

## Evidence-Based Disease Prevention Programs

### What is Evidence-Based Health Promotion?

The process of planning, implementing, and evaluating programs adapted from tested models that:

- Help individuals gain skills and adopt beneficial health behaviors
- Create programs and policies at the community level that improve physical environments and health, safe lifestyles

**What we KNOW works, rather than what we THINK works**

<http://www.healthyagingprograms.org/captivate/module2.htm>

**Active Choices:** Developed by Stanford University to help older adults meeting their physical activity needs. Each participant is assigned a trained activity coach who helps him/her build an individualized exercise plan. Regular monthly phone support enables the Active Choices coach to monitor progress, modify exercise strategies as needed, and provide exercise tips.

<https://hprc.stanford.edu/pages/store/itemdetail.asp?118>

**Active Living Every Day (ALED):** Developed by the Cooper Institute, Brown University and Human Kinetics. It is a 20 week, self-passed course to help people with sedentary lifestyles become and stay physically active. [www.activeliving.info](http://www.activeliving.info)

**Stanford Chronic Disease Self-Management Program (CDSMP); Personal Action Toward Health (PATH)** as known in Michigan: Six week, 2.5 hour per week workshop designed to help individuals manage chronic conditions. The workshop has a wide range of activities and skill building exercises that help the participant learn to communicate with their medical provider, make better food choices, and get more active. Also available in Spanish. [www.patienteducation.stanford.edu/programs/cdsmp.html](http://www.patienteducation.stanford.edu/programs/cdsmp.html)  
Or [www.mipath.org](http://www.mipath.org)

**EnhanceFitness (EF):** EnhanceFitness, developed by the University of Washington in collaboration with Senior Services is a group exercise program. Classes meet 3 times per week and are led by a certified fitness instructor.

<http://www.projectenhance.org/index.html>

**EnhanceWellness (EW):** EnhanceWellness is an individualized, community-based wellness intervention for older adults at risk of functional decline. A nurse and social worker work with the individual to develop a plan, and support and encourage that individual to achieve the goals of his/her plan. The program was developed by the University of Washington in collaboration with Senior Services.

<http://www.projectenhance.org/index.html>

**Healthy Eating:** Healthy Eating for Successful Living in Older Adults, developed by the Lahey Clinic in collaboration with other Boston-area organizations, is both an education and support program to assist older adults in self-management of their nutritional health. The workshop is conducted over 6 weekly sessions.

[www.healthyagingprograms.org/content.asp?sectionid=30&ElementID=311](http://www.healthyagingprograms.org/content.asp?sectionid=30&ElementID=311)

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**Healthy IDEAS:** Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is designed to detect and reduce the severity of depressive symptoms in older adults with chronic health conditions and functional limitations. This case manager-led program typically lasts for 3-6 months. It was developed by the Huffington Center on Aging at Baylor College of Medicine, Sheltering Arms and the Care for Elders Partnership in Houston.

<http://careforelders.org/default.aspx?MenuItemID=494&MenuGroup=Healthy+IDEAS&&AspxAutoDetectCookieSupport=1>

**Healthy Moves:** Healthy Moves for Aging Well was developed and tested by the Partners in Care Foundation in collaboration with other Southern California organizations. This physical activity program enhances the activity level of frail, high-risk sedentary older adults and is supported by case managers as an additional service of their community-based management program.

[http://www.picf.org/landing\\_pages/22,3.html](http://www.picf.org/landing_pages/22,3.html)

**Medication Management:** The Medication Management Improvement System (MMIS) was adapted from the Vanderbilt University Medication Management Model by the Partners in Care Foundation in California. This intervention is designed to enable social workers and nurse case managers to identify and resolve certain medication problems that are common among frail older adults.

[www.homemedics.org](http://www.homemedics.org)

**Matter of Balance (MOB):** Volunteer Lay Leader Model, adapted from Boston University Roybal Center by Maine's Partnership for Healthy Aging, teaches practical coping strategies to reduce the fear of falling. This group-based course is led by trained lay leaders over 8 sessions lasting 2 hours.

[www.mainehealth.org/mh\\_body.cfm?id=432](http://www.mainehealth.org/mh_body.cfm?id=432)

**Step by Step:** Developed by Yale FICSIT and Connecticut Collaboration for Fall Prevention, Step by Step is a multifactorial fall prevention program conducted in senior centers. Those with fewer than 2 falls participate in a balance maintenance program and those with 2 or more falls have a risk factor assessment and possibly participate in management strategies related to their identified risk factor.

**Stepping On:** Developed at the University of Sydney, Australia, this program is designed to improve fall self-efficacy, encourage behavior change and reduce falls. It is comprised of seven weekly 2-hour sessions, with a follow-up occupational therapy home visit.

**Strong For Life:** Developed by Boston University, this home-based exercise program increases strength, balance, and overall health. Volunteer coaches instruct participants in their homes on how to exercise using an exercise video and monitor their performance.

<http://www.safeaging.org/model/programs/strongforlife/strongforlife.asp>

**T'ai Chi:** Developed out of the Oregon Research Institute, this simplified, 8-form version of T'ai Chi, offered in community settings, has been proven to decrease the number of falls and risk of falling in older adults.

**The Arthritis Foundation Exercise Program:** Offers low-impact exercises that can be done either sitting or standing to help relieve stiffness and pain and to build strength and stamina. The class was developed by physical therapists specifically for people with arthritis or related conditions.

<http://www.arthritis.org/af-exercise-program.php>

## Evidence-Based Disease Prevention Programs

**The Arthritis Foundation Self-Help Program:** Gives people with arthritis the in-depth knowledge and skills needed to better manage arthritis. Classes cover ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise.

<http://www.arthritis.org/af-exercise-program.php>

**Arthritis Foundation Tai Chi Program:** Brings the gentle, graceful, flowing power of Sun-style tai chi to your community. This join-friendly exercise program, developed by a physician and tai chi master, will both relax you and increase your mental and physical energy. Host sites are members of the Arthritis Foundation Exercise Alliance.

<http://www.arthritis.org/af-exercise-program.php>