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Health Promotion, Wellness & Disease Prevention

9-1-12

Each Area Agency on Aging (AAA) and subcontractor shall provide for health promotion, wellness and disease prevention programs to older adults, particularly those who have the greatest economic and/or social need and/or are in the minority in their planning area.

Health promotion, wellness and disease prevention programs can include, but are not limited to exercise classes, physical activity, self-management classes, behavior modification classes, nutrition classes, and fall prevention classes.

Health promotion, wellness and disease prevention programs must conform to requirements of the State laws, the Older Americans Act (OAA) and accompanying federal regulations and policies and procedures of the Division of Aging and Adult Services (DAAS). The AAAs will develop procedures to assist subcontractors in meeting DAAS and AAA procedures as needed.

226.010 Purpose

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To ensure that older adults, particularly those who have the greatest economic and/or social need and/or are in the minority, attain and maintain physical and mental well-being through regular programs of health promotion, wellness, and disease prevention.

226.011 Scope

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These procedures apply to the state Area Agencies on Aging (AAA) and the subcontractors of health promotion, wellness, and disease prevention programs and define the process for providing health promotion, wellness and disease prevention programs.

226.012 General Authority

9-1-12

The Older Americans Act of 1965 as amended.

226.013 Definitions

9-1-12

Health Promotion and Disease Prevention:

- A. Health risk assessments

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2012 JUL 18 AM 12:15