

Department: County Human Services

Program Contact: Marina Khalina

Program Offer Type: Existing

Program Offer Stage: Adopted

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. Program activities improve health through exercise. They also provide classes on disease self-management, healthy eating, and other social activities. During the COVID-19 pandemic, agencies continued classes by switching to a virtual environment. Currently, community agencies are reopening for in person activities. Many classes will have in person or virtual options.

Program Description

ISSUE: Older adults are at risk for developing chronic health conditions. As people age the risk of falling increases. Studies show that falls result in health decline and potential hospitalization. Adults with chronic conditions have higher rates of hospital readmissions.

PROGRAM GOAL: ADVSD provides evidence-based health promotion programs (EBHP), and disease prevention classes. Evidence-based programming helps reduce hospital readmissions. Programs focus on healthy behaviors, and improved health status. Other programs address taking an active role in the management of chronic conditions. The Care Transitions Coaching program helps to reduce hospitalization. The program helps reduce the risks for falling. The coaching improves health outcomes and reduces healthcare costs. Ongoing partnership with culturally specific agencies makes these classes more accessible to communities of color and those most at risk for chronic conditions.

PROGRAM ACTIVITIES: Classes offered support regular physical activity. Workshops teach how to better manage chronic conditions. The Care Transitions program supports the move from hospital to home. Coaching helps participants take an active role in managing their health. It helps them follow their discharge plan. Topics include reviewing medication and understanding red flags associated with their health conditions. The classes foster community engagement. This helps reduce social isolation, and support a healthy lifestyle. Programs include Tai Chi, diabetes prevention, chronic disease self-management, and Walk with Ease. ADVSD coordinates community partnerships to streamline access to services. 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	FY22 Actual	FY23 Budgeted	FY23 Estimate	FY24 Offer
Output	Number of evidence based health promotion (EBHP) courses offered	26	N/A	28	28
Outcome	Percent of EBHP courses offered by culturally-specific providers	31%	N/A	35%	35%
Output	Number of participants served by Care Transitions	654	N/A	542	529
Outcome	Percent of evidence based Care Transition participants with no hospital readmission in 30 days	88%	88%	88%	88%

Performance Measures Descriptions

Former measure: Number of people enrolled in evidence-based behavioral and health promotion activities. FY22 Actual: data not available, FY23 Estimate: 1022. Percent of EBHP fall prevention participants who had a reduction in fall risk compared to non-participants. FY22 Actual: 55%, FY23 Estimate: 55%.

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
Program Expenses	2023	2023	2024	2024
Personnel	\$26,612	\$337,958	\$28,658	\$359,579
Contractual Services	\$31,722	\$43,134	\$33,023	\$42,560
Materials & Supplies	\$12,408	\$275	\$12,408	\$275
Internal Services	\$25,452	\$85,387	\$29,112	\$80,404
Total GF/non-GF	\$96,194	\$466,754	\$103,201	\$482,818
Program Total:	\$562,948		\$586,019	
Program FTE	0.22	2.78	0.22	2.78

Program Revenues				
Intergovernmental	\$0	\$223,748	\$0	\$364,439
Other / Miscellaneous	\$0	\$243,006	\$0	\$118,379
Total Revenue	\$0	\$466,754	\$0	\$482,818

Explanation of Revenues

This program generates \$44,300 in indirect revenues.
\$321,879 - ADRC – Person Centered Option Counseling Medicaid (State)
\$118,379 - Providence Health Services – Metro Care Transitions (Local)
\$42,560 – Title IIID (OAA – Health Promotion) (Federal)

Significant Program Changes

Last Year this program was: FY 2023: 25034 ADVSD Health Promotion