



Evidence-Based Disease and Disability Prevention Program

Iowa State Profile

The Evidence-Based Disease and Disability Prevention Program increases older adults' access to effective interventions that helps to reduce their risk of disease, injury, and disability, including the Chronic Disease Self-Management Program. These programs expand state-led partnerships involving the aging and public health networks to implement evidence-based prevention programs at the community level that help older adults better manage their chronic diseases. This profile provides a brief synopsis of how each state and community organizations are delivering evidence-based prevention programs to meet the needs of the older adults and communities they serve.

The Evidence-Based Disease and Disability Prevention Program grant was awarded to the Iowa Department on Aging. This program is offered in collaboration with the Iowa Department of Public Health.

If you would like to learn more about evidence-based programs offered in your area, please contact:

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Program Website: <http://www.iowahealthylinks.org>

Evidence-Based Programs Offered

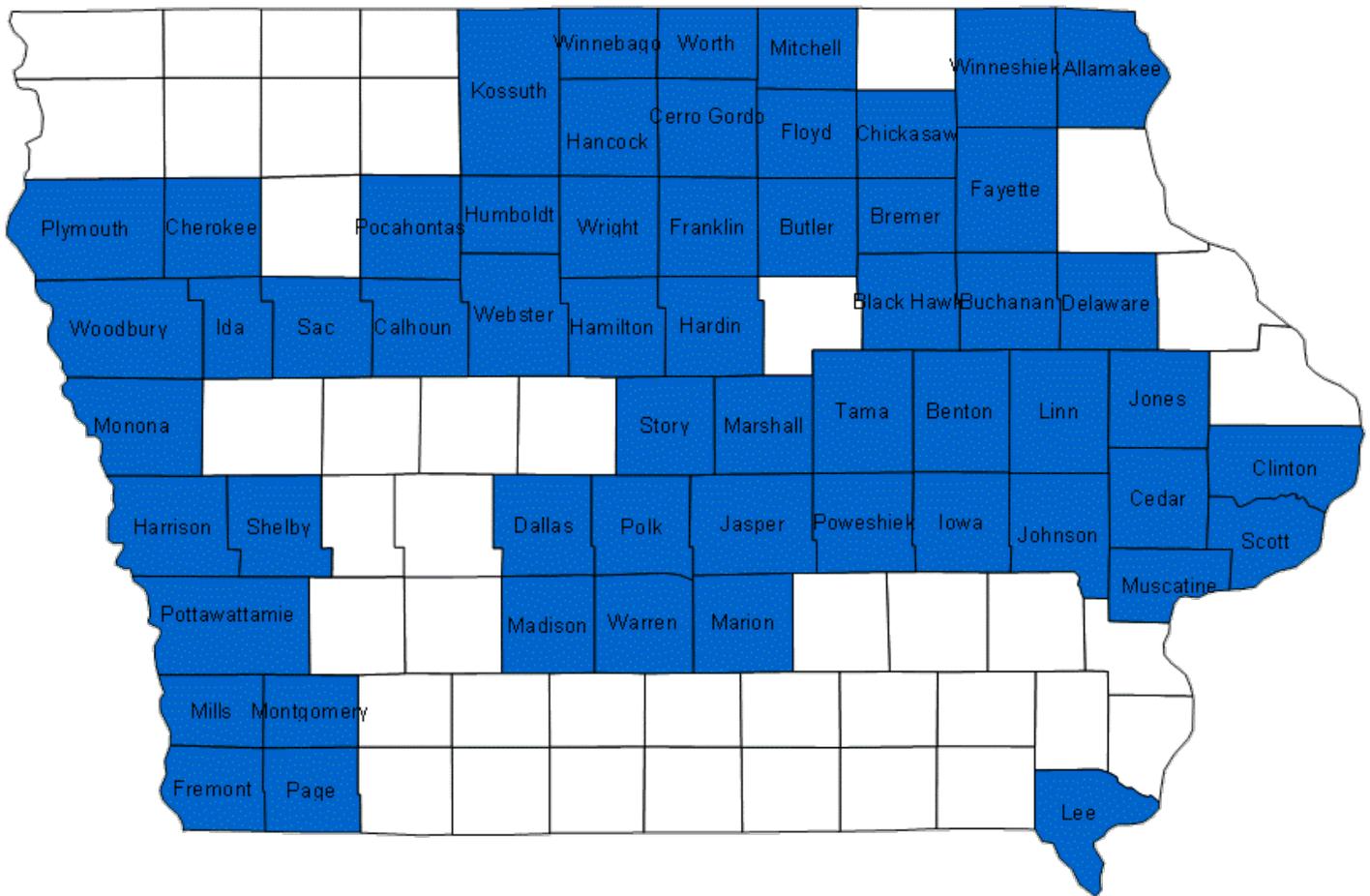
- Chronic Disease Self-Management Program (CDSMP)
- Tomando Control de su Salud (Spanish CDSMP)
- EnhanceFitness (EF)
- A Matter of Balance (MOB)

Statewide Program Reach (as of September 30, 2011)

Program Name	Number of Implementation Sites	Number of Program Participants
CDSMP	129	1,646
EF	9	154
MOB	107	1,312

- Programs are offered in settings such as Area Agencies on Aging, local public health, health care organizations, faith-based communities, non-profit organizations, YMCAs, assisted living and retirement facilities.

Counties Offering Evidence-Based Programs



To find out more information about the state's Evidence-Based Disease and Disability Prevention grant, contact:

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