



## *Division of Public Health Services*

*Office of the Assistant Director  
Public Health Prevention Services*

150 N. 18<sup>th</sup> Avenue, Suite 310  
Phoenix, Arizona 85007  
(602) 542-1886  
(602) 542-1890 FAX

JANICE K. BREWER, GOVERNOR  
WILL HUMBLE, DIRECTOR

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Dear Community Partners and Stakeholders:

Visualize for a moment an Arizona as being recognized as the model for being well-prepared for the aging boom, for offering evidence-based sustainable programs for every Arizonan to have optimal health and well-being.

What people eat, where they live, work and play significantly impacts their health and well-being. Without a convergence of healthy environment and behaviors, people are more likely to suffer from obesity or one of the many chronic diseases confronting Arizonans right now, including: diabetes, asthma, and heart disease. To be prepared for the "grey tsunami" of baby boomers who are now entering their later years, bold action is necessary in promoting an environment that encourages healthy eating, regular physical activity and responsible individual choices. To this end, the Arizona Healthy Aging (AHA) program is enthused about the opportunity to form an external advisory group, and hosting stakeholder community forums in partnership with our partners, in order to develop its strategic plan as its guiding principle; in promoting and improving the health and wellness of older adults and communities in Arizona.

Together, we can:

- ⊕ have a statewide approach to a seamless integration of primary and secondary interventions to improve healthy living, improve care quality, and reduce healthcare costs;
- ⊕ encourage private-public partnerships to create and sustain programs such as Matter of Balance, Diabetes Self-Management Program, Identifying Depression, Empowering Activities for Seniors (IDEAS), Brief Intervention & Treatment for Elders (BRITE), and other *evidence-based, scalable* and *sustainable* services to help promote and maintain healthy living by older adults in Arizona; and
- ⊕ improve access and engage older adults and their families to utilize programs and opportunities to achieve optimal physical, social, and emotional well-being.

AHA recognizes that a comprehensive, forward-reaching vision is a challenge to us all, and only possible in the collaboration of government, business, community organizations, and individuals.

As a kick-off for this challenge, we are excited to announce that the Arizona Department of Health Services Bureau of Tobacco and Chronic Disease (ADHS BTCDD) was recently awarded a 3-year Administration on Aging Empowering Older Adults w/Disabilities through Chronic Disease Self-Management Education grant. This successful collaboration was accomplished in partnership with Arizona Department of Economic Security Division of Adult Aging Services (ADES DAAS), and the Area Agencies on Aging as well as support from other intergovernmental and stakeholders; e.g., Salt River Maricopa Indian Community.

Arizona is one of 22 states to be awarded this 3-year grant to significantly increase the number of Arizona adults living with chronic conditions who complete a Stanford Chronic Disease Self-Management Education program. ADHS BTCDD and ADES DAAS will work to address the needs of Arizona's older adults and expand the delivery of chronic disease self-management to eligible Arizonans, including rural (underserved areas previously not served; i.e., mentor services to include Northern Arizona, American Indian, Latinos, and African American members of our communities), and uninsured/underinsured populations.

Soon, ADHS will be announcing a competitive solicitation framed on a performance-based grant deliverables.

We are also envisioning a State-wide conference by 2014, hosted by a conglomeration of government and private partnerships to highlight the important role everyone plays in ensuring "Health and Wellness for all Arizonans."

Thank you for your continued partnership and support. If you have any questions, please do not hesitate to contact me at (602) 364-0868.

Respectfully,



Dr. Babak M. Nayeri, FACFE, FABMP, DAAPM  
Executive Consultant, Arizona Healthy Aging  
Bureau of Tobacco and Chronic Disease

cc: Wayne Tormala, MSW, Bureau Chief  
Sheila Sjolander, MSW, Assistant Director, PHPS