

3300		Disease Prevention and Health Promotion Services	
3300	3301	Overview	
	3301.1	This section provides an outline of the Division of Aging and Adult Services operational policies and procedures for Disease Prevention and Health Promotion Services and reporting requirements. This policy section is subject to change as additional information and/or regulations are received from the U.S. Department of Health and Human Services, Administration for Community Living (ACL).	
	3301.2	The Division of Aging and Adult Services, through its contracts with the Area Agencies on Aging (AAAs), shall provide Disease Prevention and Health Promotion Services to older adults and eligible persons with disabilities. These services help reduce the impact of disease, chronic conditions, and minimize health-related risk factors associated with aging. Many programs including evidence-based programs assist older adults to prevent illness and manage chronic physical conditions. Although illness and disability rates increase with age, research has demonstrated that health promotion and disease prevention activities can help promote healthy and independent lives for older individuals. Disease Prevention and Health Promotion Services contribute to healthy aging and the maintenance of optimal physical, mental, and social well-being in older adults. An active healthy lifestyle can help older adults prolong their independence and improve their quality of life.	
	3301.3	Older Americans Act (OAA) Title IIID funding is intended to initiate and provide programs designed to help older adults prevent and/or manage chronic diseases and promote healthier lifestyles. Healthy aging reduces healthcare costs and improves quality of life for older adults. Evidence-based programs are shown to be effective at helping participants adopt healthy behaviors, improve their health status, and reduce their use of hospital services and emergency room visits. Older Americans are disproportionately affected by chronic disease and evidence-based programs can mitigate the negative impact of chronic diseases and related injuries. Furthermore, evidence-based programs empower older adults to take control of their health by maintaining a healthy lifestyle through increased self-efficacy and self-management.	
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3300	3302	Authority and Statutory Requirement	
	3302.1	Disease Prevention and Health Promotion Services are authorized and governed by the following statute and regulation for the use of Title IIID funding by the Older Americans Act (OAA) and ACL.	
	3302.2	Older Americans Act, Section 361: http://www.aoa.gov/AoA_programs/OAA/oa_full.asp#_Toc153957705	
3303		Operational Procedures for Disease Prevention and Health Promotion Services Eligibility	
3300	3303.1	The following individuals are eligible to receive disease prevention and health promotion services based on availability of funding:	
		A	An individual age sixty or older;
		B	An individual with a disability under the age of sixty (funds other than Older Americans Act must be used, e.g., Social Service Block Grants);

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		C	Family Caregivers as defined in the Division of Aging and Adult Services Policy and Procedures Manual Section 3600 – Family Caregiver Support Services.
	3303.2		Priority shall be given to older adults:
		A	AAAs shall provide assurance that preference will be given to providing services to older individuals with greatest economic need and older individuals with greatest social need (with particular attention to low-income older individuals, including low-income minority older individuals, older individuals with limited English proficiency, and older individuals residing in rural areas).
3304		Operational Procedures for the Administration of Disease Prevention and Health Promotion Services	
	3304.1	The Arizona Department of Economic Security, Division of Aging and Adult Services Nutrition, Food Service and Wellness Manual is the reference manual for disease prevention and health promotion services (see Exhibit 3200A).	
3300	3304.2	Congressional Appropriation for Federal Fiscal Year 2012 require that Older Americans Act Title IIID funding be used only for programs and activities which have been demonstrated to be evidence-based and effective supporting health lifestyles and promoting healthy behaviors. ACL uses a graduated or tiered set of criteria for defining evidence-based interventions. Examples of Health promotions programs are provided and can fall within a minimal, intermediate, and/or highest level criteria. More information can be found on the AoA website about Title IIID funding and approved ACL evidence-based programs at http://aoa.gov/AoARoot/AoA_Programs/HPW/Title IIID/index.aspx .	
3300	3304.3.A	Minimal Criteria	
		1	Demonstrated through evaluation to be effective for improving the health and well-being or reducing disease, disability and/or injury among older adults; and
		2	Ready for translation, implementation and/or broad dissemination by community-based organizations using appropriately credentialed practitioners.
		3	Examples: programs related to the prevention and mitigation of the effects of chronic disease (including osteoporosis, hypertension, obesity, diabetes, and cardiovascular disease), alcohol and substance abuse reduction, smoking cessation, weight loss and control, stress management, falls prevention, physical activity and improved nutrition; and most health screenings would also qualify at this level.
	3304.3.B	Intermediate Criteria	
		1	Published in a peer-review journal.
		2	Proven effective with older adult population, using some form of a control condition (e.g. pre-post study, case control design, etc.).
		3	Some basis in translation for implementation by community level organization.
		4	Example: Eat Better Move More
3300	3304.3.C	Highest-level Criteria	
		1	Undergone Experimental or Quasi-Experimental Design.
		2	Level at which full translation has occurred in a community site.
		3	Level at which dissemination products have been developed and are available to the public.
		4	Examples: EnhanceFitness, A Matter of Balance, Healthy Living (Chronic Disease Self- Management Program).

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3304.4		The AAA, or entity that such agency has contracted with, shall ensure that their intake, outreach, and community education processes include providing information and assistance to a person(s) inquiring about disease prevention and health promotion services and programs.
3304.5		The AAA, or entity that such agency has contracted with, shall make every effort to provide a full range of Disease Prevention and Health Promotion services and programs in the community by coordinating its activities with the activities of other community agencies and voluntary organizations providing supportive services and programs to older individuals. Partnerships extend the reach of Disease Prevention and Health Promotion services and programs, and can include: where applicable, community health centers, mental health centers, state and local government agencies, centers for independent living, public health departments, state and local non-profit organizations, educational and/or health care institutions, community organizations, or other identified entities.
3304.6		<p>AAAs can meet full compliance of the Congressional intent identified in section 3304.2 by having programs at the minimal and intermediate criterion with a goal of moving to the highest level criteria. Effective 7/1/2014, AAAs must implement at least one program in the highest level criteria for DPHP. AAAs shall allocate, to the extent that funds allow, the amount of funds necessary to achieve region-wide availability of ACL approved evidence-based programs. Technical assistance from Division of Aging and Adult Services will be provided in meeting this requirement.</p> <p>AAAs who are unable to comply with the effective date, must provide written justification 30 days prior to the effective date of 7/1/2014 to the Division of Aging and Adult Services and seek technical assistance from the Division of Aging and Adult Services Health and Wellness Coordinator to work toward moving to the highest level criteria. Although the ACL has not identified a target date for moving all DPHP activities to the highest level criteria interventions, Arizona is committed to reaching this standard by 7/1/2017.</p>
3305		Operational Procedures for Monitoring of Disease Prevention and Health Promotion Services
3305.1		The AAAs will ensure certification and licensure standards are met when providing an evidenced-based program for which licensing or certification requirements exist.
3305.2		For delivery of services identified in 3304.3.A, the AAAs will ensure that educators/presenters providing health promotion activities meet appropriate certification/licensure standards.
3306		Operational Procedures for Reporting Requirements
3306.1		<p>The AAAs shall collect data and maintain records as defined in the Division of Aging and Adult Service Policy and Procedure Manual Section 1600.</p> <p>https://www.azdes.gov/landing.aspx?id=7681</p>
3306.2		The AAAs will provide quarterly narrative reports to the Division of Aging and Adult Services about health promotion and disease prevention activities using the Division of Aging and Adult Services/AAA Disease Prevention and Health Promotion Quarterly Report document. The AAAs will provide quantitative data on Disease Prevention and Health Promotion activities to the monthly Social Service Report.

EXHIBITS

3300A [Nutrition, Food Service, and Wellness Manual](#)

3300B Disease Prevention and Health Promotion Quarterly Report