



AoA Evidence-Based Disease and Disability Prevention Program

Oklahoma 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: Oklahoma Department of Human Services, Aging Services Div.

State Health Department: Oklahoma State Department of Health

Project Title: Living Longer, Living Stronger: The Oklahoma Project

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

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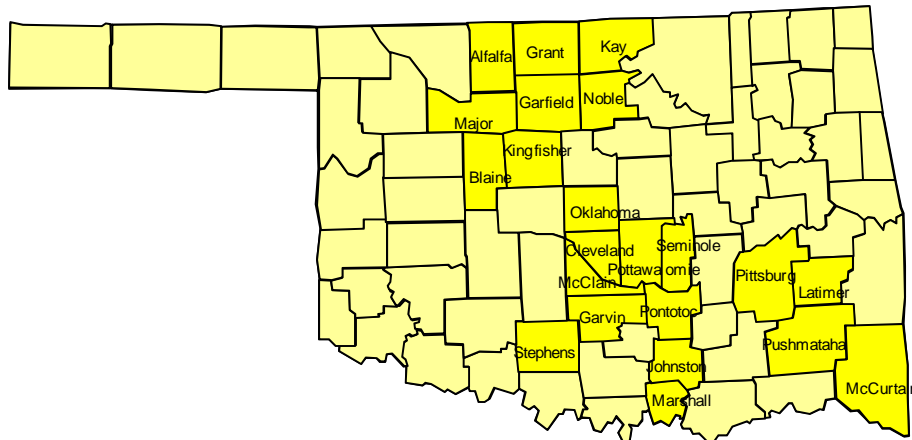
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- EnhanceFitness (EF)

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

- Chronic Disease Self-Management Program: 5 Master Trainers, 23 Group Leaders
- EnhanceFitness: 2 Master Trainers, 27 Instructors

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 29 sites
 - senior centers, residential, churches
- EnhanceFitness: 20 sites
 - senior centers, residential, and community centers

Participants by Program (through May 2009)

- Chronic Disease Self-Management Program: 330 enrolled; 74% completed the course
- EnhanceFitness: 663 enrolled

Evaluation and Outcomes

- Collecting: participant satisfaction, exercise/physical activity, health status, pain, physical function, and health care utilization
- Chronic Disease Self-Management Program (pre-post)
 - Describe self as disabled: 8.78% fewer participants describe themselves as disabled
 - Ability to manage chronic disease: 23.75% indicate an increased ability to manage chronic disease
 - Increased physical activity: 21.6% indicate an increase in exercise of physical activity
 - Health care utilization: 8.41% of participants report decreased use of health care facilities or services
- EnhanceFitness (pre-post)
 - Improvements found in weight used in class, and self-rating of general health and physical abilities

- Significant improvements found in chair stand reps (from 12 to 13), arm curls (from 16.9 to 18.6), and up-and-go time in seconds (from 7.8s to 7s)

Key Partners

- NODA AAA / Project Wheatheart
- KEDDO AAA / Kiamichi Area Nutrition Project
- COEDD AAA / Project H.E.A.R.T.
- Chickasaw Nation
- Areawide AAA
- Mary Mahoney Health Centers

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