

**Department:** County Human Services      **Program Contact:** Erin Grahek  
**Program Offer Type:** Existing Operating Program      **Program Offer Stage:** As Proposed  
**Related Programs:**  
**Program Characteristics:**

**Executive Summary**

Aging, Disability & Veterans Services Division (ADVSD) provides health promotion activities and interventions that support healthy, active living, and chronic disease self-management that contribute towards quality of life. With community organizations providing culturally specific and culturally responsive services, ADVSD employs proven practices to improve health through exercise, disease self-management, healthy eating, and other activities. These services are part of the ADVSD access and early intervention continuum.

**Program Summary**

**ISSUE:** Older adults are at risk of developing chronic health conditions and have risk factors for falling, precipitating further health decline and potential hospitalization.

**PROGRAM GOAL:** As a federally designated Area Agency on Aging, ADVSD is required by the U.S. Administration for Community Living to provide Evidence-Based Health Promotion and Disease Prevention (EBHP) programs that support older adults, people with disabilities, Veterans, and caregivers to adopt healthy behaviors, improve health status, better manage chronic conditions, reduce hospitalizations, and reduce risk of falling. Evidence-based programs have been proven to improve health outcomes and reduce healthcare costs.

**PROGRAM ACTIVITY:** Evidence-based health promotion activities include physical activity and exercise, healthy eating, chronic disease self-management, falls prevention, medication management, anxiety and depression management, and Alzheimer’s disease and dementia support. Evidence-based health promotion also includes Care Transitions, a program which provides transition support from hospital to home. This program offer provides health promotion programs and outreach to minority and at-risk populations. With numerous community partnerships hosting preventative activities, ADVSD coordinates to streamline access to services and support healthy aging. Community agencies provide evidence-based programs including Tai Chi Moving for Better Balance; Living Well with Chronic Conditions; PEARLS– treatment program for depression; Diabetes Prevention Program; and Powerful Tools for Caregivers. Each program has required elements that are conducted with fidelity to the curriculum proven in clinical trials.

ADVSD uses a calendar of activities on the County website and a statewide database to manage registration and data collection. ADVSD contracts with agencies for both culturally responsive and culturally specific services in order to increase meaningful access. EBHP programs serve a wider department goal of preventing health decline and supporting the ability for individuals to age in place while providing proven healthcare cost savings.

**Performance Measures**

Measure Type	Primary Measure	FY18 Actual	FY19 Purchased	FY19 Estimate	FY20 Offer
Output	# of people enrolled in evidence-based health promotion (EBHP) activities	502 <sup>1</sup>	725	502	515
Outcome	% of EBHP fall prevention participants who had a reduction in fall risk compared to non-participants <sup>2</sup>	55%	55%	55%	55%
Outcome	% of EBHP Care Transition participants with a reduction in hospitalizations compared to non-participants <sup>2</sup>	36%	36%	36%	36%

**Performance Measures Descriptions**

<sup>1</sup>Participation numbers have decreased due to fewer evidenced-based classes being offered and change in providers mid-year. <sup>2</sup>Outcomes are from national EBHP clinical trials and are not data from County participants; however, ADVSD undertakes fidelity monitoring to ensure similar outcomes. Falls prevention information taken from clinical trials from the Tai Chi: Moving for Better Balance Program. Hospitalization reduction is taken from clinical trials for Stanford’s Chronic Disease Self-Management.

## Legal / Contractual Obligation

The Federal Older Americans Act requires funding be used for evidence-based activities that meet their standards for effectiveness as tested through clinical trials.

## Revenue/Expense Detail

	Proposed General Fund	Proposed Other Funds	Proposed General Fund	Proposed Other Funds
<b>Program Expenses</b>	<b>2019</b>	<b>2019</b>	<b>2020</b>	<b>2020</b>
Personnel	\$0	\$829,544	\$0	\$789,983
Contractual Services	\$16,190	\$395,406	\$8,544	\$419,850
Materials & Supplies	\$8,927	\$11,266	\$8,962	\$9,907
Internal Services	\$60,179	\$105,950	\$72,163	\$76,697
<b>Total GF/non-GF</b>	<b>\$85,296</b>	<b>\$1,342,166</b>	<b>\$89,669</b>	<b>\$1,296,437</b>
<b>Program Total:</b>	<b>\$1,427,462</b>		<b>\$1,386,106</b>	
<b>Program FTE</b>	0.00	7.50	0.00	6.70

Program Revenues				
Intergovernmental	\$0	\$882,966	\$0	\$1,053,138
Other / Miscellaneous	\$2,063	\$235,565	\$0	\$243,299
<b>Total Revenue</b>	<b>\$2,063</b>	<b>\$1,118,531</b>	<b>\$0</b>	<b>\$1,296,437</b>

## Explanation of Revenues

\$292,681 - Older & Disabled Mental Health Services  
\$290,630 - ADRC Mental Health Grant  
\$258,970 - ADRC Person Centered Option Counseling  
\$243,299 - Providence Health Services - Metro Care Transitions  
\$104,149 - Evidence Based Health Promotion  
\$62,484 - Title IIIB  
\$42,224 - Title IIID

## Significant Program Changes

Last Year this program was: FY 2019: 25034-19 ADVSD Health Promotion