



AoA Evidence-Based Disease and Disability Prevention Program

South Carolina 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:	The Lieutenant Governor's Office on Aging
State Health Department:	South Carolina Department of Health & Environmental Control
Project Title:	Implementation of Evidence-Based Chronic Disease Self-Management Programs into Three AAAs
Project Period:	September 30, 2006 to July 31, 2009

Aging Unit Contact
Denise Rivers
1301 Gervais Street, Suite 200
Columbia, SC 29201
(803) 734-9939
Email: riversd@aging.sc.gov

Health Unit Contact
Cora Plass
7751 Calhoun Street
Columbia, SC 29201
(803) 898-0349
Email: plasscf@dhec.sc.gov

Program Website: <http://www.aging.sc.gov/Seniors/HealthAndWellness.html>

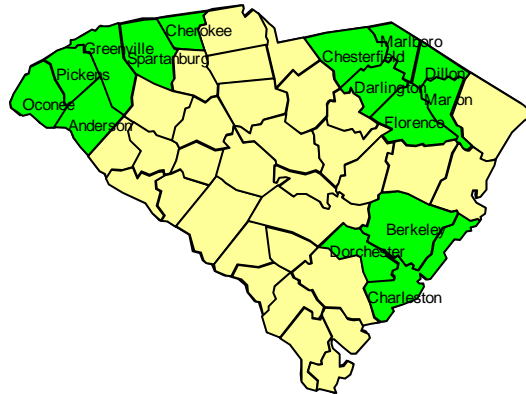
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- Matter of Balance

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

- Chronic Disease Self-Management Program: 34 Master Trainers, 80 Group Leaders
- Matter of Balance: 9 Master Trainers, 41 Coaches

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 32 sites
 - senior centers, residential, faith-based organizations, parks and recreation, healthcare organizations, and community centers
- Matter of Balance: 19 sites

Participants by Program (through March 2009)

- Chronic Disease Self-Management Program: 778 enrolled; 78% completed the course
- Matter of Balance: 235 enrolled; 74% completed the course

Evaluation and Outcomes

- Collecting: self-efficacy, participant satisfaction, exercise/physical activity, health status, pain, physical function, depression, health care utilization

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