

Evidence-Based Health Promotion Programs

At the Center for Healthy Aging, we are often asked to recommend evidence-based programs that community organizations can implement. We, in turn, recommend that agency leaders read “Using the Evidence Base to Promote Healthy Aging - Issue Brief 1, Revised Spring 2006”. (www.healthyagingprograms.com/content.asp?sectionid=15&ElementID=97) Selecting a program should be part of team process to find what is right for your community and your organizations.

That said, based upon our experience, there are several programs that have a strong science base and a successful track record of implementation in community organizations serving older adults.

Chronic Disease Self-Management Program (including Spanish version and disease-specific versions)

patienteducation.stanford.edu/programs/

EnhanceFitness (physical activity)

www.projectenhance.org/admin_enhancefitness.html

A Matter of Balance (addresses fear of falling and balance)

www.bu.edu/hdr/products/balance/index.html

www.mainehealth.org/mh_body.cfm?id=432

Healthy IDEAS or PEARLS (depression programs for case management clients)

www.shelteringarms.org/index.cfm/CFID/28004092/CFTOKEN/96693372/MenuItemID/278.htm

www.cdc.gov/prc/tested-interventions/effective-interventions/program-encourage-active-rewarding-lives-seniors-depression-management.htm

www.seattle.gov/humanservices/seniorsdisabled/pearls.htm

Medication Management Improvement System

www.homemedics.org

EnhanceWellness (individualized self-management program)

www.projectenhance.org/admin_enhancewellness.html

Additionally, there are other good programs, such as those listed below, which we encourage you to look at as well. Some of these have very strong science, but have not been widely replicated. Others were developed from several intervention studies and are still being tested in their current form.

Active Choices (telephonic support for behavior change and physical activity)

hprc.stanford.edu/pages/store/itemDetail.asp?118

www.activeforlife.info/about_the_program/program_information.html

www.albany.edu/aging/healthychoices/index.shtml

Active Living Every Day (group support for behavior change and physical activity)

www.activeliving.info

www.activeforlife.info/about_the_program/program_information.html

Fit & Strong (physical activity for persons with lower extremity osteoarthritis)
gerontologist.gerontologyjournals.org/cgi/content/abstract/44/2/217
ihrp.uic.edu/study/fit-and-strong-translating-evidence-based-multi-component-exercise-program-older-adults-lower-

Healthy Eating for Successful Living Among Older Adults
www.healthyagingprograms.org/content.asp?sectionid=30&ElementID=311
www.healthyagingprograms.com/content.asp?sectionid=30&ElementID=366

Healthy Moves for Aging Well (home-based physical activity for case management clients)
www.picf.org/landing_pages/22,3.html
www.healthyagingprograms.org/content.asp?sectionid=30&ElementID=202

Prevention & Management of Alcohol Problems in Older Adults: A Brief Intervention
www.healthyagingprograms.org/content.asp?sectionid=71&ElementID=338
preventionpathways.samhsa.gov//res_videos.htm (see third video on page)

Step by Step: Thoughtful Fall Prevention
content.nejm.org/cgi/content/abstract/331/13/821
www.healthyagingprograms.com/content.asp?sectionid=69&ElementID=85

Stepping On (fall prevention)
www.cdc.gov/ncipc/profiles/unintentional/abstracts.htm

Strong for Life (strength training for elders at home)
www.bu.edu/hdr/products/stronglife/index.html

Tai Chi: Moving for Better Balance
www.ajph.org/cgi/content/abstract/AJPH.2007.120402v1