

## **3300 Disease Prevention and Health Promotion Services**

### **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 evidence-based 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. Evidence-based health promotion and disease prevention activities can help promote healthy and independent lives for older individuals and 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.

### **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](http://www.aoa.gov/AOA_programs/OAA/oa_full.asp)

### **3303 Operational Procedures for Disease Prevention and Health Promotion Services Eligibility**

- 3303.1** The following individuals are eligible to receive disease prevention and health promotion services based on availability of funding:
1. An individual age sixty or older;
  2. 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);
  3. 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: 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](#)).

**3304.2** Congressional Appropriation for Federal Fiscal Year 2012 require that Older Americans Act Title IIID funding be used only for programs and activities that meet the requirements to be considered evidence-based, as set forth by ACL. Additional information regarding Title IIID funding and ACL-approved evidence-based programs can be found on the AoA Title IIID webpage:

[http://www.aoa.acl.gov/AoA\\_Programs/HPW/Title\\_IIID/index.aspx](http://www.aoa.acl.gov/AoA_Programs/HPW/Title_IIID/index.aspx).

**3304.3** Evidence-Based Requirements - As of October 1, 2016, all programs using Title IIID funds must meet at least one of the two following criteria:

1. The ACL Definition of Evidence-Based:
  - a. Demonstrated through evaluation to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults; *and*
  - b. Proven effective with older adult population, using Experimental or Quasi-Experimental Design; *and*
  - c. Research results published in a peer-review journal; *and*
  - d. Fully translated in one or more community site(s); *and*
  - e. Includes developed dissemination products that are available to the public.
2. A program can also be considered evidence-based if any operating division of the U.S. Department of Health and Human Services has included the program on a registry of evidence-based programs, or has reviewed it and deemed it evidence-based.

**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** AAAs can meet full compliance of the Congressional intent identified in section 3304.2 by implementing only programs that meet the requirements to be considered evidence-based, as set forth by ACL. 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 the Division of Aging and Adult Services is available to assist in meeting this requirement.

**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, the AAAs will ensure that educators/presenters providing health promotion activities meet appropriate certification/licensure standards.

**3306 Operational Procedures for Reporting Requirements**

**3306.1** The AAAs shall collect data and maintain records as defined in the Division of Aging and Adult Service Policy and Procedure Manual Section 1600.

<https://www.azdes.gov/landing.aspx?id=7681>

**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 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](#)