



## Evidence-Based Disease and Disability Prevention Program & Recovery Act Chronic Disease Self-Management Program

### Oklahoma 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. In 2010, the Recovery Act Chronic Disease Self-Management Program expanded 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 and the Recovery Act Chronic Disease Self-Management Program grant were awarded to the Oklahoma Department of Human Services. These programs are offered in collaboration with the Oklahoma State Department of Health and the Oklahoma Health Care Authority.

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

Zachary Root  
Oklahoma Department of Human Services  
405-522-3121  
[Zachary.Root@okdhs.org](mailto:Zachary.Root@okdhs.org)

#### Program Website:

[http://www.ok.gov/health/Community\\_Health/Community\\_Development\\_Service/Health\\_Equity\\_&\\_Resource\\_Opportunities/Community\\_Evidence-Based\\_Programs/index.html](http://www.ok.gov/health/Community_Health/Community_Development_Service/Health_Equity_&_Resource_Opportunities/Community_Evidence-Based_Programs/index.html)

### Evidence-Based Programs Offered

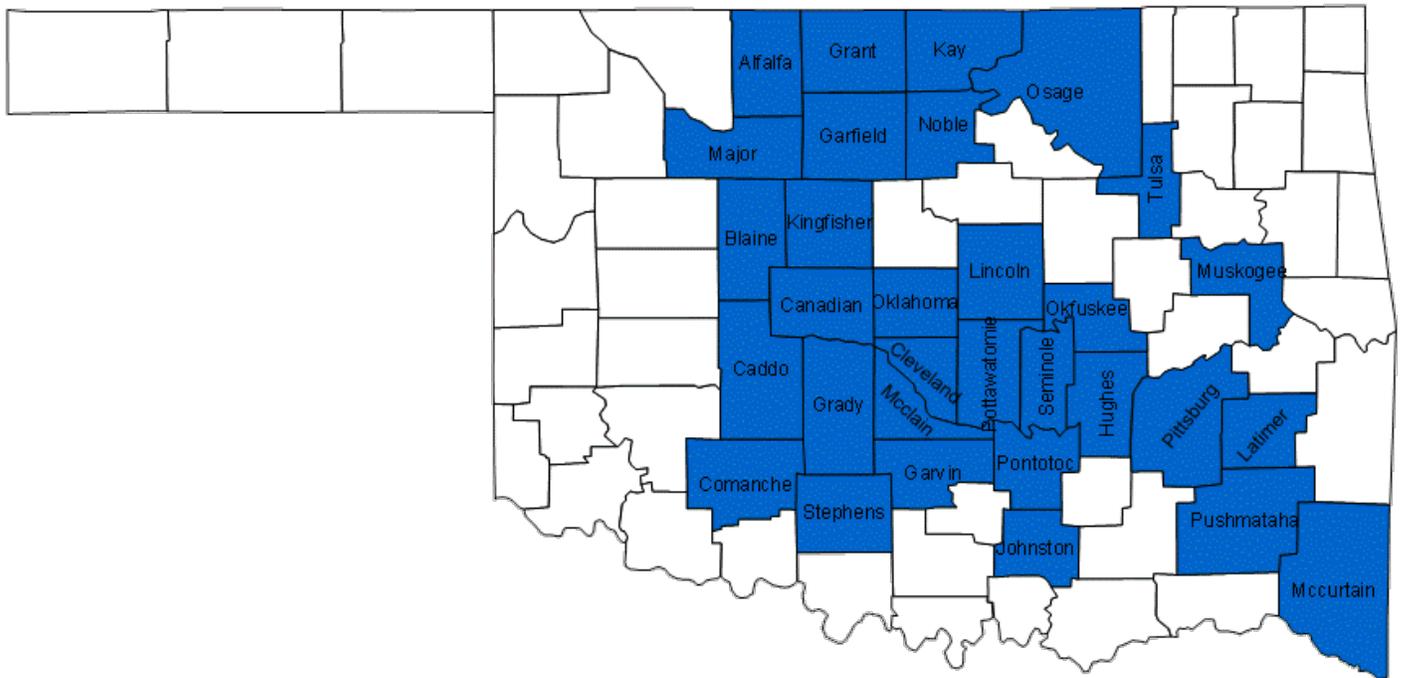
- Chronic Disease Self-Management Program (CDSMP)
- Enhance Fitness (EF)

#### Statewide Program Reach (as of September 30, 2011)

Program Name	Number of Implementation Sites	Number of Program Participants
CDSMP	98	2,176
EF	28	1,000

- Programs are offered in settings such as faith-based organizations, multi-purpose social services organizations, health care organizations, and senior centers.

## Counties Offering Evidence-Based Programs



**To find out more about the state’s Evidence-Based Disease and Disability Prevention grant and the state’s Recovery Act Communities Putting Prevention to Work: Chronic Disease Self-Management Program grant, contact:**

Zachary Root  
Aging Services Division  
Oklahoma Department of Human Services  
2401 NW 23<sup>rd</sup> Street, Suite 40  
Oklahoma City, OK 73107  
405-522-3121  
[zachary.root@okdhs.org](mailto:zachary.root@okdhs.org)

S. Marisa New, OTR, MPH  
Health Equity and Resource Opportunities (HERO)  
Oklahoma State Department of Health  
1000 NE 10th Street, Room 508  
Oklahoma City, OK 73117  
405-271-9444 ext. 56410  
[marisan@health.ok.gov](mailto:marisan@health.ok.gov)

Funding for these grants is provided by the U.S. Administration on Aging and the American Recovery and Reinvestment Act of 2009.