



AoA Evidence-Based Disease and Disability Prevention Program

Arizona 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: Arizona Department of Health Sciences

State Unit on Aging: Arizona Dept. of Economic Security, Div. of Aging & Adult Services

Project Title: Arizona on the Move for Healthy Aging

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

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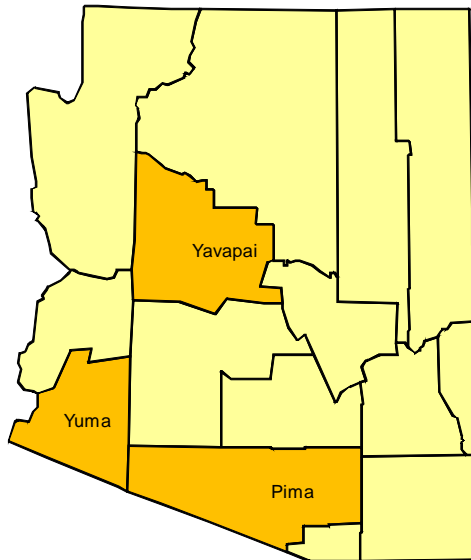
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- EnhanceFitness (EF)

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

- Chronic Disease Self-Management Program: 11 Master Trainers, 56 Group Leaders
- EnhanceFitness: 1 Master Trainer, 11 Instructors

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 25 sites
 - parks and recreation facilities, faith-based organizations, senior centers, and multi-purpose social service organizations
- EnhanceFitness: 4 sites
 - parks and recreation facilities

Participants by Program (through May 31, 2009)

- Chronic Disease Self-Management Program: 413 enrolled; 62% completed the course
- EnhanceFitness: 108 enrolled

Key Partners

- Mayer Senior Center
- Osher Lifelong Learning Institute, Yavapai Community College
- Tucson Medical Center
- Tucson Park & Recreation Centers
- St. Elizabeth of Hungary Community Health Center, Tucson
- Arizona African American Health Center

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