



## Recovery Act Chronic Disease Self-Management Program

### Virginia State Profile

The Evidence-Based Disease and Disability Prevention Program increases older adults' access to effective interventions that helps to reduce their risk of disease, injury, and disability. In 2010, the Recovery Act Chronic Disease Self-Management Program expanded state-led partnerships involving the aging and public health networks to implement evidence-based prevention programs at the community level that help older adults better manage their chronic diseases. This profile provides a brief synopsis of how each state and community organizations are delivering evidence-based prevention programs to meet the needs of the older adults and communities they serve.

The Recovery Act Chronic Disease Self-Management Program grant was awarded to the Virginia Department for the Aging. This program is offered in collaboration with the Virginia Department of Health.

**If you would like to learn more about evidence-based programs offered in your area, please contact:**

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**Program Website:** <http://www.vda.virginia.gov/cdsmp-participant.asp>

#### Evidence-Based Programs Offered

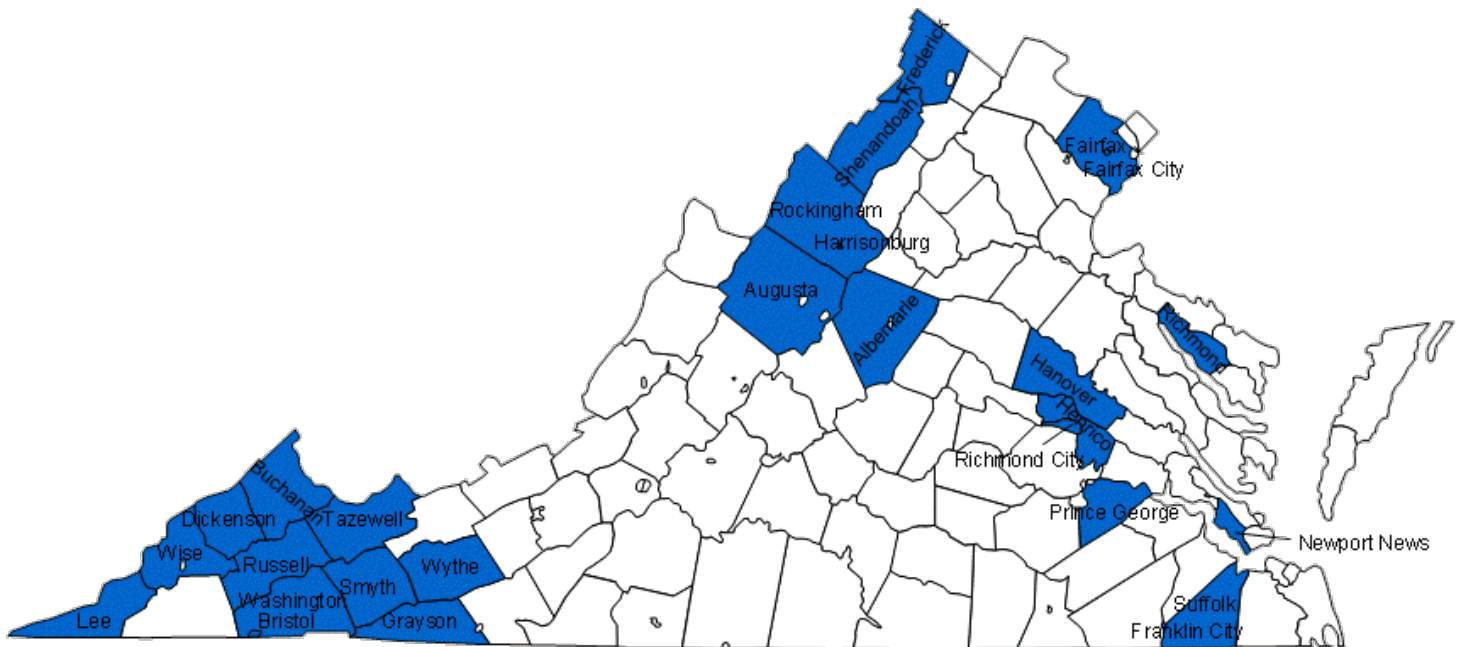
- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)

#### Statewide Program Reach (March 31, 2010 to September 30, 2011)

Program Name	Number of Implementation Sites	Number of Program Participants
CDSMP, CPSMP, & DSMP	97	1,729

- Programs are offered in settings such as Area Agencies on Aging, county health departments, faith-based organizations, health care organizations, libraries, multi-purpose social services organizations, recreational organizations, residential facilities, senior centers and workplaces.

## Counties Offering Evidence-Based Programs



**To find out more information about the state's Recovery Act Communities Putting Prevention to Work: Chronic Disease Self-Management Program grant, contact:**

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