

# California Evidence Based Programs

## W. June Simmons Partners In Care Foundation



A Spotlight on Evidence-Based Programs  
for Women as they Age  
May 2, 2012



# Change is Sweeping the Nation

- Healthcare - transformational change is here
- Threats to quality of life and costs driving
- Population health management is key
- Moving the Dually Eligible to managed care
- Moving from presenting problem to presenting person
- Evidence-based approaches required
- Occupy health – let L.A. lead California and California will lead the land

# Partners in Care Foundation

## Mission

To serve as a catalyst for shaping a new vision of health care by partnering with organizations, families and community leaders in the work of changing health care systems, changing communities and changing lives



# Partners in Care Foundation

## Who We Are...

- Transforming presence
- Innovator and an advocate
- Address social and environmental determinants of
- Changing the shape of health care through new community partnerships and innovation
- Two-fold approach with **evidence-based models**:
  - Practice change
  - Enhanced self-management



# Overview of Evidence-Based Program Infrastructure in California



# Federal Funding

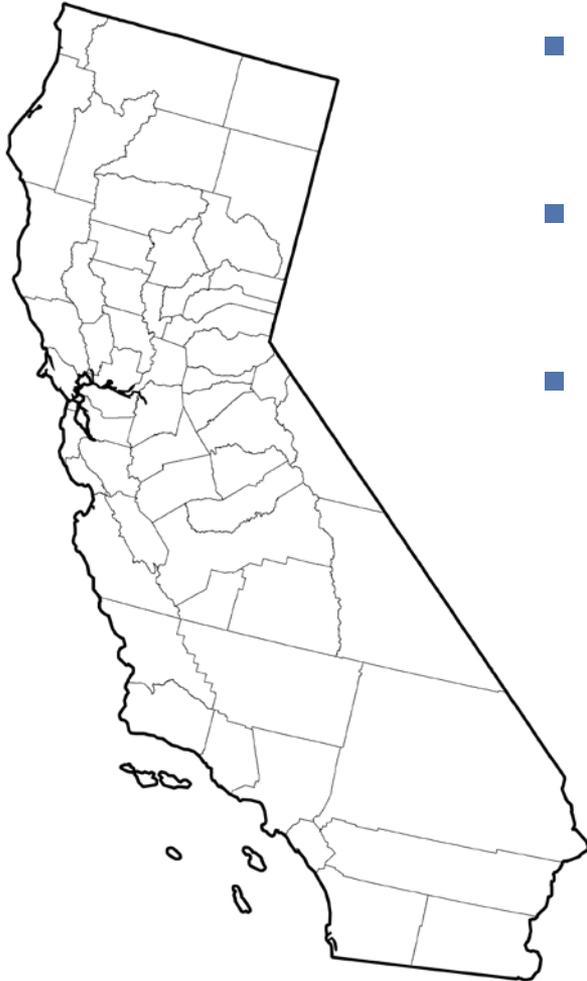


U.S. Administration on Aging  
Evidence-Based Disease  
Prevention Initiative, 2006



Communities Putting Prevention  
to Work: Chronic Disease Self-  
Management Program initiative,  
2010

# Initial Infrastructure



- Statewide Evidence-Based Program Steering Committee
- First mandated requirement for Public Health and Aging Network collaboration
- Partners in Care, CDA Evidence-Based Project Office



# Partners in Care, State Program Office



- Provide statewide coordination & leadership
- Monitor and direct grant implementation
- Provide technical assistance statewide
- Disseminate Evidence Based Programs





# There are many health areas with strong Evidence-Based Programs

- Self-Management
  - Healthier Living: Chronic Disease Self-Management
  - Tomando Control de su Salud
  - HomeMeds
  - Care Transitions Intervention
- Physical Activity
  - Matter of Balance
  - Arthritis Foundation Exercise Program
  - Arthritis Foundation Walk With Ease Program
  - Active Start
- Caregiver & Memory Programs
  - Powerful Tools for Caregivers
  - Savvy Caregiver
  - UCLA Memory Training<sup>^</sup>



<sup>^</sup>Research-based, not an evidence-based program

# LADOA Embraced Evidence-Based Programs

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# CDSMP Expansion Across California

## ➤ SINCE INCEPTION IN 2006:

- Over 15,000 participants
- 87 host organizations
- 454 implementation sites
- Workshops conducted in over 50% of California's 58 counties



# Cross-sector Collaboration & Adoption



# Leadership from Associations/Key Leaders

- Work with Broad Sectors of Leadership
  - Message from trusted peer or leader effective
    - CAPG (California Assoc. of Physician Groups)
  - Adoption by system has high impact
    - Kaiser Permanente
    - Catholic Healthcare West (Dignity Health)
  - Individual with vision = Product Champion
    - May be varied inspirations
    - Labor – UniteHere

# Dissemination Strategy

## HealthCare Sector

### Kaiser Permanente & CA Association of Physician Groups

17 Physician Groups & Clinics

22 Kaiser Permanente Sites

3 Health Plans

12 Catholic Healthcare West Hospitals/Med Centers

## Educational Sector

UCLA SHARP Program

LAUSD

CSULB

5 Community Colleges

## Health & Aging CBOs

CDPH

County Public Health Providers

CDA

Area Agencies on Aging

Non-profits

Aging Services of California

Community Health Educators/Promotoras

60+ housing providers

## Health Care Districts

### Association of California Health Care Districts

Camarillo Health Care District

Beach Cities Health Care District

Antelope Valley Health Care District

Sequoia Health Care District

Calexico Health Care District

ADOPT

OFFER

REFER

HOST

SPONSOR

CHAMPIONS

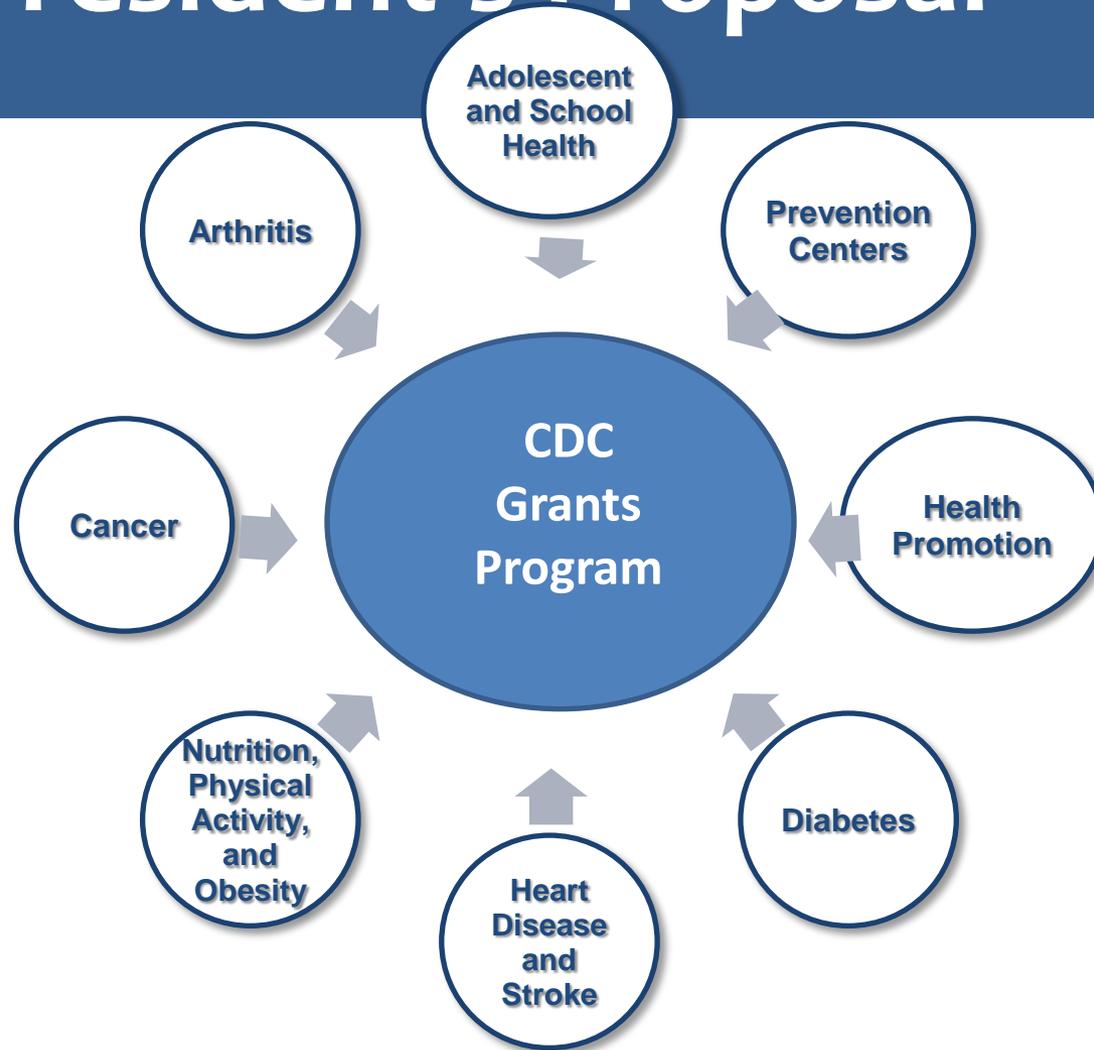
DECISION-MAKERS

HEALTHIER  
LIVING/CHRONIC  
DISEASE SELF  
MANAGEMENT  
PROGRAM

# Strong Leadership from Public Health

- State Departments of Aging and Public Health share leadership to disseminate EBP
- L.A. County Public Health providing strong leadership

# President's Proposal



**Consolidated Chronic Disease Program**

# California Department of Public Health: Recent Awards

- Center for Chronic Disease Prevention and Health Promotion
  - Community Transformation Grant
  - Coordinated Chronic Disease Prevention and Health Promotion Grant

# Key Requirements

- Targeted chronic disease programs
  - Heart Disease, Cancer, Diabetes, Stroke, Arthritis
- Associated risk factors
  - Obesity, Physical Activity, Nutrition, Tobacco
- Support development or enhancement of state chronic disease:
  - Leadership, Coordination, Expertise, Directions
- Foster collaboration, increase efficiency, expand the use of evidence-based policy, system, and environmental change strategies to increase the impact of categorical chronic disease programs
- Risk factor programs with direct impact on reducing the burden of top five chronic diseases

# Strong leadership from AAA

- L.A. leading the state
- Many partners – ethnic-specific outreach
- Strong partnership from Kaiser, L.A. Care and CAPG
- AAA leadership brought together funding – moving cuts into launch support
  - CDBG funding
  - LAUSD Older Adult Program

# Los Angeles Department of Aging: Evidence-Based Initiative

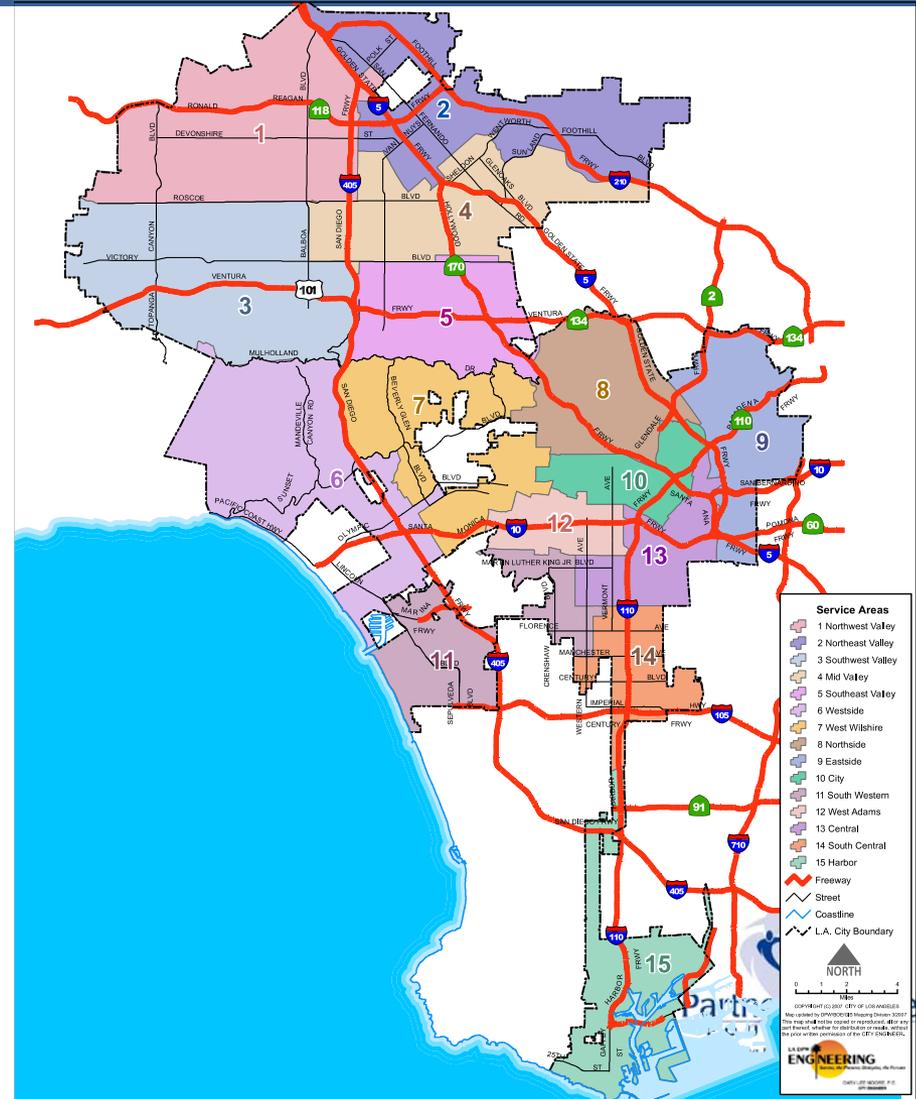


15 Aging Service Areas

9 Evidence-Based Programs

Goal per Service Area:

- 6 Evidence-based Program Workshops
- 72 “Completers”



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# Partnering Brings Strength

- Shared License, Trainings and Best Practices
- Shared Recruitment/ Trained Leaders
- Deliverables bring focus and intensity
- New innovations can spread
  - Pathways to health – The Wellness Club

# Thank you!

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