1050 enrolled, 88% completed the course
 - 60% White; 17% Hispanic; 14% African-American; 5% Asian
- A Matter of Balance: 60 participants enrolled

Evaluation and Outcomes

- Chronic Disease Self-Management Program:
 - collecting: number and type of chronic conditions, caregiver status, disease management, health status, and days of poor health
- Healthy IDEAS:
 - collecting: case manager questionnaire, case management interview trends, case manager skills assessment, and client satisfaction
- Matter of Balance:
 - collecting: assessment of concern regarding falls, physical activity level, health status, and days of poor health

Key Partners

State Level:

- Offices within the NJ DHSS: Office of Chronic Disease Prevention and Control, Office of Minority and Multicultural Health, Office of Public Health Infrastructure

Local Level:

- Cape Regional Medical Center, NORWESCAP, Ocean County Health Department, Sussex County Office on Aging, Somerset County Office on Aging, NJ Black Issues Convention - Willingboro Senior Center, Puerto Rican Association for Human Development, Inc., Jefferson Park Ministries

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