



AoA Evidence-Based Disease and Disability Prevention Program

Michigan 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:	Michigan Office of Services to the Aging
State Health Department:	Michigan Department of Community Health
Project Title:	Partners on the Path to Evidence-Based Disease Prevention
Project Period:	June 1, 2007 to May 31, 2010

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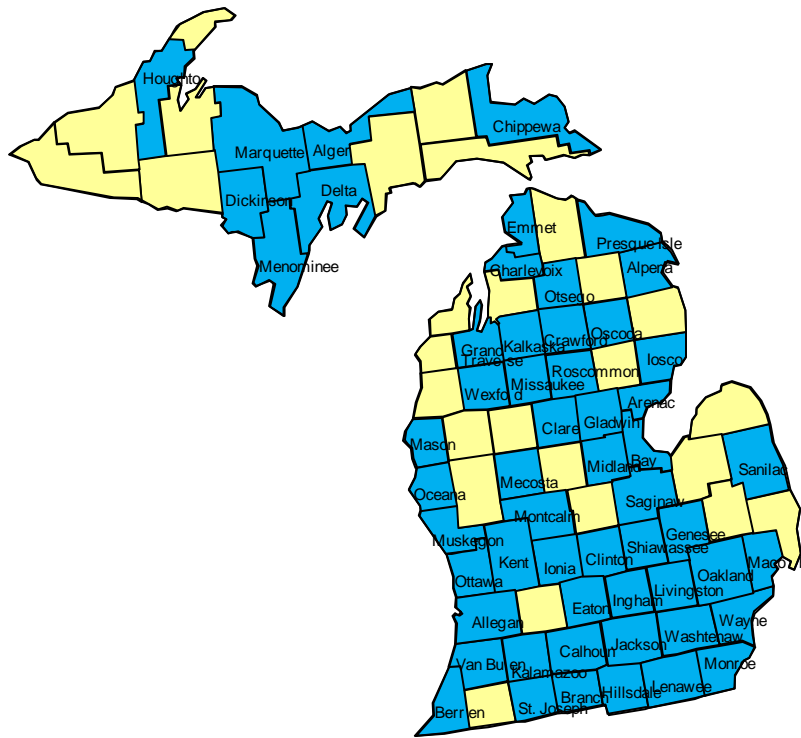
Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)
- A Matter of Balance (MOB)
- EnhanceFitness (EF)

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

- Chronic Disease Self-Management Program: 100 Master Trainers, 372 Lay Leaders
- Matter of Balance: 1 T-Trainer, 24 Master Trainers, 53 Coaches
- EnhanceFitness: 1 T-Trainer, 6 Master Trainers, 95 instructors

Counties Offering Evidence-Based Programs



Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 310 sites
 - senior centers, residential facilities, and healthcare organizations
- Matter of Balance: 32 sites
 - senior centers, residential facilities, and community centers
- EnhanceFitness: 43 sites
 - senior centers, faith-based organizations, and recreational organizations

Participants by Program (through June 2009)

- Chronic Disease Self-Management Program: 2480 enrolled, 73% completed the course
- Matter of Balance: 468 enrolled; 370 completed the course
- EnhanceFitness: 703 enrolled

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