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**Morris County
Prevention is Key**

Press Release

Morris County Prevention is Key Awarded United Way of Northern New Jersey Grant

Funding will support Stanford-developed public health program for older adults in Morris County

FOR IMMEDIATE RELEASE - Rockaway, NJ, January 13, 2014: Morris County Prevention is Key (MCPIK) has been awarded a \$10,000 grant by the United Way of Northern New Jersey for 2014 to oversee and implement Take Control of Your Health (TCOYH), an evidence-based program developed by Stanford University. The program is designed to help seniors develop healthy strategies for managing the physical and emotional elements of their conditions, and make participants aware of Morris County community resources that facilitate continued independent living.

MCPIK will collaborate with community partners including Saint Clare's Hospital, Paragon Village and the Morris County Family Success Center to deliver TCOYH to Morris County seniors aged 60 or over, and their caretakers. There are at least 73,000 adults over aged sixty in Morris County. According to the Agency for Healthcare Research and Quality (AHRQ), nearly 75 percent of the elderly population of the United States has at least one chronic illness. This yields a population of nearly 55,000 Morris County seniors living with at least one chronic illness, and about 36,500 individuals with two or more chronic diseases.

While award-winning hospitals and providers of medical services are plentiful in Morris County, Take Control of Your Health stands alone as a program that teaches participants to manage their conditions on a day-to-day basis, using scientifically proven but non-medical techniques such as stress reduction, communication skills and physical activity. TCOYH is not designed to replace or conflict with existing programs or treatment participants may already receive. Instead, it is designed to enhance regular treatment and to offer disease-specific education that empowers participants with techniques to deal with common concerns and problems. Research conducted by Stanford in 2001 found that 1,000 subjects who participated in the program demonstrated significant improvements in exercise, cognitive symptom management, communication with physicians, self-reported general health, health distress, fatigue, disability and social limitations than those who did not take the program. They also spent fewer days in the hospital and had less outpatient visits and hospitalizations overall than those who did not.

Morris County Prevention is Key, Inc. (MCPIK) is a private, 501(c) 3 non-profit governed by a board of trustees. MCPIK operates as a county-wide prevention services agency whose mission is to promote the health and well-being of the community, preventing substance abuse, addiction, violence and related issues through heightened awareness, advocacy and education. MCPIK has served residents in the 39 Morris County municipalities since 1989, collaborating closely with all Morris County health, human and social services providers. The United Way of Northern New Jersey serves five counties which account for 1,700 square miles with 1.2 million residents. United Way improves lives by mobilizing the caring power of communities to advance the common good. For more information about MCPIK, visit <http://www.mcpik.org> or follow mcprevention on Facebook.### **END**

For Immediate Release