

2015-2016

Health & Wellness Program Annual Summary 2015-2016



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Introduction

The Health & Wellness Program is located in the Pennsylvania Department of Aging's (PDA's) Education and Outreach Office (EOO).

The role of PDA's Health & Wellness Program is to:

- Research and interpret federal guidelines regarding the Older American's Act (OAA) Title IIID funding for disease prevention and health promotion services;
- Coordinate efforts among community resources;
- Act as a catalyst for the Area Agencies on Aging (AAA) and PDA's Health & Wellness initiatives;
- Provide training, technical assistance, and materials, as appropriate, for any of the PDA endorsed evidence-based programs.

The goals of PDA's Health & Wellness Program are to:

- Abolish the myth that inevitable functional decline comes with age
- Empower older adults with the information they need to age well
- Support older adults in making lifestyle changes to improve their overall health
- Reduce the utilization of the healthcare system

PDA receives Federal funding from the Administration for Community Living (ACL), through the OOA Reauthorization 2016 Title IIID, to provide disease prevention and health promotion services through the Health & Wellness Program. Under Title IIID of the OAA, funding has been provided since 1987 to states and territories based on their share of the population aged 60 and over for programs that support healthy lifestyles and promote healthy behaviors.

Effective October 1, 2016, ACL required Title IIID funds to only be used for evidence-based programs as defined by ACL. Because of this mandate, PDA issued [Aging Program Directive 16-04-01: Older Americans Act Title IIID Funding for Evidence-Based Programs AND Health & Wellness Program](#). APD 16-04-01 outlines the roles, responsibilities, and directives between PDA's Health & Wellness Program and the 52 AAA's Health & Wellness Programs serving Pennsylvania's 67 counties.

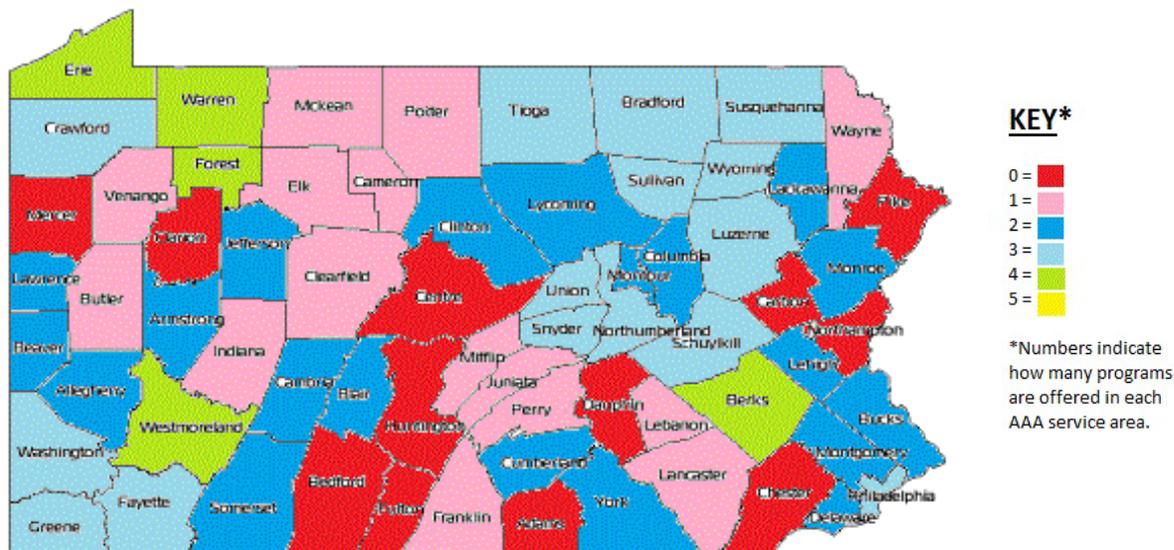
Health & Wellness At-A-Glance

The Health & Wellness Program is comprised of multiple Evidence-Based Programs (EBPs) disseminated across the state of Pennsylvania. These include the PDA-endorsed Chronic Disease Self-Management Program (CDSMP), Diabetes Self-Management Program (DSMP), and Healthy Steps for Older Adults (HSOA), falls prevention program. It is anticipated that in 2018, the Healthy Steps in Motion (HSIM) falls prevention program and 10 Keys™ to Healthy Aging educational program, which are PDA-endorsed and provided through Area Agencies on Aging (AAAs), will be approved for evidence-based status.

Who is being served by the Health & Wellness Program?

In FY 2015-2016, the Health & Wellness program served a total of 4,041 participants across the five PDA-endorsed programs with 88 workshops provided by 42 AAAs (out of 52 total) across Pennsylvania’s 67 counties.¹ The map below highlights how many of PDA’s endorsed-program workshops were available across the state, with 4 AAAs providing 4 of 5 endorsed-programs across 5 counties, and 12 AAAs providing 3 or more endorsed-programs across 20 counties.

FY 2015-2016 PDA-Endorsed Program Workshops in Pennsylvania



¹ Pennsylvania Department of Aging, “Title III-D Chronic Disease Self-Management (CDSMP), Diabetes Self-Management Program (DSMP), Healthy Steps In Motion (HSIM), Healthy Steps for Older Adults (HSOA), 10-Keys Participants Enrolled Report for the period of 7/01/2015 to 06/30/2016.” *Social Assistance Management System*. Retrieved 3/30/2017.

Highlights

The following information is highlights from FY 2015-2016 and is covered in more detail in their respective sections in this report.

Healthy Steps for Older Adults (HSOA)

HSOA decreased falls to $\frac{1}{4}$ of the percentage of falls before participation in the program, from 28% to only 7% of participants reporting falls after the program.

895 HSOA participants began exercising more after completing the program.

HSOA participants made 2,039 home modifications after learning about how to reduce their fall risk at home from HSOA.

Healthy Steps in Motion (HSIM)

84% of HSIM participants planned to be more active and 21% of them improved their activity level.

36% of HSIM participants reported eating healthier after finishing the program.

Over 400 HSIM participants improved their balance and 333 improved their overall strength.

Chronic Disease Self-Management Program (CDSMP)

CDSMP participants had about 2.5 chronic conditions on average.

10 Keys™ to Healthy Aging

64% of participants successfully completed the 10 Keys™ program.

Chronic Disease Self-Management Program

What is CDSMP?

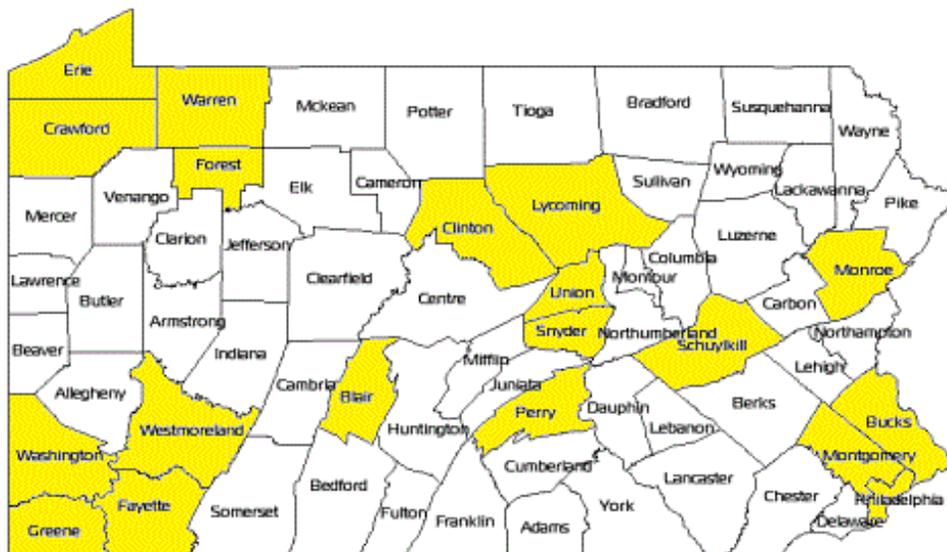
The Chronic Disease Self-Management Program (CDSMP) is a 6-week workshop meeting for 2 ½ hours each week that assists older adults in managing their chronic disease conditions. CDSMP was developed at Stanford University Patient Education Research Center and is administered by the Self-Management Resource Center (SMRC).

The program’s evidence-based structure relies on the assumption that people with chronic conditions have similar concerns and problems, and that these people must deal not only with their chronic conditions, but also with their emotional and social impact.

Who is participating in CDSMP?

There were 335 CDSMP participants² in FY 2015-2016 across 19 counties and 14 AAA service areas.³

FY 2015-2016 CDSMP Workshops in Pennsylvania



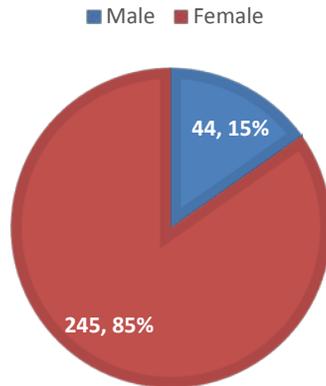
CDSMP participants are mainly females who are of either Caucasian or African American background and are low income. Over 25% have a Medicaid Access Card,

² Pennsylvania Department of Aging, “CDSME Workshops, Completers, and Trainers who Facilitated the Workshops.” *Social Assistance Management System*. Retrieved 7/31/2017.

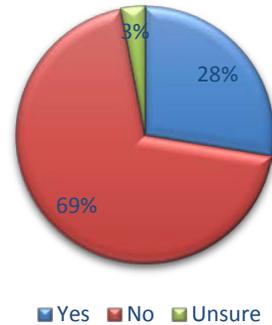
³ Pennsylvania Department of Aging, “Title III-D Chronic Disease Self-Management (CDSMP), Diabetes Self-Management Program (DSMP), Healthy Steps In Motion (HSIM), Healthy Steps for Older Adults (HSOA), 10-Keys Participants Enrolled Report for the period of 7/01/2015 to 06/30/2016.” *Social Assistance Management System*. Retrieved 12/12/2017.

and over 50% have an annual income less than 200% of the Federal Poverty Income Guidelines (FPIG).⁴ Additionally, the median participant age was within the 71-75-year-old age bracket.⁵

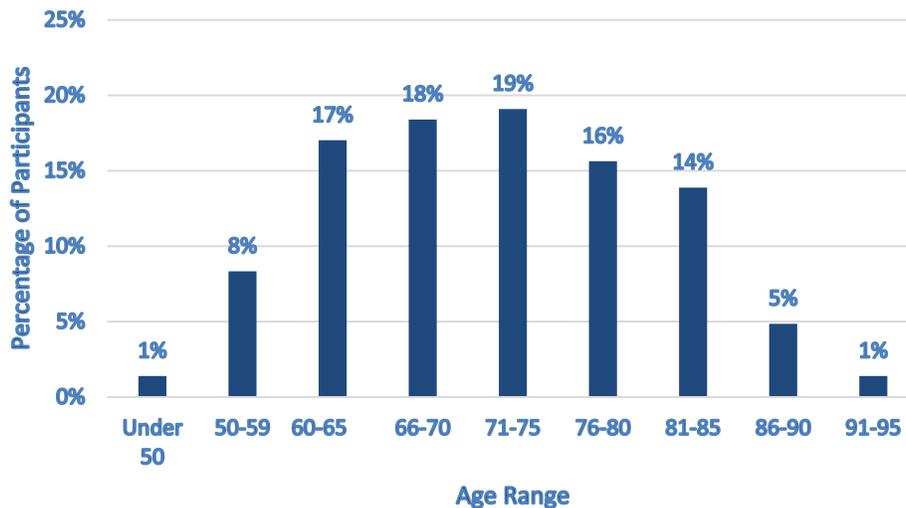
2015-2016 CDSMP Participant Gender



Income less than 200% of the Federal Poverty Income Guidelines?



CDSMP Participant Ages

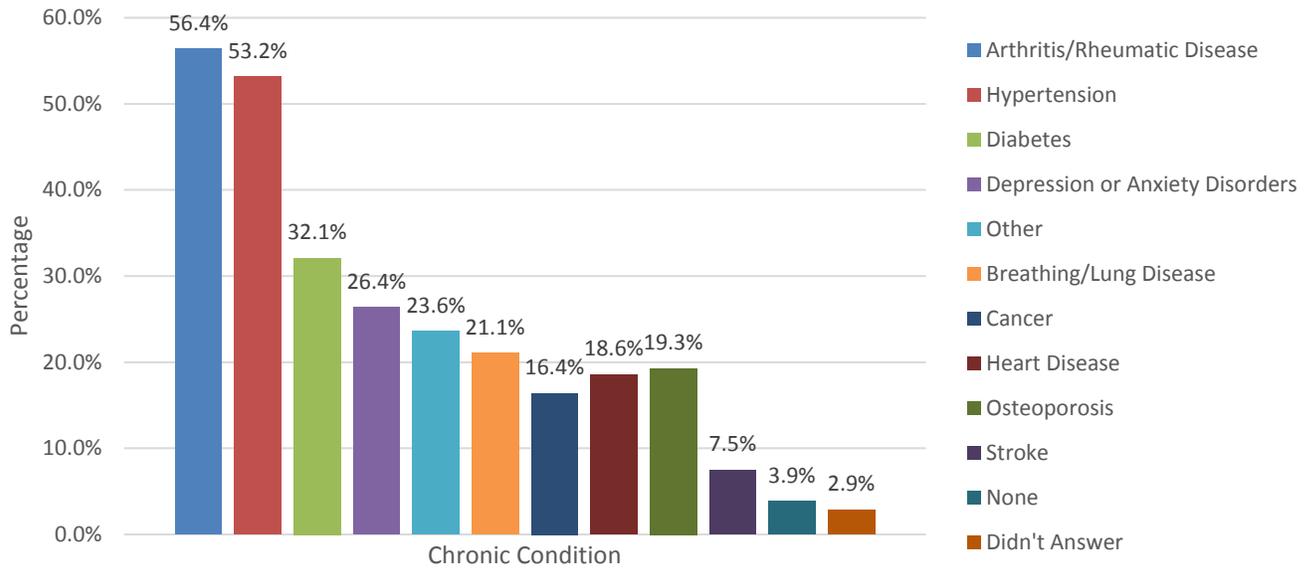


72% of CDSMP participants reported having more than one chronic condition, with arthritis/rheumatic disease (56%) and hypertension (53%) being most prevalent. 93 out of 259 participants reported one or more hospital admittance within the previous five years.

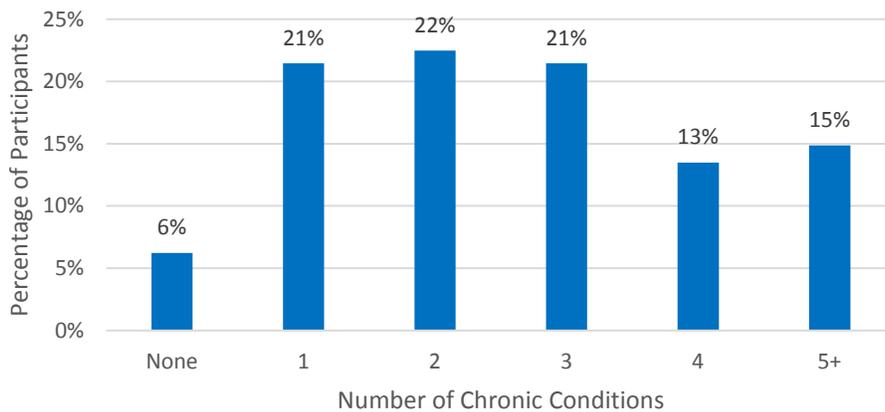
⁴ Pennsylvania Department of Aging, "CDSMP Participant Benchmark Report for Workshop end date between 7/1/2015 and 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

⁵ Pennsylvania Department of Aging, "Distinct counts of consumers by age group for where workshop end date between 7/1/2015 and 6/30/2016." *Social Assistance Management System*. Retrieved 8/11/2017.

Percentage of CDSMP Participants Who Were Ever Told They Had A Chronic Condition



Percentage of CDSMP Participants With Number of Chronic Conditions



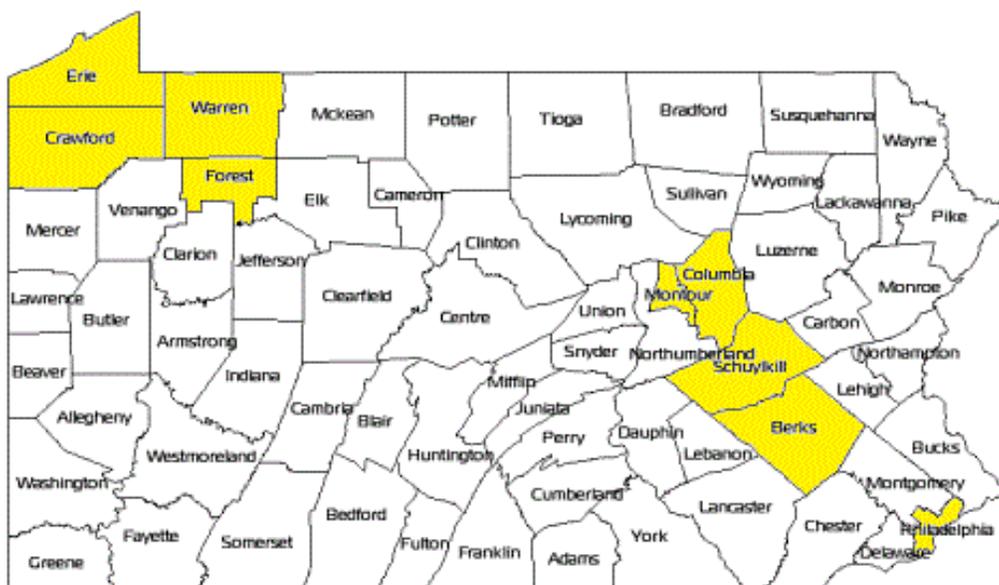
Diabetes Self-Management Program

The Diabetes Self-Management Program (DSMP) was developed at Stanford University's Patient Education Research Center as a complement to CDSMP. DSMP is a 6-week workshop meeting for 2 ½ hours each week that assists older adults in managing their diabetes. DSMP was added to PDA's SMRC License in the fall of 2015.

Who is participating in DSMP?

There were eight DSMP workshops,⁶ with 67 participants located in seven AAA service areas across the state.⁷

FY 2015-2016 DSMP Workshops in Pennsylvania



Most DSMP participants were female (82%) and/or Caucasian (79%). Additionally, the most frequently reported income was below 200% of the Federal Poverty Income Guidelines (FPIG) (64%) and 16% reported having a Medicaid Access Card.⁸ Additionally, the median age bracket of DSMP participants was 66-70-years-old.⁹

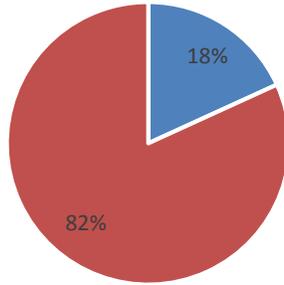
⁶ Pennsylvania Department of Aging, "CDSME Workshops, Completers, and Trainers who Facilitated the Workshops." *Social Assistance Management System*. Retrieved 7/31/2017.

⁷ Pennsylvania Department of Aging, "Title III-D Chronic Disease Self-Management (CDSMP), Diabetes Self-Management Program (DSMP), Healthy Steps In Motion (HSIM), Healthy Steps for Older Adults (HSOA), 10-Keys™ Participants Enrolled Report for the period of 7/01/2015 to 06/30/2016." *Social Assistance Management System*. Retrieved 12/12/2017.

⁸ Pennsylvania Department of Aging, "DSMP Participant Benchmark Report for Workshop end date between 7/1/2015 and 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

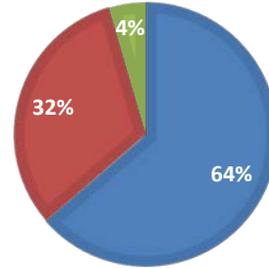
⁹ Pennsylvania Department of Aging, "Distinct counts of consumers by age group for where workshop end date between 7/1/2015 and 6/30/2016." *Social Assistance Management System*. Retrieved 8/11/2017.

2015-2016 DSMP Participant Gender



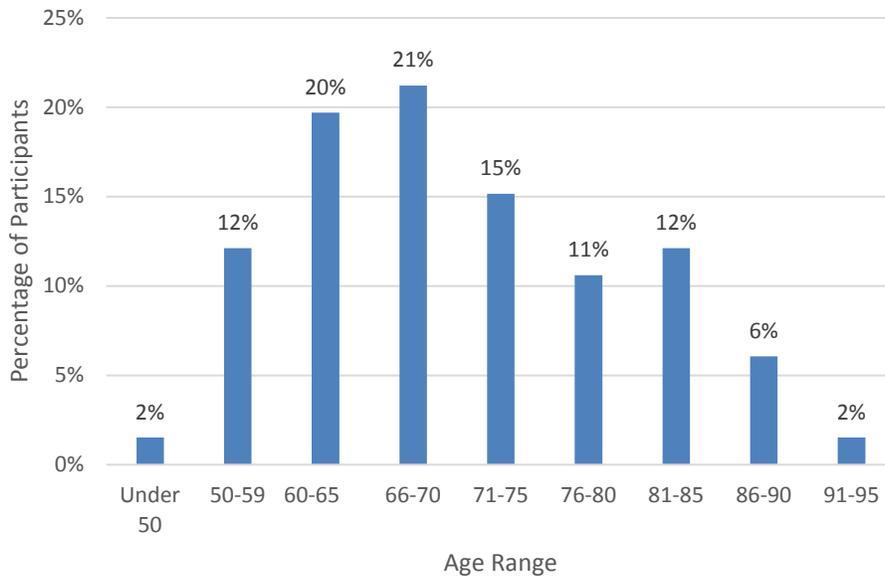
■ Male ■ Female

Income Less Than 200% Federal Poverty Income Guidelines



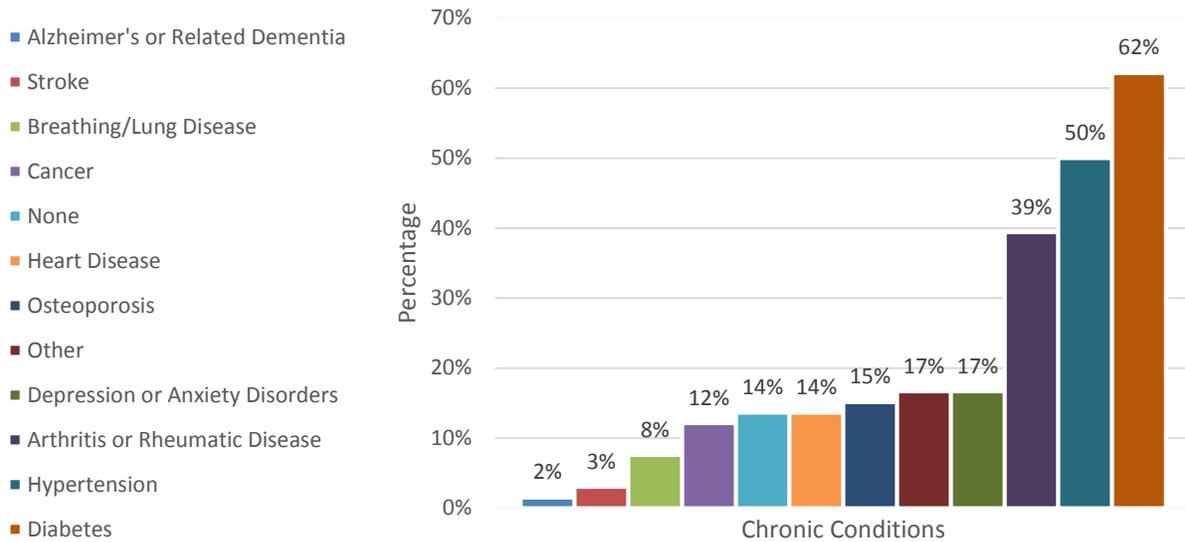
■ Yes ■ No ■ Didn't Answer

DSMP Participant Ages



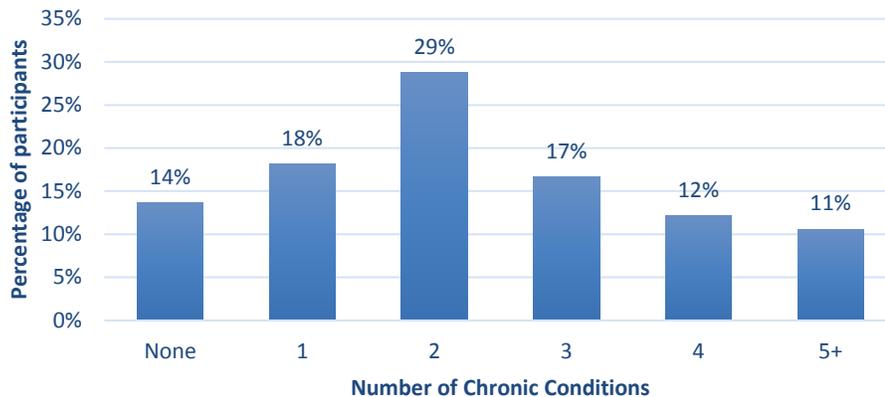
The three most common chronic conditions reported by DSMP participants were diabetes (62%), hypertension (50%), and arthritis (39%).¹⁰

DSMP Participants Chronic Conditions



The bar graph¹⁰ below shows that almost 70% of DSMP participants reported being told by their health care provider that they have two or more chronic conditions.

Percentage of DSMP Participants With Number of Chronic Conditions



¹⁰ Pennsylvania Department of Aging, "DSMP Participant Benchmark Report for Workshop end date between 7/1/2015 and 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

Healthy Steps for Older Adults

What is HSOA?

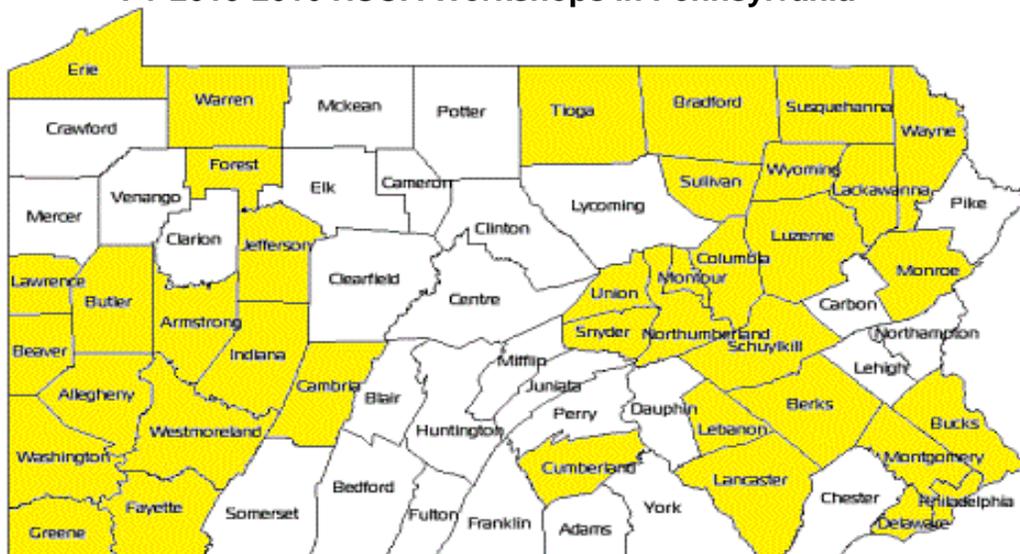
The Pennsylvania Department of Aging's Healthy Steps for Older Adults (HSOA) program began in 2005 and became a nationally recognized evidence-based falls prevention program in October 2015, serving people ages 50 and older. The program is designed to raise participants' knowledge and awareness of the causes of falls, introduce steps they can take to reduce falls and improve their health and well-being, and provide referrals and resources. It is taught by certified workshop leaders and stands on three main pillars that ensure its high quality: screening, education, and referrals.

1. **Screening:** Involves demonstration of physical skills and a review of individual's environment, health, and lifestyle.
2. **Education:** Includes two workshops: Preventing Falls and Staying Active.
3. **Referrals:** These summarize the results of the physical skills assessment and other health-related behaviors or conditions that may place the individual at a higher risk for falls. They facilitate collaboration with doctors and motivate participants to take action to prevent falls and maintain and improve their health.

Who do we serve?

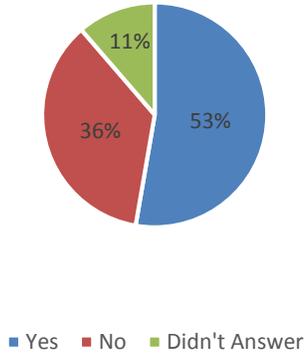
Healthy Steps for Older Adults (HSOA) is PDA's most popular program, with 2,084 participants in FY 2015-16 across 39 counties and 29 AAA service areas throughout the state.¹¹

FY 2015-2016 HSOA Workshops in Pennsylvania

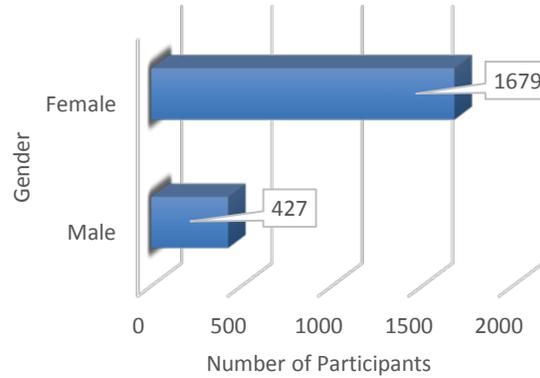


¹¹ Pennsylvania Department of Aging, "Title III-D Chronic Disease Self-Management (CDSMP), Diabetes Self-Management Program (DSMP), Healthy Steps In Motion (HSIM), Healthy Steps for Older Adults (HSOA), 10-Keys™ Participants Enrolled Report for the period of 7/01/2015 to 06/30/2016." *Social Assistance Management System*. Retrieved 12/12/2017.

HSOA Participant Responses to, "Is your annual income less than 200% of the current Federal Poverty Income Guidelines?"

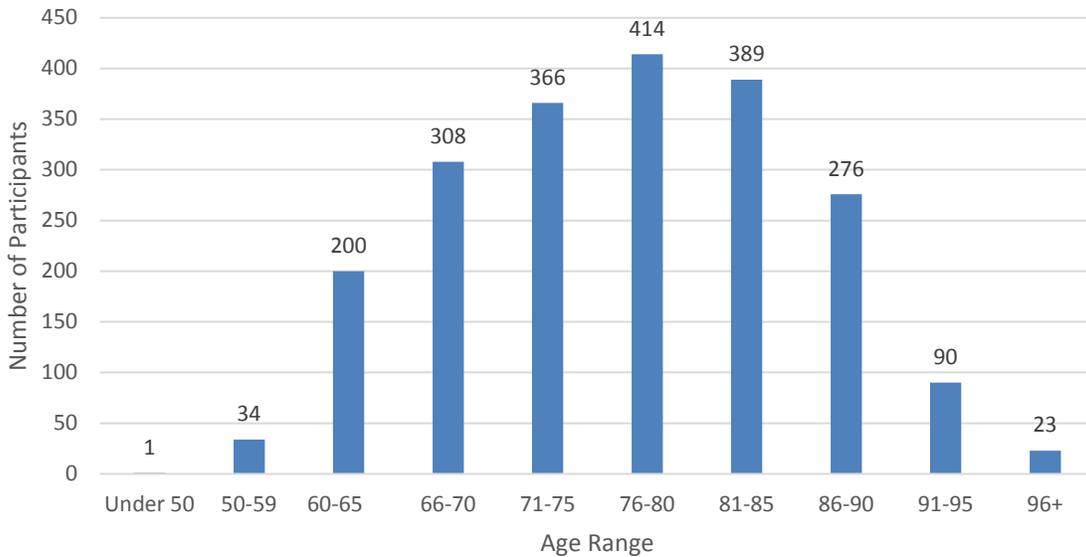


2015-2016 HSOA Participant Gender



HSOA participants were primarily female, either Caucasian or African-American¹² and in the median age bracket of 76-80-years-old.¹³

HSOA Participant Ages



¹² Pennsylvania Department of Aging, "Healthy Steps Registration Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

¹³ Pennsylvania Department of Aging, "Distinct counts of consumers by age group for where workshop end date between 7/1/2015 and 6/30/2016." *Social Assistance Management System*. Retrieved 8/11/2017.

Impact of HSOA

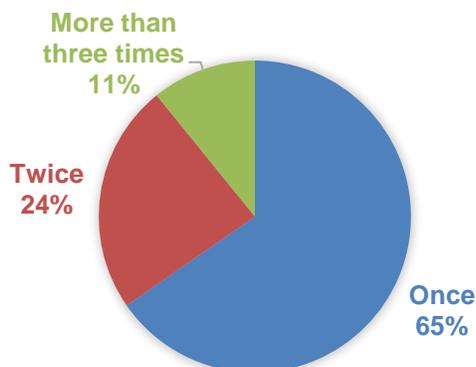
Knowledge and Active Participation in Own Health Care

Over 80% of participants reported a 7 or above on a scale of 1 to 10 (with 10 meaning they learned a lot) regarding how much they learned from the HSOA workshop. Participants were also more receptive to discussing their risk for falls with their doctors, with 53% reporting that they learned new ways to communicate with their doctors and 67% reporting that they plan to share their risk for falls with their doctor.¹⁴

Falls

Of those who reported a fall within the six months prior to taking a HSOA workshop, 35% (192 participants) fell more than once. Additionally, 51% (281 participants) reported that they either visited a doctor or a hospital due to the fall(s).²⁹

**2015-2016 HSOA PARTICIPANTS' REPORTED
NUMBER OF TIMES THEY FELL WITHIN THE SIX
MONTHS PRIOR TO STARTING A HSOA WORKSHOP**



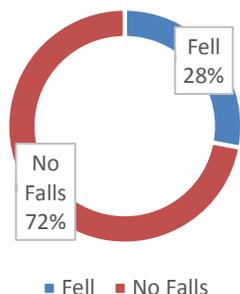
HSOA participants reported less falls after completing the program than before it. Based on the self-reported data, participants experienced more than four times as many falls before starting HSOA¹⁵ than after completing it.¹⁶

¹⁴ Pennsylvania Department of Aging, "Healthy Steps Participation Workshop Evaluation Form - Distinct Participants During the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

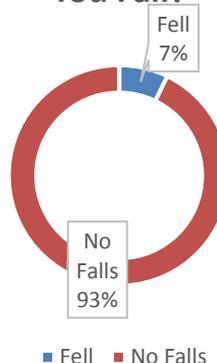
¹⁵ Pennsylvania Department of Aging, "Healthy Steps Registration Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

¹⁶ Pennsylvania Department of Aging, "Healthy Steps Four Week Follow up Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

**2015-2016: Upon
Registration For
HSOA:
In the Past Six
months, Did You Fall?**



**2015-2016: Followup
For HSOA:
In the Past Month, Did
You Fall?**



Fear of Falling and Subsequent Falls

Of 1,782 reporting participants, 1,264 (70%) reported that they were less fearful of falling after completing the HSOA program.¹⁷ Research has linked fear of falling to physical and cognitive factors that increase the probability of falls, such as increased stiffening behaviors and an internal focus of attention.¹⁸

Lifestyle Results

HSOA participants made modifications in their lifestyles, personal choices, and in their homes because of the HSOA programs, helping them to reduce their risk of falls in the future.¹⁹

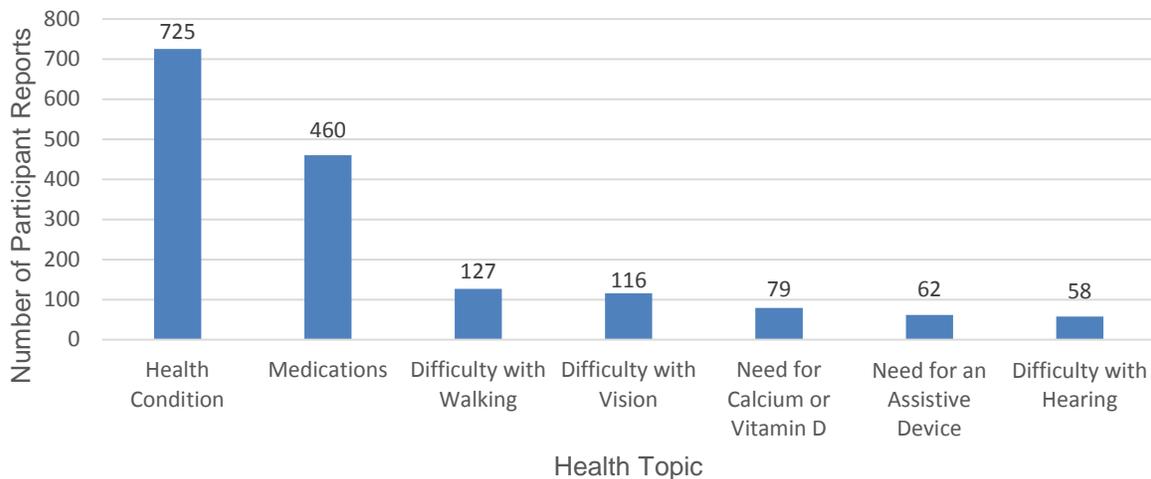
428 participants (22%) reported that at least one of the changes they made from the list above was due to the Healthy Steps Referral made to their doctor. Additionally, 47% of participants visited their doctors after the HSOA workshops and discussed important topics to reduce their future risk of falls,¹⁹ as displayed in the graph below:

¹⁷ Pennsylvania Department of Aging, "Healthy Steps Four Week Follow up Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

¹⁸ Young, WR. Williams, MA. "[How fear of falling can increase fall-risk in older adults: Applying psychological theory to practical observations.](#)" *Gait & Posture*. Vol. 41, Issue 1. Jan 2015 Pg7-12

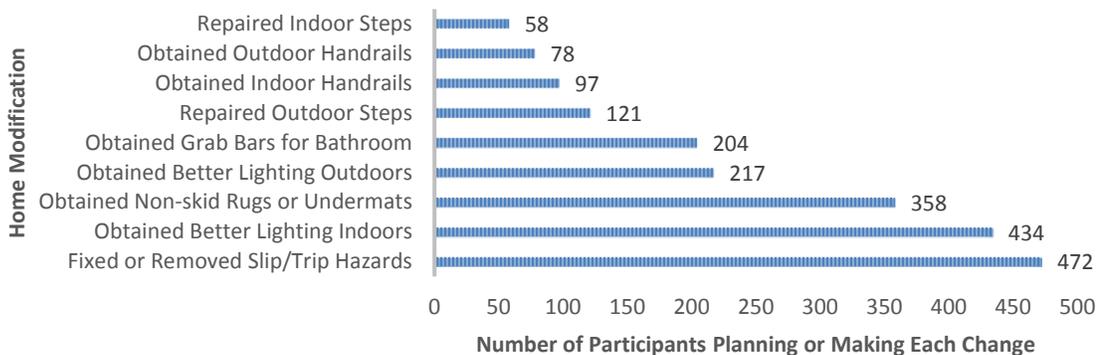
¹⁹ Pennsylvania Department of Aging, "Healthy Steps Four Week Follow up Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

Topics Discussed With Doctor After HSOA Workshops



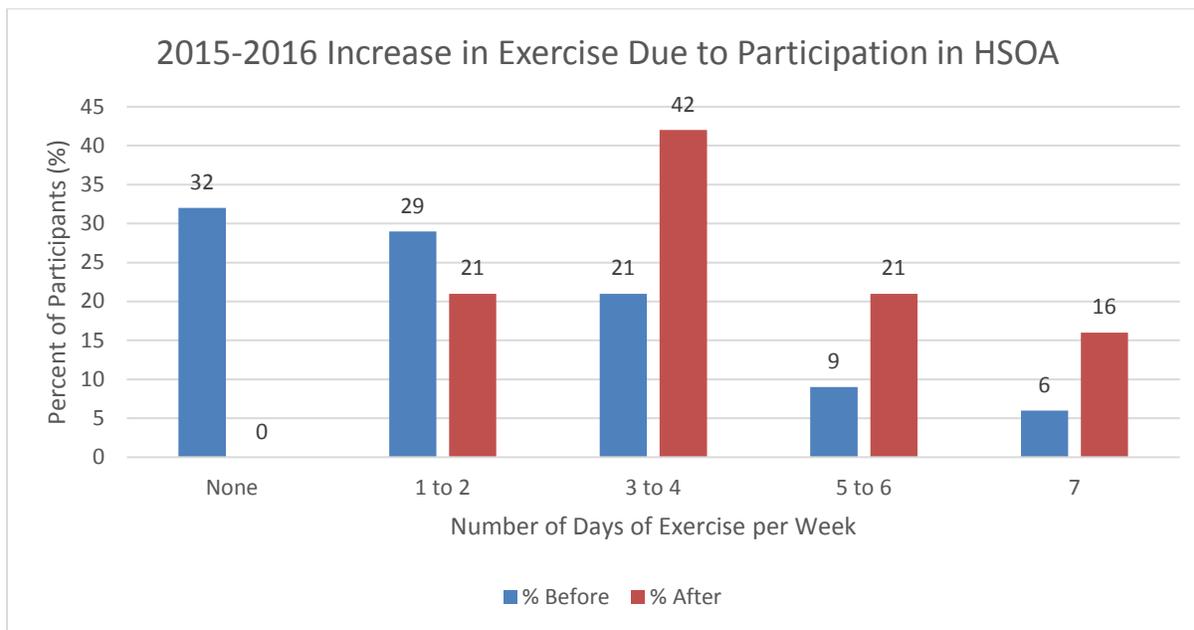
There were a total of 2,039 changes planned or made in the home as a direct result of the HSOA workshops.¹⁹ These were varied, as participants came from different financial backgrounds, but our results were promising, displaying a projected decrease in future fall risk for many participants:

2015-2016 Changes Planned Or Made In The Home As A Result Of HSOA Workshops



Changes in Exercise

Over 60% of participants reported an increase in weekly exercise after completing the HSOA program, either by starting an exercise program (290 participants; 15%) or by beginning regular exercise on their own (895 participants; 45%).²⁰



Healthy Steps in Motion

What is HSIM?

Healthy Steps in Motion (HSIM) is a strengthening and balance exercise program developed for older adults aged 50 and older of varying fitness levels. Managed by the Pennsylvania Department of Aging, and coordinated by local Area Agencies on Aging (AAAs), the program reduces the risk of falling by building body strength, increasing flexibility, and improving balance. HSIM is intended as a supplementary falls prevention course, to be taken after completing the comprehensive Healthy Steps for Older Adults (HSOA) program.

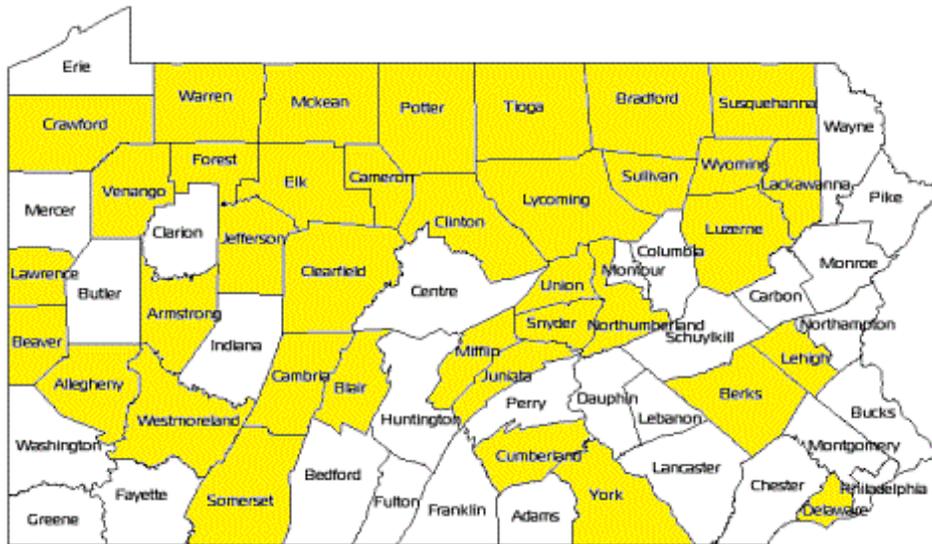
HSIM is eight weeks in duration, meeting twice per week in one-hour workshops taught by certified instructors. The course curriculum typically includes workshop exercises that increase in intensity over time to ensure that participants continue to improve their strength and balance.

²⁰ Pennsylvania Department of Aging, "Healthy Steps Four Week Follow up Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

Who is participating in HSIM?

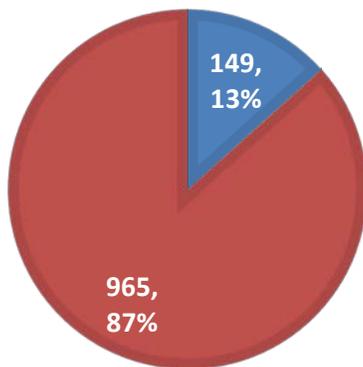
There were 1,072 HSIM participants in FY 2015-16 across 37 counties and 27 AAA service areas throughout the state.²¹

FY 2015-2016 HSIM Workshops in Pennsylvania

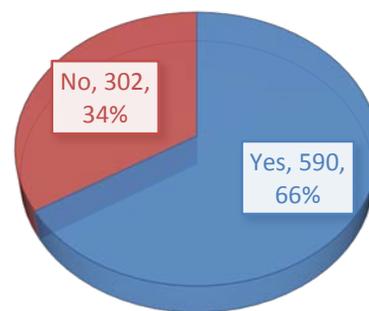


2015-2016 HSIM Participant Gender

■ Male ■ Female



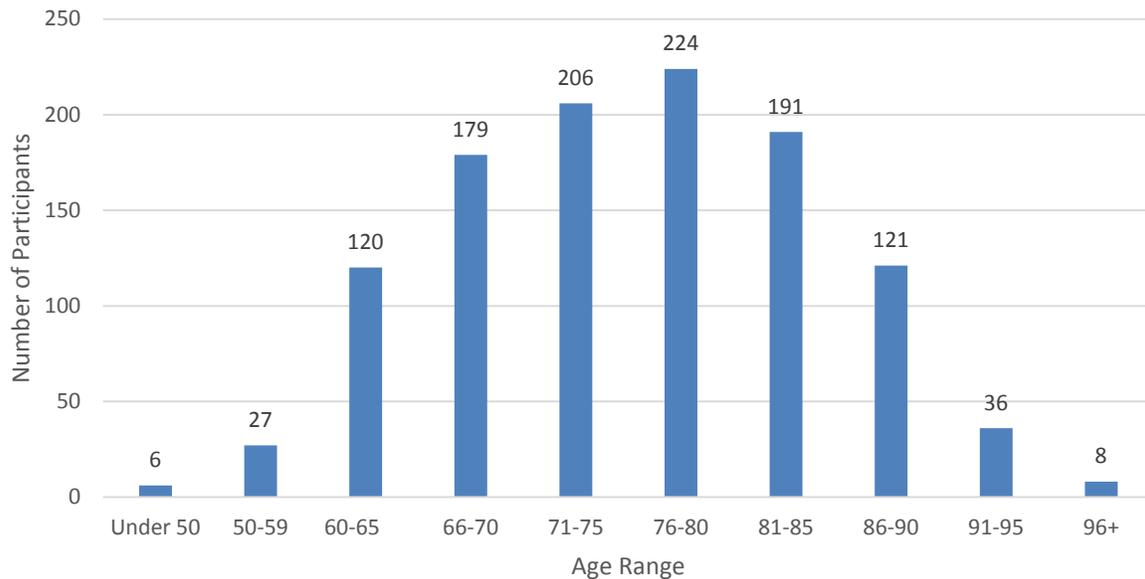
2015-2016 Participants Reporting Whether They Have An Annual Income Below 200% Of The Federal Poverty Income Guidelines



²¹ Pennsylvania Department of Aging, "Title III-D Chronic Disease Self-Management (CDSMP), Diabetes Self-Management Program (DSMP), Healthy Steps In Motion (HSIM), Healthy Steps for Older Adults (HSOA), 10-Keys™ Participants Enrolled Report for the period of 7/01/2015 to 06/30/2016." *Social Assistance Management System*. Retrieved 12/12/2017.

HSIM primarily served Caucasian females of low-income status in FY 2015-2016. Self-reported data shows that 66% of those who answered earned below 200% of the Federal Poverty Income Guidelines. Participants were mainly white²² and of age 65 or over.²³

2015-2016 HSIM Participant Ages



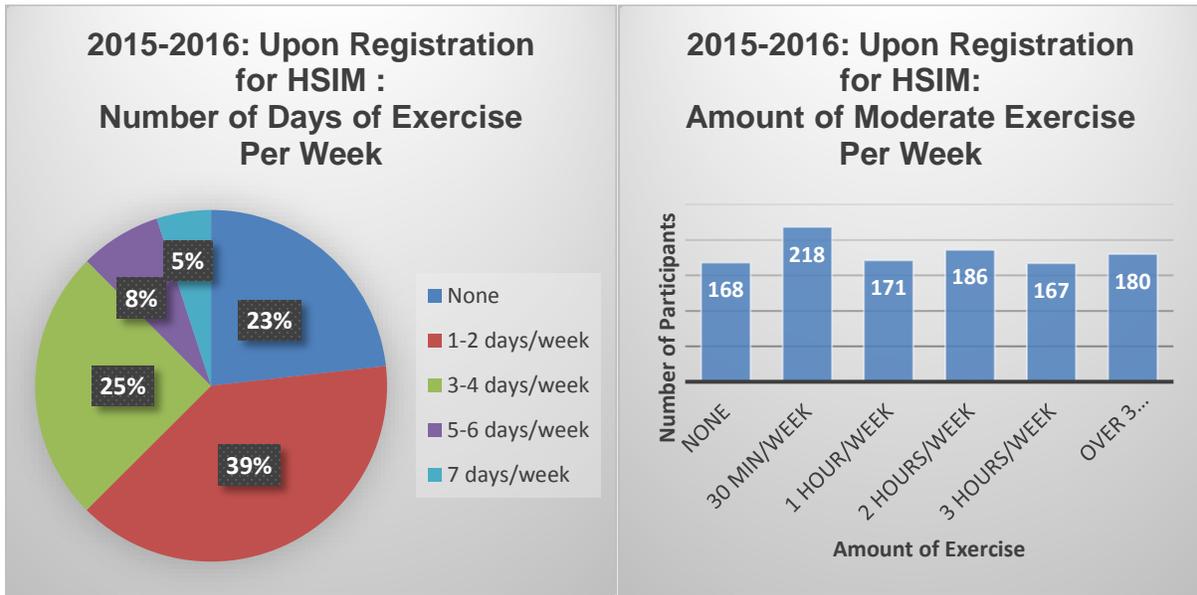
What impact has HSIM had?

HSIM has led participants to be more physically active each week compared to before participants began the program. Before the program, most participants exercised 1-2 days per week for either 30 minutes, 2 hours, or over 3 hours altogether.²⁴

²² Pennsylvania Department of Aging, “Healthy Steps in Motion Registration Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016.” *Social Assistance Management System*. Retrieved 7/21/2017.

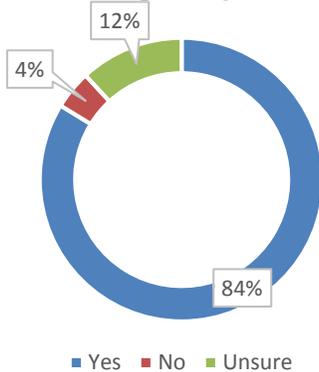
²³ Pennsylvania Department of Aging, “Distinct counts of consumers by age group for where workshop end date between 7/1/2015 and 6/30/2016.” *Social Assistance Management System*. Retrieved 8/11/2017.

²⁴ Pennsylvania Department of Aging, “Healthy Steps in Motion Registration Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016.” *Social Assistance Management System*. Retrieved 7/21/2017.

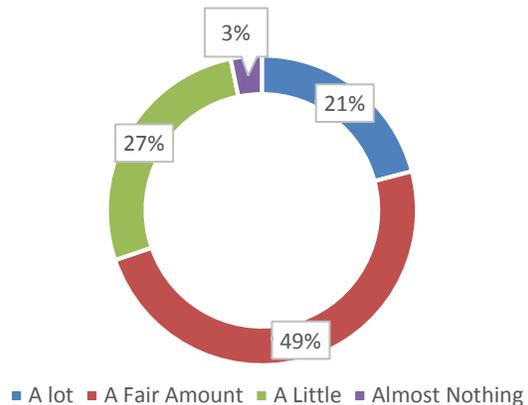


After HSIM, 70% of participants responded that they experienced either a lot of change or a fair amount of change in their activity level and 84% planned to be more physically active.²⁵ Based on this data, providing HSIM accomplished the intended goal of increasing the physical activity levels of participants over the long-term.

2015-2016: After Completing HSIM, Do You Plan To Be More Physically Active Regularly?



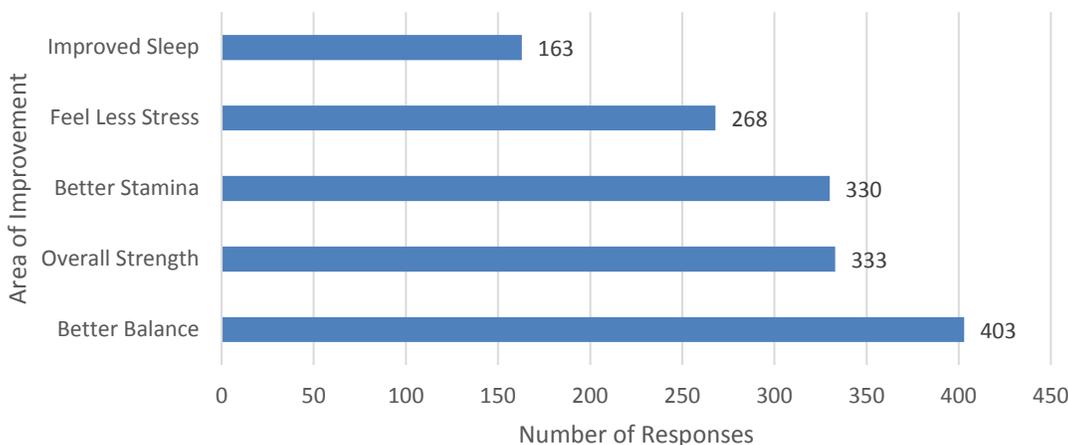
2015-2016: Change In Activity Level After HSIM



²⁵ Pennsylvania Department of Aging, "Healthy Steps in Motion Evaluation Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

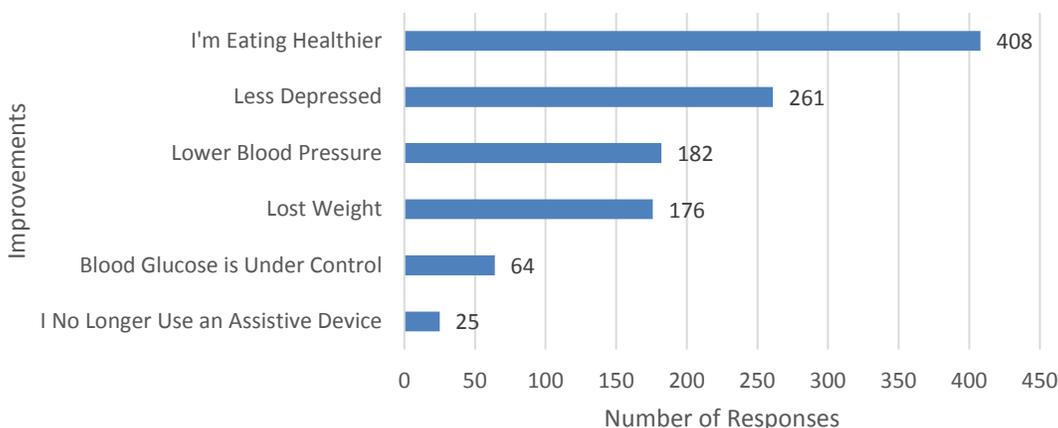
It is promising that among the areas of greatest improvement for participants of the HSIM program, the most frequently cited were an improvement in balance, overall strength, and stamina.²⁶ These are the primary areas HSIM targets to help older adults reduce their fall risk.

2015-2016 Areas Of Greatest Improvement Due To HSIM



Other significant improvements resulting from the exercises in the HSIM program were that participants began eating healthier (36%), were less depressed (23%), had lower blood sugar (16%), and even lost weight (15%).²⁷

2015-2016 Improvements Resulting From HSIM Exercises



²⁶ Pennsylvania Department of Aging, "Healthy Steps in Motion Evaluation Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

²⁷ Pennsylvania Department of Aging, "Healthy Steps in Motion Evaluation Form - Distinct Participants during the Period 7/1/2015 to 6/30/2016." *Social Assistance Management System*. Retrieved 7/21/2017.

10 Keys™ to Healthy Aging

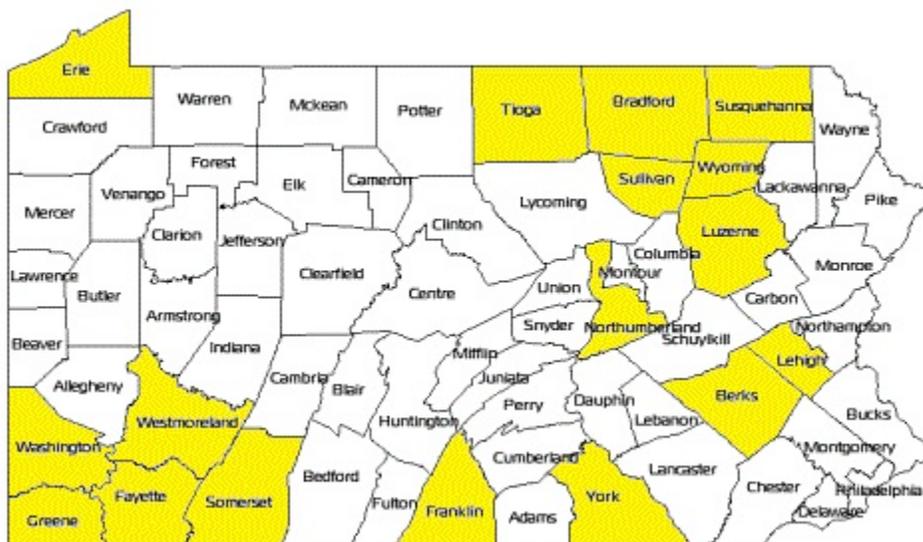
The 10 Keys™ to Healthy Aging is a health program developed by the Center for Aging and Population Health at the University of Pittsburgh. Designed to help prevent illness, keep seniors independent, and promote health. 10 Keys™ educates participants about lifestyle changes, screenings, vaccinations, and activities that promote healthy aging.

10 Keys™ is supported by the Medicare Improvement for Patient and Providers Act (MIPPA). During presentations of the 10 Keys™ to Healthy Aging program, participants are educated about preventative services provided by Medicare and screened for Low-Income Subsidy (LIS) and/or Medicare Saving Programs (MSP) benefits. Grant funds provided by MIPPA help the 10 Keys™ program provide outreach aimed at preventing disease and promoting wellness.

Who is participating in 10 Keys™ to Healthy Aging?

In FY 2015-2016, the 10 Keys™ to Healthy Aging program served 529 people served by 11 AAAs²⁸ across 17 counties.²⁹

FY 2015-2016 10 Keys™ to Healthy Aging workshops in Pennsylvania



²⁸ Pennsylvania Department of Aging, “Agencies, Workshops, Participants and Completers in Key 10 during the Period from 7/1/2015 to 6/30/2016.” *Social Assistance Management System*. Retrieved 7/20/2017.

²⁹ Pennsylvania Department of Aging, “Title III-D Chronic Disease Self-Management (CDSMP), Diabetes Self-Management Program (DSMP), Healthy Steps In Motion (HSIM), Healthy Steps for Older Adults (HSOA), 10-Keys™ Participants Enrolled Report for the period of 7/01/2015 to 06/30/2016.” *Social Assistance Management System*. Retrieved 12/12/2017.

2015-2016 Area Agencies on Aging Health & Wellness Programs²⁹

Name	AAA#	Chronic Disease Self-Management Program	Diabetes Self-Management Program	Healthy Steps for Older Adults	Healthy Steps In Motion	10 Keys™ to Healthy Aging
Erie	AAA01	X	X	X		X
Crawford	AAA02	X	X		X	
Cameron/Elk/McKean	AAA03				X	
Beaver	AAA04			X	X	
Indiana	AAA05			X		
Allegheny	AAA06			X	X	
Westmoreland	AAA07	X		X	X	X
Washington/Fayette/Greene	AAA08	X		X		X
Somerset	AAA09				X	X
Cambria	AAA10			X	X	
Blair	AAA11	X			X	
Bedford/Fulton/Huntingdon	AAA12					
Centre	AAA13					
Lycoming/Clinton	AAA14	X			X	
Columbia/Montour	AAA15		X	X		
Northumberland	AAA16			X	X	X
Union/Snyder	AAA17	X		X	X	
Mifflin/Juniata	AAA18				X	
Franklin	AAA19					X
Adams	AAA20					
Cumberland	AAA21			X	X	
Perry	AAA22	X				
Dauphin	AAA23					
Lebanon	AAA24			X		
York	AAA25				X	X
Lancaster	AAA26			X		
Chester	AAA27					
Montgomery	AAA28	X		X		
Bucks	AAA29	X		X		
Delaware	AAA30			X	X	
Philadelphia	AAA31	X	X	X		
Berks	AAA32		X	X	X	X
Lehigh	AAA33				X	X
Northampton	AAA34					
Pike	AAA35					
Bradford/Sullivan/Susquehanna/Tioga	AAA36			X	X	X

Name	AAA#	Chronic Disease Self-Management Program	Diabetes Self-Management Program	Healthy Steps for Older Adults	Healthy Steps In Motion	10 Keys™ to Healthy Aging
Luzerne/Wyoming	AAA37			X	X	X
Lackawanna	AAA38			X	X	
Carbon	AAA39					
Schuylkill	AAA40	X	X	X		
Clearfield	AAA41				X	
Jefferson	AAA42			X	X	
Forest/Warren	AAA43	X	X	X	X	
Venango	AAA44				X	
Armstrong	AAA45			X	X	
Lawrence	AAA46			X	X	
Mercer	AAA47					
Monroe	AAA48	X		X		
Clarion	AAA49					
Butler	AAA50			X		
Potter	AAA51				X	
Wayne	AAA52			X		
Number of AAAs that provided the program	=	14	7	29	27	11

Future Directions

In the [2016-2020 State Plan on Aging](#), Objective 3.2 states that PDA will, “Expand and enhance evidence-based preventive health promotion efforts.” It established new performance measures to help PDA progress in expanding and improving services for older Pennsylvanians. The performance measures in Objective 3.2 include:

- Increase the number of CDSMP and DSMP implementation sites
- Increase the number of workshops conducted in rural and/or medically-underserved areas over baseline year of 2016-2017
- Increase the number of non-Caucasian participants in workshops over baseline year of 2016-2017
- Increase the number of bilingual trainers recruited to conduct evidence-based programs over baseline year of 2016-2017
- Increase the number of AAAs and senior community centers certified to bill Medicare/Medicaid for self-management programs over baseline year of 2016-2017
- Increase the number of out-of-network providers that adopt HSOA within the state and outside of the state over baseline year of 2016-2017
- Increase the number of AAAs implementing HSIM programs over current baseline
- Increase the number of AAAs implementing “10 Keys™” to Healthy Aging programs

