



## Recovery Act Chronic Disease Self-Management Program

### Tennessee 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 Tennessee Commission on Aging and Disability. These programs are offered in collaboration with the Tennessee Department of Health.

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

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### Evidence-Based Programs Offered

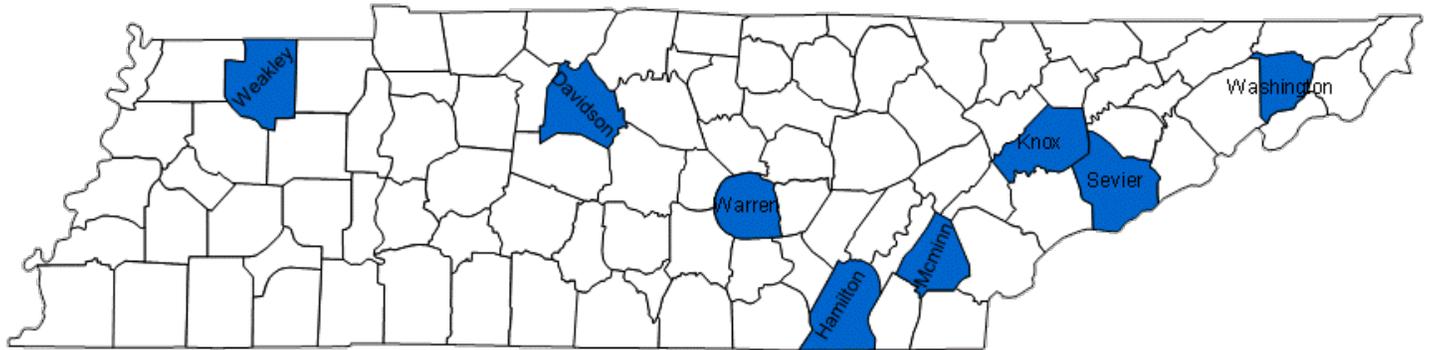
- Chronic Disease Self-Management Program (CDSMP)
- Chronic Pain Self-Management Program (CPSMP)
- Diabetes Self-Management Program (DSMP)

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

Program Name	Number of Implementation Sites	Number of Program Participants
CDSMP, CPSMP, & DSMP	8	724

- Programs are offered in settings such as senior centers and other community-based organizations.

## 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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