

AoA Older Americans Month 2008 Program Champion



Project: Living Longer, Living Stronger: The Oklahoma Project

Organizations Partnering to Implement Project: Oklahoma Department of Human Services Aging Services Division, Oklahoma State Department of Health, Central Oklahoma Economic Development District, Project HEART, Kiamichi Economic Development District of Oklahoma, Kiamichi Area Nutrition Program, Northern Oklahoma Development Authority, Project Wheatheart, Chronic Disease Self-Management Program, and the Chickasaw Nation

Project Description:

Living Longer, Living Stronger: The Oklahoma Project offers evidence-based programs that empower older people to take control of their health. The Oklahoma Department of Human Services (OKDHS) Aging Services Division and Oklahoma State Department of Health, Arthritis Prevention and Education Program partnered with a network of community providers including three area agencies on aging and their Title III Nutrition Projects and the Chickasaw Nation to implement two disease-prevention programs across Oklahoma. EnhanceFitness (EF) is a low-cost, evidence-based exercise program helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. The Chronic Disease Self-management Program (CDSMP) is a self-management program designed to address a broad spectrum of chronic diseases. The program seeks to promote increases in participants' positive health behaviors, health status, and self-efficacy with regard to disease management and to reduce inappropriate health care utilization.

To date, about 400 participants have enrolled at 22 sites. Follow up surveys indicate increased exercise and physical activity among participants in both programs being offered. Those in the fitness group have shown increased mobility and a reduction in the number of falls. In the CDSMP group, participants reported improved communication with their physician and enhancement in disease self-management skills. Caregivers have been encouraged to attend and participate with their care recipients to allow them to benefit from the programs.

For more information on this project contact Zachary Root at 405-522-3121 or via e-mail at Zachary.Root@okdhs.org