

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

Health promotion supports healthy, active living, and chronic disease self-management. The program serves older adults, people with disabilities, and Veterans. Community organizations provide culturally specific and responsive services. The program improves health through exercise, disease self-management, healthy eating, and other activities. During the COVID-19 pandemic, agencies continued classes by switching to a virtual environment.

Program Summary

ISSUE: Older adults risk developing chronic health conditions. They have an increased risk of falling. Falls result in health decline and potential hospitalization.

PROGRAM GOAL: ADVSD provides evidence-based health promotion and disease prevention programs (EBHP). Programs focus on healthy behaviors, improved health status, and management of chronic conditions. Programs help reduce hospitalization and the risk of falling. Also, health outcomes improve and healthcare costs decrease.

PROGRAM ACTIVITIES: Activities include physical activity and medication management. Other programs focus on anxiety and depression management, and Alzheimer’s and dementia. The care transitions program supports the move from hospital to home. The program does outreach to Black, Indigenous, and People of Color (BIPOC). Health promotion fosters community engagement to reduce social isolation. ADVSD coordinates community partnerships to streamline access to services. Programs include Tai Chi, programs for depression, diabetes prevention, and tools for caregivers. Contracted agencies provide culturally responsive and specific services to increase access. This program helps prevent health decline, supports aging in place, and reduces healthcare costs.

Performance Measures

| Measure Type | Primary Measure | FY21 Actual | FY22 Budgeted | FY22 Estimate | FY23 Offer |
|--------------|---|-------------|---------------|---------------|------------|
| Output | Number of people enrolled in evidence-based behavioral and health promotion activities | 1,022 | 600 | 1,365 | 1,020 |
| Outcome | Percent of EBHP fall prevention participants who had a reduction in fall risk compared to non-participants ¹ | 55% | 55% | 55% | 55% |
| Outcome | Percent of evidence-based Care Transition participants with no hospital readmission in 30 days | 88% | 89% | 88% | 88% |

Performance Measures Descriptions

¹Outcome 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.

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 | Proposed General Fund | Proposed Other Funds |
|------------------------|-------------------------|------------------------|--------------------------|-------------------------|
| Program Expenses | 2022 | 2022 | 2023 | 2023 |
| Personnel | \$0 | \$348,415 | \$26,612 | \$337,958 |
| Contractual Services | \$17,056 | \$68,086 | \$31,722 | \$43,134 |
| Materials & Supplies | \$12,408 | \$0 | \$12,408 | \$275 |
| Internal Services | \$33,523 | \$95,539 | \$25,452 | \$85,387 |
| Total GF/non-GF | \$62,987 | \$512,040 | \$96,194 | \$466,754 |
| Program Total: | \$575,027 | | \$562,948 | |
| Program FTE | 0.00 | 3.00 | 0.22 | 2.78 |

| Program Revenues | | | | |
|-----------------------|------------|------------------|------------|------------------|
| Intergovernmental | \$0 | \$313,021 | \$0 | \$223,748 |
| Other / Miscellaneous | \$0 | \$199,019 | \$0 | \$243,006 |
| Total Revenue | \$0 | \$512,040 | \$0 | \$466,754 |

Explanation of Revenues

This program generates \$47,450 in indirect revenues.
\$243,006– Providence Health Services – Metro Care Transitions
\$180,614 – ADRC – Person Centered Option Counseling Medicaid
\$43,134 – Title IIID (OAA – Health Promotion)

Significant Program Changes

Last Year this program was: FY 2022: 25034 ADVSD Health Promotion