

Attachment Four

IIID Health Promotion Evidence-Based

Service Category: IIID Health Promotion Evidence-Based

Program Overview: Activities related to the prevention and mitigation of the effects of chronic disease (including osteoporosis, hypertension, obesity, diabetes, and cardiovascular disease), alcohol and substance abuse reduction, smoking cessation, weight loss and control, stress management, falls prevention, physical activity, and improved nutrition.

Activities must meet ACL/AoA's definition for an evidence-based program. Activities that meet ACL/AoA's definition for an evidence-based program or are considered an "evidence-based" program by an operation division of the U.S. Department of Health and Human Services and shown to be effective and appropriate for older adults are funding through Title III-D.

Voluntary contributions may be collected from clients.

Data Collection and Reporting

The AAA contract requires reporting the number of unduplicated participants and the number of service units provided each month.

Units of Service: 1 contact

Minimum number of units of service: 300. This number is based on service history in the AAA. Service units proposed will be dependent on the evidence-based program.

Non-registered service: Estimated unduplicated client counts and service units.

Funding:

\$14,710.50 for the nine-months October 1, 2024 – June 30, 2025

\$19,614 annually each year from July 1, 2025-June 30, 2030

Service Category IIID Health Promotion Evidence-Based

This RFP seeks proposals in the classification as defined by CDA: **Health Promotion Evidence-Based**. The service classifications are described as are the singular services or service combinations sought. This RFP seeks proposals that will provide services to older adults throughout Marin County, including the rural areas of West Marin. Collaborative proposals that bring together a lead agency and other organizations to serve all geographic areas of the county and maximize service delivery are highly encouraged.

Disease Prevention and Health Promotion Program (Title IIID) supports programs that are based on scientific evidence and demonstrated through rigorous evaluation to be effective in improving the health of older adults (link to list of approved programs in Section D). Chronic diseases and conditions such as heart disease, stroke, cancer, diabetes, obesity and arthritis are among the most common preventable health problems. Many older adults experience limitations in activities due to such conditions. Title IIID evidence-based health promotion programs provide adults with techniques and strategies to delay and/or manage chronic health conditions and include activities that promote improved nutrition, emotional and social well-being, physical fitness and fall prevention.

A list of evidence-based programs endorsed by the National Council on Aging can be found here: [Find an Evidence-Based Program | NCOA](#). Evidence-based programs on NCOA's list currently offered in other areas of Northern California include Chronic Disease Self-Management, Tai Chi for Arthritis. A Matter of Balance and Bingocize are offered in Marin County.

Funding is available for organization(s) that can implement a successful program for eligible individuals within Marin County. Organization(s) that currently meet specified requirements or possess certifications or other credentials of the proposed program(s) are highly desirable.

This RFP also encourages bids that demonstrate the ability to provide relevant services in alternative formats, such as webinars, video conferences or phone conferences.

Title IIID Health Promotion/ Disease Prevention funding is an incentive funding and may require other sources to support the program. Proposals will receive points based on their ability to provide adequate support for the program.

Applicants must establish a system for collecting contributions and include a description as part of the application.