



AoA Evidence-Based Disease and Disability Prevention Program

Oregon 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: Department of Human Services, Seniors & People with Disabilities

State Health Department: Oregon Department of Human Services, Health Promotion & Chronic Disease Prevention

Project Title: Implementing Evidence-Based Prevention Programs for Older Adults in Four Communities in Oregon

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

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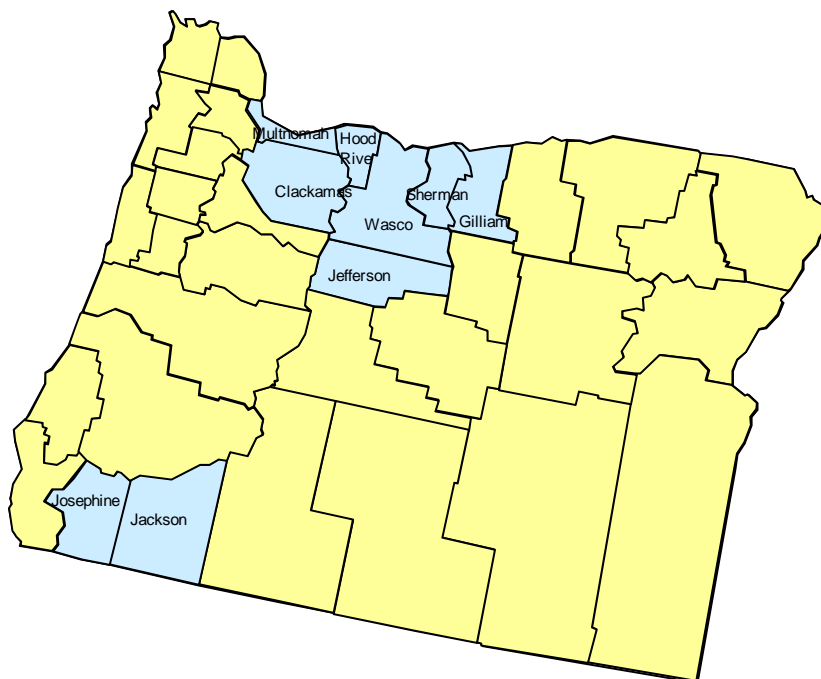
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- EnhanceFitness (EF)
- Tai Chi (TC)

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

- Chronic Disease Self-Management Program: 23 Master Trainers (including 4 for Tomando), 83 Group Leaders (including 7 for Tomando)
- EnhanceFitness: 1 Master Trainer, 19 Instructors
- Tai Chi: 1 T-Trainer, 3 Master Trainers, 20 Instructors

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 42 sites
 - healthcare organizations, community centers, residential, and senior centers
- EnhanceFitness: 13 sites
 - senior meal sites, multi-purpose social service organizations and community centers
- Tai Chi: 39 sites
 - residential, community centers and senior centers

Participants by Program (through January 31, 2009)

- Chronic Disease Self-Management Program: 513 enrolled; 64% completed the course
- EnhanceFitness: 436 enrolled
- Tai Chi: 963 enrolled

Key Partners

- Mid-Columbia Council of Governments Area Agency on Aging
- Multnomah Aging & Disability Services
- Rogue Valley Council of Government Senior & Disability Services
- Confederated Tribes of Warm Springs

This project is supported by funding from the U.S. Administration on Aging