



AoA Evidence-Based Disease and Disability Prevention Program

New York 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 York State Office for the Aging
State Health Department:	New York State Department of Health
Project Title:	Evidence-Based Health Promotion in New York
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Aging Unit Contact

Laurie Pferr
2 Empire State Plaza
Albany, NY 12223
(518) 474-7012
Email: Laurie.Pferr@ofa.state.ny.us

Health Unit Contact

Barbara Metzger
Corning Tower/Empire State Plaza
Albany, NY 12237
(518) 474-0512
Email: bbm03@health.state.ny.us

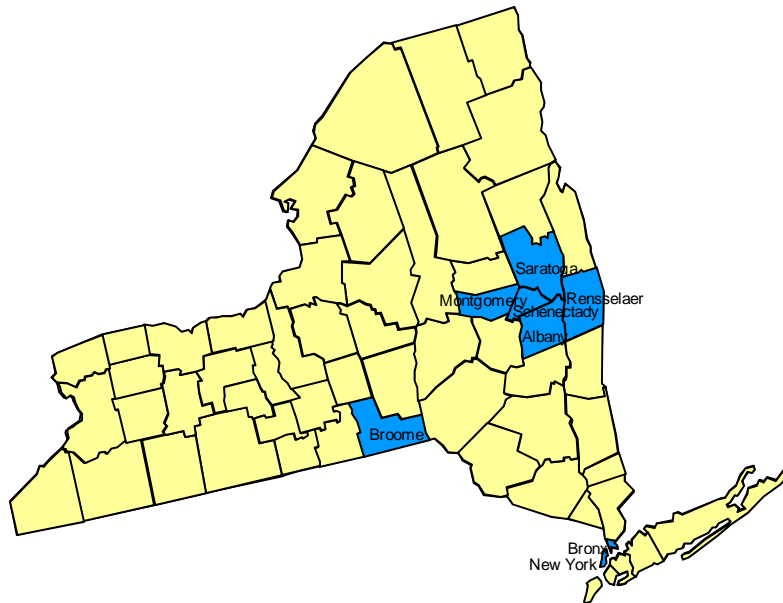
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- Active Choices (AC)

Trainer and Leader Capacity by Program

- Chronic Disease Self-Management Program: 6 T-Trainers, 4 Diabetes Self-Management Program T-Trainers, 73 Master Trainers (including 11 for Tomando), 75 Group Leaders
- Active Choices: 28 Activity Coaches

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 74 sites
 - residential, senior centers, faith-based organizations, multi-purpose social service organizations, community centers and healthcare organizations
- Active Choices: 2 sites

Participants by Program

- Chronic Disease Self-Management Program: 911 enrolled; 71% completed the course
- Active Choices: 43 enrolled

Evaluation and Outcomes

- Results of pre-post study of Chronic Disease Self-Management Program participants (by % reporting the following)
 - Improvements in health (14%), reductions in pain (38%), fatigue (39%), and shortness of breath (32%)
 - Reduction in health care utilization- ED visits (14%), physician visits (28%), hospitalizations (12%), and nights in the hospital (12%)

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