



AoA Evidence-Based Disease and Disability Prevention Program

Wisconsin 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: Wisconsin Division of Long Term Care

State Health Unit: Wisconsin Division of Public Health

Project Title: Living Well in Wisconsin

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

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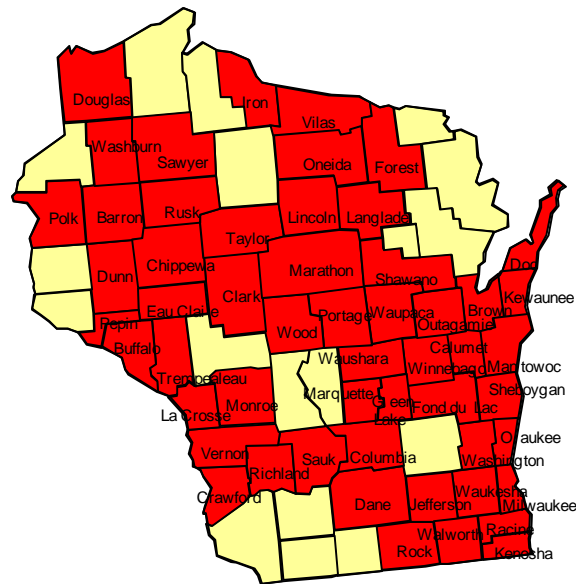
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- Stepping On (SO)

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

- Chronic Disease Self-Management Program: 2 T-Trainers, 53 Master Trainers (including 1 for Tomando), 233 Group Leaders (including 21 for Tomando)
- Stepping On: 2 Lead-Trainers, 3 Master Trainers, 35 Peer Leaders, 129 Leaders

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 192 workshops
 - residential, senior centers, faith-based organizations, parks and recreation facilities and healthcare organizations
- Stepping On: 97 workshops
 - senior centers, residential, healthcare organizations

Participants by Program (through April 30, 2009)

- Chronic Disease Self-Management Program: 682 enrolled; 78% completed the course
- Stepping On: 362 enrolled; 82% completed the course

Evaluation and Outcomes

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

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