



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

Minnesota 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 and the Recovery Act Chronic Disease Self-Management Program grant were awarded to the Minnesota Board on Aging. These programs are offered in collaboration with the Minnesota Department of Health, Division of Health Promotion and Chronic Disease.

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

Senior LinkAge Line
Minnesota Board on Aging
800-333-2433

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

Evidence-Based Programs Offered

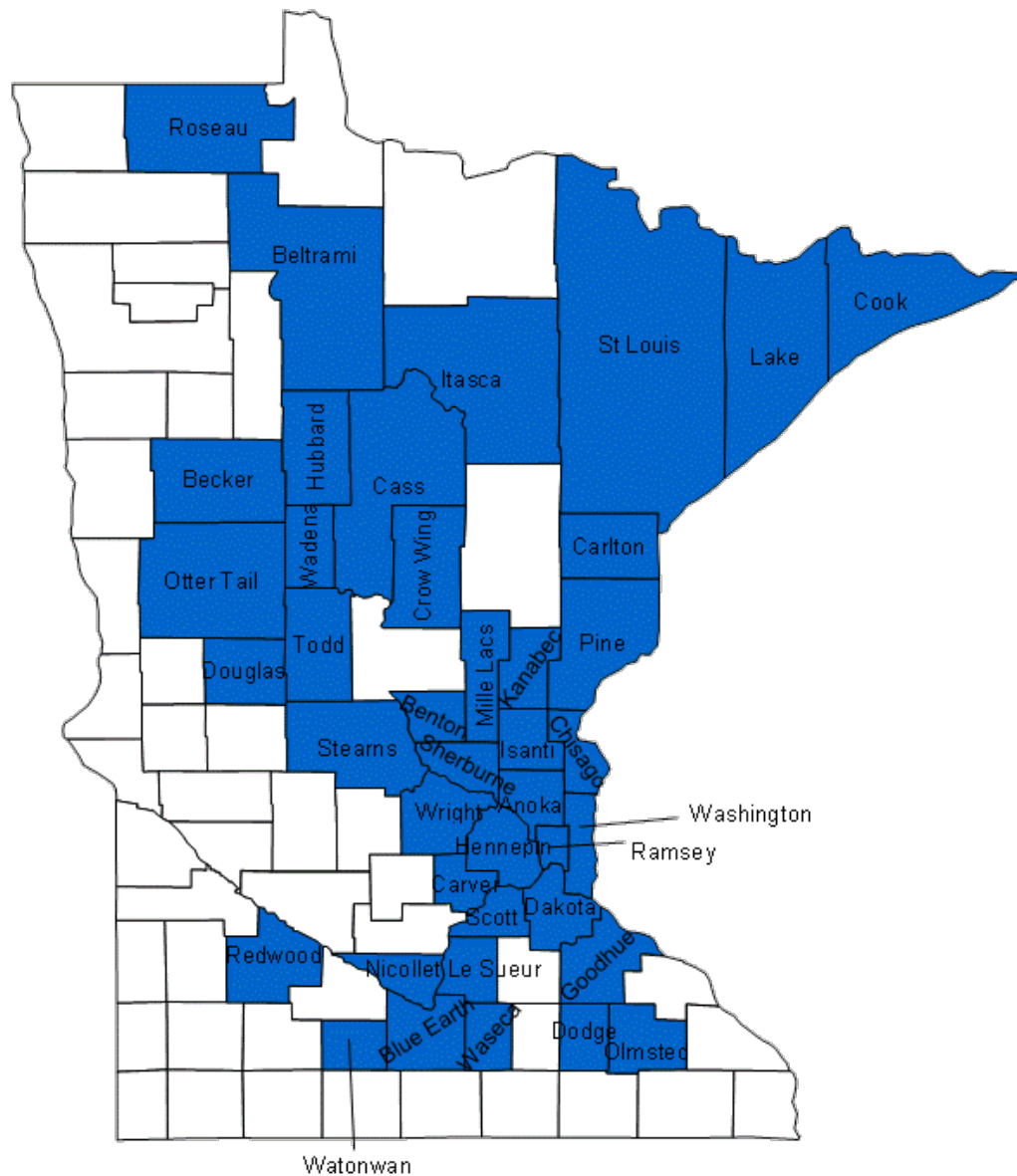
- Chronic Disease Self-Management Program (CDSMP)
- A Matter of Balance (MOB)
- EnhanceFitness (EF)

Statewide Program Reach (as of September 30, 2011)

Program Name	Number of Implementation Sites	Number of Program Participants
CDSMP	82	912
MOB	45	961
EF	12	533

- Programs are offered in settings such as county health departments, faith-based organizations, health care organizations, recreational organizations, residential facilities, and senior centers.

Counties Offering Evidence-Based Programs



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

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