

**Department:** County Human Services      **Program Contact:** Erin Grahek  
**Program Offer Type:** Existing Operating Program      **Program Offer Stage:** As Adopted  
**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 the 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, fall 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	FY19 Actual	FY20 Budgeted	FY20 Estimate	FY21 Offer
Output	Number of people enrolled in evidence-based behavioral and health promotion activities	1,495	N/A	700 <sup>2</sup>	600
Outcome	Percent of EBHP fall prevention participants who had a reduction in fall risk compared to non-participants <sup>2</sup>	55%	55%	55%	55%
Outcome	Percent of evidence based Care Transition participants with no hospital readmission in 30 days <sup>3</sup>	89%	N/A	89%	89%

**Performance Measures Descriptions**

<sup>1</sup>Previous measure: “Number of people enrolled in evidence-based health promotion (EBHP) activities.” FY2019 Act.=699. FY2020 Purch.=515. FY20 Est.=500. <sup>2</sup>See significant changes. <sup>3</sup>Outcome data is from national clinical trials; however, ADVSD undertakes fidelity monitoring to ensure similar outcomes. Falls prevention data is from Tai Chi: Moving for Better Balance Program clinical trials. <sup>4</sup>New measure. Previous measure: “Percent of EBHP Care Transition participants with a reduction in hospitalizations compared to non-participants.” FY2019 Act.=36%. FY2020 Purch.= 36%. FY2020 Est.=36%.

## 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

	Adopted General Fund	Adopted Other Funds	Adopted General Fund	Adopted Other Funds
<b>Program Expenses</b>	<b>2020</b>	<b>2020</b>	<b>2021</b>	<b>2021</b>
Personnel	\$0	\$819,592	\$0	\$636,924
Contractual Services	\$8,544	\$674,433	\$6,993	\$623,790
Materials & Supplies	\$8,962	\$41,832	\$10,154	\$2,254
Internal Services	\$72,163	\$78,580	\$100,627	\$63,163
<b>Total GF/non-GF</b>	<b>\$89,669</b>	<b>\$1,614,437</b>	<b>\$117,774</b>	<b>\$1,326,131</b>
<b>Program Total:</b>	<b>\$1,704,106</b>		<b>\$1,443,905</b>	
<b>Program FTE</b>	0.00	6.90	0.00	5.30

<b>Program Revenues</b>				
Intergovernmental	\$0	\$1,053,138	\$0	\$765,131
Other / Miscellaneous	\$0	\$561,299	\$0	\$561,000
<b>Total Revenue</b>	<b>\$0</b>	<b>\$1,614,437</b>	<b>\$0</b>	<b>\$1,326,131</b>

## Explanation of Revenues

This program generates \$60,009 in indirect revenues.  
\$145,000 - Older & Disabled Mental Health Services  
\$290,628 - ADRC Mental Health Grant  
\$220,616 - ADRC Person Centered Option Counseling  
\$243,000 - Providence Health Services - Metro Care Transitions  
\$64,663 - Title IIIB  
\$44,224 - Title IIID  
\$318,000 - Legacy Metro Care Transitions

## Significant Program Changes

**Last Year this program was:** FY 2020: 25034-20 ADVSD Health Promotion

<sup>2</sup>The State of Oregon significantly reduced funding for evidence based health promotion activities, resulting in less people served. Reduction of 1.0 FTE Program Specialist Sr, due to reduction in Older Adults Behavioral Health Initiative Funding.