



## AoA Evidence-Based Disease and Disability Prevention Program

### Arkansas 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:** Arkansas Department of Health

**State Aging Department:** Arkansas Department of Human Services (Division of Aging)

**Project Title:** Arkansas Empowering Older Adults Project

**Project Period:** June 1, 2007 to May 31, 2010

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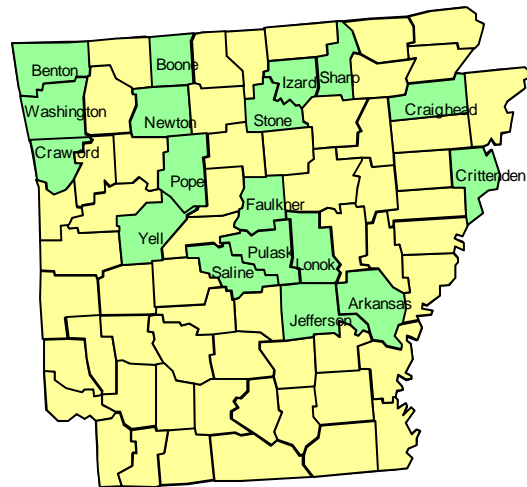
#### **Evidence-Based Programs Offered**

- Chronic Disease Self-Management Program (CDSMP)
- Active Living Every Day (ALED)
- Matter of Balance (MOB)

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

- Chronic Disease Self Management Program: 27 Master Trainers
- Active Living Every Day: 31 Master Trainers
- Matter of Balance: 2 Master Trainers

## Counties Offering Evidence-Based Programs



### Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 2 sites (8 new implementation sites by Sept 2009)
  - senior centers
- Active Living Every Day: 10 sites
  - senior centers, center on aging
- Matter of Balance: (8 new implementation sites by Sept 2009)
  - centers on aging, hospitals, community centers

### Participants by Program (through November 30, 2008)

- Chronic Disease Self-Management Program: 14 enrolled; 71% completed the course
- Active Living Every Day: 110 enrolled

### Key Partners

- Aging Arkansas Initiative
- Arkansas Area Agencies on Aging
- University of Arkansas and Medical Sciences

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