



AoA Evidence-Based Disease and Disability Prevention Program

Texas 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: Texas Department of Aging and Disability Services

State Health Department: Texas Department of State Health Services

Project Title: Texas Healthy Lifestyles

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

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Program Website: <http://www.agingtexaswell.org/ebased/index.cfm>

Evidence-Based Programs Offered

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

Trainer and Leader Capacity by Program (as of May 31, 2009)

- Chronic Disease Self-Management Program: 12 Master Trainers, 25 Group Leaders
- Matter of Balance: 96 Master Trainers, 358 Group Leaders
- EnhanceFitness: 1 Master Trainer, 2 Instructors

Counties Offering Evidence-Based Programs

- 239 of 254 Texas counties: only two AAA of 28 regions have not yet committed to delivering Evidence-Based Disease Prevention programs and these are Ark-Tex and Middle Rio Grande

Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 22 sites
 - senior centers, residential, faith-based organizations, healthcare organizations, community centers, Area Agency on Aging, and County Public Health Department
- Matter of Balance: 102 unique sites
 - senior centers, residential, and multipurpose social services organizations
- EnhanceFitness: 20 sites
 - senior centers, residential, and multipurpose social services organizations

Participants by Program (through May 31, 2009)

- Chronic Disease Self-Management Program: 600 enrolled
- Matter of Balance: 2142 enrolled; 76% completed the workshop
- EnhanceFitness: 518 enrolled

Evaluation and Outcomes

- Collecting: self-reported health status, quality of life, and health care utilization

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