

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>

Stanford Chronic Disease Self-Management Program (CDSMP); Personal Action Toward Health (PATH)

This is a 6 week, 2.5 hours per week, class 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.

Website: <http://patienteducation.stanford.edu/>

Diabetes Self-Management Program (DSMP); (Diabetic PATH)

This program is a specialized program for individuals with Type II (non-insulin dependent) diabetes and their families. Same format and self-management skills as the CDSMP course listed above with different content info. Also available in Spanish.

Website: <http://patienteducation.stanford.edu/>

Arthritis Self-Management Program (ASMP)

People with different types of rheumatic diseases, such as osteoarthritis, rheumatoid arthritis, fibromyalgia, lupus, and others, attend together. Subjects covered include: 1) techniques to deal with problems such as pain, fatigue, frustration and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) healthy eating, 6) making informed treatment decisions, 7) disease related problem solving, and 8) getting a good night's sleep. Also available in Spanish.

Website: <http://patienteducation.stanford.edu/>

Chronic Pain Self-Management Program (CPSMP)

Same core program as other Stanford programs. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) pacing activity and rest, and, 7) how to evaluate new treatments.

Website: <http://patienteducation.stanford.edu/>

Evidence-Based Disease Prevention Programs

On-Line Chronic Disease Self-Management (Better Choices, Better Health)

Participants can help you get the support they need and find practical ways to deal with pain, fatigue, and stress. Topics include: better nutrition and exercise choices, understanding new treatment options, and learning better ways to talk with your doctor and family about your health. Held entirely on-line & free of charge. Up to 25 others in an interactive workshop and participate in easy-to-follow online sessions, which are posted each week for six weeks. You may refer interested clients to this website to participate.

Website: <https://selfmanage.org/BetterHealth/SignUp>

On-Line Chronic Disease Self-Management –Diabetes

Based on the earlier Living With Ongoing Health Problems online program. Groups of about 24 people with type 2 diabetes participate together. Workshops are facilitated by two trained moderators, one or both of whom are peers with diabetes. Topics covered include: 1) healthy eating and menu planning, 2) managing blood glucose, 3) techniques to deal with problems such as fatigue, frustration and isolation, 4) appropriate exercise for managing blood glucose and for maintaining and improving strength, flexibility, and endurance, 5) appropriate use of medications, 6) communicating effectively with family, friends, and health professionals, 7) goal-setting, and, 8) disease related problem solving.

Website: <http://patienteducation.stanford.edu/internet/diabetesol.html>

On-Line Healthier Living with Arthritis

Same program as the Arthritis Self-Management Program listed above in an on-line version.

Website: <http://patienteducation.stanford.edu/internet/arthritisol.html>

Positive Self-Management Program for HIV

Workshop has the same core as the other Stanford self-management workshops. Subjects covered include: 1) how to best integrate medication regimens into daily life so they can be taken consistently, 2) techniques to deal with problems such as frustration, fear, fatigue, pain and isolation, 3) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) evaluating symptoms, 7) advanced directives, and 8) how to evaluate new or alternative treatments.

Website: <http://patienteducation.stanford.edu/programs/psmp.html>

Active Living Every Day (ALED)

This program was developed by the Cooper Institute, Brown University and Human Kinetics. It is a 20 week, self-paced course to help people with sedentary lifestyles become and stay physically active.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/active-living-every-day.html>

Evidence-Based Disease Prevention Programs

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.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/enhance-fi.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.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/enhancewellness.html>

Healthy Eating for Successful Living Among Older Adults

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.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/healthy-eating-for-successful.html>

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)

Healthy IDEAS 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.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/healthy-ideas-identifying.html>

Healthy Moves for Aging Well

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 case management program.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/healthy-moves-for-aging-well.html>

Medication Management Improvement System

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.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/medication-management.html>

HomeMeds

Evidence-based, technology-enabled intervention that addresses medication safety among older adults by connecting homecare and other community-based services to health care providers. Simply making better use of the information already being gathered in the home helps unmask potential medication problems so they can be resolved. HomeMeds addresses major gaps in care that leave home-dwelling older adults at risk for adverse medication effects, providing unique information not typically available to prescribers, such as adverse effects, patients' use of over-the-counter medications, duplications resulting from multiple prescribers or hospital stays, and adherence problems. Physicians are more likely to change prescribing behaviors when given this information together with recommendations from a consultant pharmacist. Using existing effort and a non-medical workforce, a technology core, and sources of funding outside of Medicare and Medicaid, HomeMeds is affordable and saves healthcare dollars by preventing serious adverse drug events that cause ED use, hospitalization and institutionalization.

<http://www.homemedes.org/>

A 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 and increase exercise among older adults. This group-based course is led by trained lay leaders over 8 sessions lasting 2 hours.

Website: http://www.mmc.org/mh_body.cfm?id=432

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 two-hour sessions, with a follow-up occupational therapy home visit.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.html>

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.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/strong-for-life.html>

T'ai Chi: Moving for Better Balance

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.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/tai-chi-moving-for-better.html>

Active Choices

Active Choices is a six-month physical activity program that helps individuals incorporate preferred physical activities in their daily lives. The program is individualized for each person. Staff or volunteers are trained to provide regular, brief telephone-based guidance and support, and mail follow-up is delivered to participants' homes.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/active-choices.html>

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.

Website: <http://www.arthritis.org/exercise.php> or contact the Arthritis Foundation, Michigan Chapter: <http://www.arthritis.org/michigan/>

Arthritis Foundation Tai Chi Program

This joint-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.

Website: <http://www.arthritis.org/tai-chi.php> contact the Arthritis Foundation, Michigan Chapter: <http://www.arthritis.org/michigan/>

Prevention and Management of Alcohol Problems in Older Adults

The brief alcohol intervention approach is designed specifically for an older adult population and relies on concepts of motivational interviewing to enhance participants' commitment to change their behavior. Program components include: alcohol screening, assessments, brief interventions, and a guide to referral for more intensive care.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/prevention-and-management-of.html>

Evidence-Based Disease Prevention Programs

PEARLS: Program to Encourage Active, Rewarding Lives for Seniors

PEARLS is a highly effective method designed to reduce depressive symptoms and improve quality of life in older adults and in all-age adults with epilepsy. During six to eight in-home sessions that take place in the client's home and focus on brief behavioral techniques, PEARLS counselors empower individuals to take to action and make lasting changes so that they can lead more active and rewarding lives.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/program-to-encourage-active.html>

Fit and Strong!

Fit and Strong! combines flexibility, strength training and aerobic walking with health education for sustained behavior change among older adults with lower extremity osteoarthritis (OA). Fit & Strong! works with providers across the country to deliver an eight-week program that improves lower extremity stiffness, lower extremity pain, lower extremity strength, aerobic capacity, participation in exercise and caloric expenditure, and self-efficacy for exercise.

Website: <http://www.ncoa.org/improve-health/center-for-healthy-aging/fit-and-strong.html>

Walk With Ease

The Arthritis Foundation Walk With Ease program can teach you how to safely make physical activity part of your everyday life. Walk With Ease offers support, information and tools to help you succeed and is designed for people with arthritis and other chronic conditions, such as diabetes, heart disease and hypertension.

Website: <http://lmt.arthritis.org/ways-to-move/walk-with-ease.php>

Creating Confident Caregivers

Creating Confident Caregivers™ uses the Savvy Caregiver Program, an evidence based program for family members caring for a loved one with dementia at home. Two-hour sessions are held once a week for six weeks and lead by staff trained in the program. Caregivers receive a caregiver manual and respite is provided while the caregiver attends the program. This program provides information about dementia, teaches skills and attitudes to manage stress, and increases effective caregiving.