



AoA Evidence-Based Disease and Disability Prevention Program

Massachusetts 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: Massachusetts Executive Office of Elder Affairs

State Health Department: Department of Public Health, Office of Healthy Aging, Health & Disability

Project Title: Empowering Older People

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

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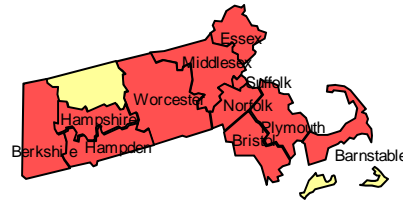
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- A Matter of Balance (MOB)
- Healthy Eating (HE)

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

- Chronic Disease Self-Management Program: 6 T-Trainers, 26 Master Trainers, 28 Group Leaders
- A Matter of Balance: 21 Master Trainers, 89 Group Leaders
- Healthy Eating: 50 Master Trainers, 77 Group Leaders

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 69 sites
 - residential facilities, multi-purpose social service organizations, healthcare organizations, councils on aging, mental health club house, assisted living, and hospitals
- A Matter of Balance: 31 sites
 - senior centers, residential facilities, adult day health centers, YMCA, rehabilitation centers, district police office, community realty office, and multi-purpose social service organizations
- Healthy Eating: 38 sites
 - residential facilities, senior centers, and healthcare organizations

Participants by Program (through May 31, 2009)

- Chronic Disease Self-Management Program: 476 enrolled; 72% completed the course
- A Matter of Balance: 392 enrolled; 88% completed the course
- Healthy Eating: 463 enrolled; 75% completed the course (plus estimated 60 participants from 6 workshops completed but where data has not yet been gathered for a total of 463).

Evaluation and Outcomes

- Participant Outcomes for Matter of Balance:
 - increased confidence in taking a walk, climbing stairs, carry bundles without falling
 - more confidence that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall
 - an increase in the amount they exercise on a regular basis
 - fewer falls after taking MOB
 - 97 % of participants are more comfortable talking about fear of falling
 - 97 % of participants feel comfortable increasing activity
 - 99 % of participants plan to continue exercising
 - 98 % of participants would recommend A Matter of Balance

Key Partners

- Hebrew Senior Life (for Healthy Eating)
- Elder Services of Merrimack Valley (for Chronic Disease Self-Management)
- Action for Boston Community Development (for Matter of Balance)

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