



## AoA Evidence-Based Disease and Disability Prevention Program

### North Carolina State Profile

The Evidence-Based Disease and Disability Prevention Program initiative was designed to expand seniors' access to effective interventions in the effort to reduce their risk of disease, injury, and disability. The program has been proven to empower older adults to take control of their health. This profile provides a brief synopsis of how leading community aging provider organizations have tailored evidence-based health promotion programs to meet the needs of the older adult communities they serve.

<b>Lead Organization:</b>	North Carolina Department of Health & Human Services, Division of Aging & Adult Services
<b>State Health Department:</b>	North Carolina Division of Public Health
<b>Project Title:</b>	<i>Living Healthy</i> : The North Carolina Chronic Disease Self-Management Program
<b>Project Period:</b>	June 1, 2007 to May 31, 2010

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**Program Website:** <http://www.ncdhhs.gov/aging/livinghealthy/livinghealthy.htm>

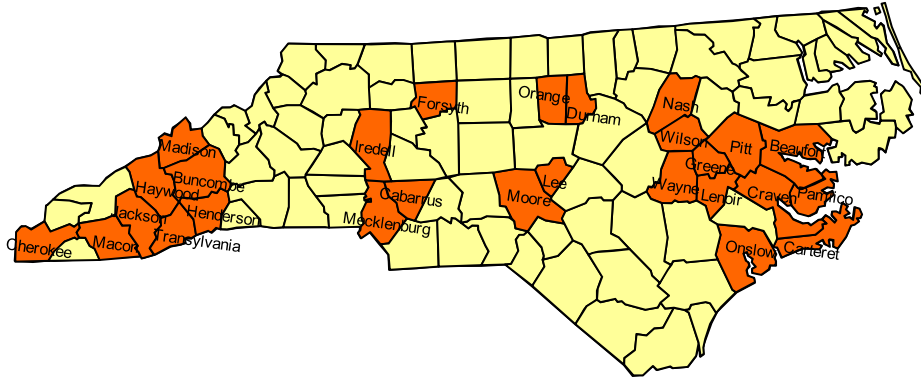
#### Evidence-Based Programs Offered

- Chronic Disease Self-Management Program (CDSMP)

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

- Chronic Disease Self-Management Purpose: 2 T-Trainers, 32 Master Trainers, 96 Group Leaders

## Counties Offering Evidence-Based Programs



### Number and Types of Implementation Sites

- Chronic Disease Self-Management Program: 33 sites
  - healthcare organizations, senior centers, community centers, congregate meal sites, residential communities, and faith-based organizations

### Participants by Program (through May 30, 2009)

- Chronic Disease Self-Management Program: 439 enrolled; 77% completed the course
  - (72% White/Caucasian; 25% Black/African American; 1% American Indian; 1% Asian/Asian-American; 1% Hispanic/Latino)

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