

Evidence-Based Disease Prevention for Older Adults

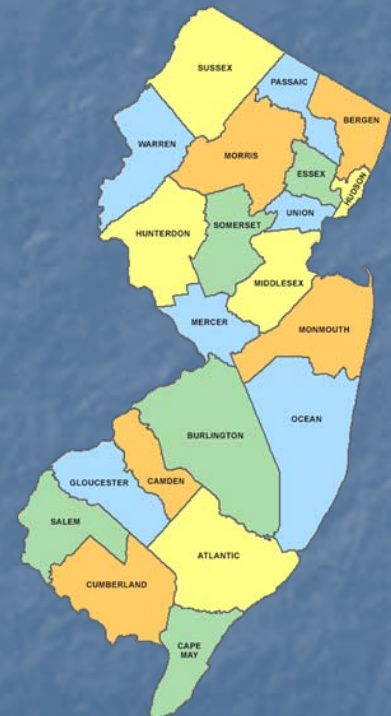
The New Jersey Experience

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Why Evidence-Based Programs?

■ The Data

- By 2030, 1 in 4 New Jerseyans will be over age 60
- NJ ranks 9th in the number of individuals age 60 and over
- Age 85+ is fastest growing cohort
- Older Americans are disproportionately affected by chronic conditions
- Tightening of resources – need to maximize outcomes for each dollar spent



NJ History

- Late 1990's
 - Health promotion = information sharing, networking
 - Project Healthy Bones created
- 2002
 - RWJ Foundation grant to establish model (HealthEASE) for AAAs as leads for coordination of and access to health promotion programs
 - Development, implementation and evaluation of physical activity, health education, coordinated screening and mental health (mind/body connection) programs

AoA Evidence-Based Programs Grant (2006-2010)

- Introduce CDSMP (2006)
- Pilot Healthy IDEAS (2006)
- Introduce A Matter of Balance (2009)

NJ's beginning: No capacity for Chronic Disease Self-Management Program in New Jersey

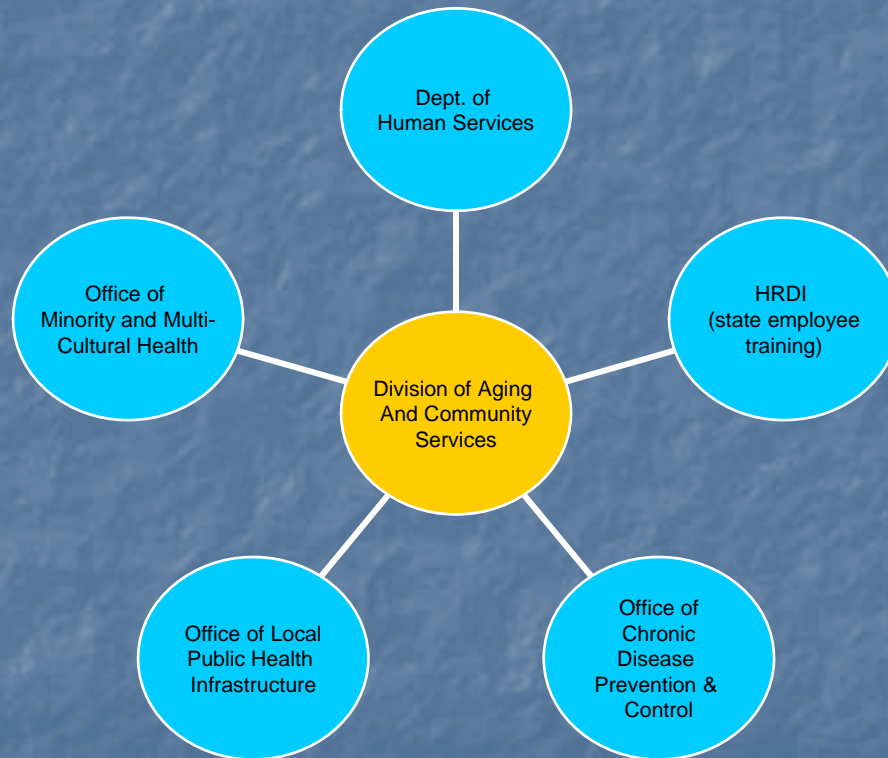
NJ's goal: Statewide access
Geographic
Diverse Populations

Strategy for Statewide Infrastructure

Method: Shared implementation and oversight.

Leadership: New Jersey Department of Health and Senior Services, Division of Aging and Community Services

State Government Partners in NJ



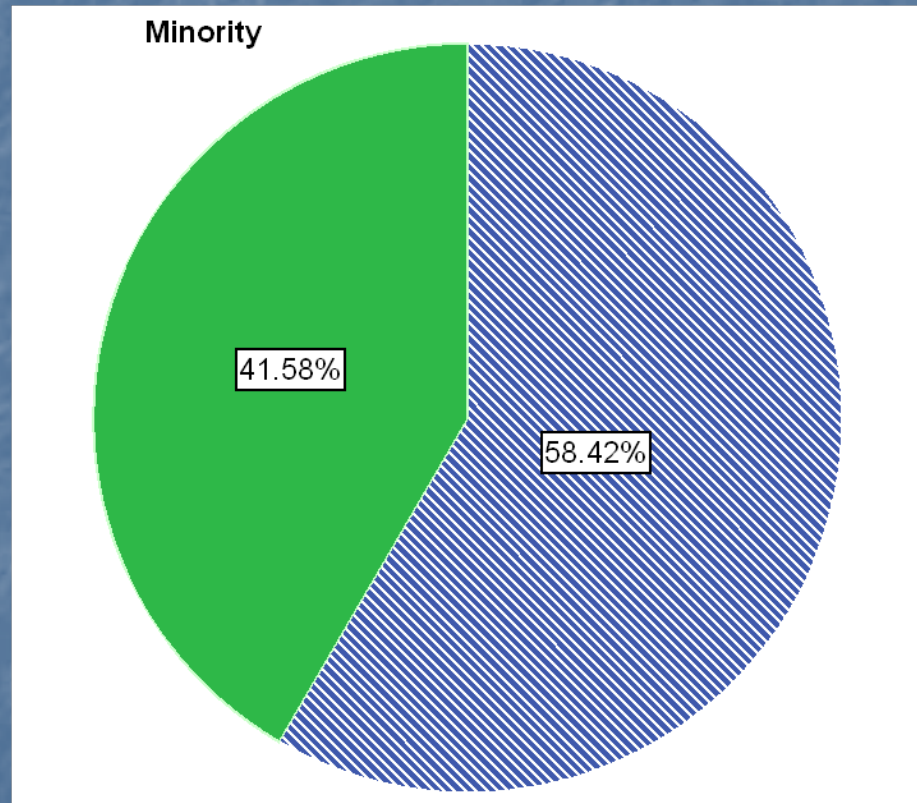
Local Partners in NJ

- Networks
 - RSVP/Senior Corp
 - NJ Prevention Network
 - Area Agencies on Aging, Local Health Depts.
- Community-Based Organizations
 - Faith-based, senior/community centers, YMCAs, senior housing, etc.

Statewide Infrastructure in NJ

- Master trainers and/or lay leaders in every county
- 1,400+ participants
- 170 workshops in 18 counties
- 452 peer leaders and master trainers trained
- English, Spanish, Korean, Mandarin, Cantonese and Haitian Creole

Reach to Diverse Populations



NJ's Long Term Vision

- Array of Evidence-Based Programs available in local sites
 - CDSMP as Key Component
- Coordination and Access through Area Agencies on Aging (ADRCs in NJ)
- Program delivery that is responsive to the state's increasing diversity.

For More Information

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