



AoA Evidence-Based Disease and Disability Prevention Program

Minnesota 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:	Minnesota Board on Aging
State Health Department:	Minnesota Department of Health, Division of Health Promotion and Chronic Disease
Project Title:	Minnesota's Evidence-Based Health Promotion Initiative
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)
- Matter of Balance (MOB)
- Arthritis Foundation Exercise Program (CDC funded)
- Arthritis Foundation Self-Management Program (CDC funded)
- Healthy Eating for Successful Living (USDA funded)

Trainer and Leader Capacity by Program

- Chronic Disease Self Management Program: 2 T-Trainers, 12 Master Trainers, 100+ leaders
- EnhanceFitness: 6 Master Trainers, 40 Instructors
- A Matter of Balance: 25 Master Trainers, 111 Coaches
- Healthy Eating for Successful Living: 3 Principal/Master Trainers, 9 trained leaders
- Arthritis Foundation Exercise Program: 5 Master Trainers, 75 Certified leaders
- Arthritis Foundation Self-Help Program: 4 Master Trainers, 140 Certified leaders

Counties Offering Evidence-Based Programs

- One or more of the evidence-based programs are offered in approximately 2/3 or Minnesota's 87 counties

Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 80 workshops
 - senior centers, community education, senior living facilities, community centers, community aging service agencies, community clinics, faith-based organizations
- EnhanceFitness: 32 sites
 - senior centers, parks and recreation facility, community education, senior living facilities, community centers, community aging service agencies
- A Matter of Balance: 15 sites
 - senior dining facilities, senior living facilities, community centers, senior centers, faith-based organizations, community hospitals, community aging service agencies
- Healthy Eating for Successful Living: no classes yet – training just completed
- Arthritis Foundation Exercise: 52 sites
- Arthritis Foundation Self-Management: 26 sites

Participants by Program

- Chronic Disease Self-Management Program: 300 enrolled
- EnhanceFitness: 450 enrolled
- A Matter of Balance: 130 enrolled
- Healthy Eating for Successful Living: no classes yet
- Arthritis Foundation Exercise: 550 enrolled
- Arthritis Foundation Self-Management: 340 enrolled

This project is supported by funding from the U.S. Administration on Aging