

Evidence Based Health Promotion

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Today Is...

International Walk to School Day

- On October 3rd, 2012 thousands of students, parents and communities representing more than 3,200 schools across America will be celebrating the simple act of walking and bicycling to school.

Aging ≠ Poor Health

- ❑ Older Americans are disproportionately affected by chronic diseases and conditions (80% have at least one chronic condition, and 50% have at least two), such as arthritis, diabetes and heart disease.
- ❑ More than one-third of adults 65 or older fall each year.
- ❑ Twenty-one percent of the population age 60 and older have diabetes.
- ❑ Seven of every 10 Americans who die each year, die of a chronic disease.
- ❑ These conditions account for $\frac{3}{4}$ of all health care expenditures.
- ❑ They negatively impact quality of life & older adults' ability to live independently.

The need for programs that enable older adults to learn and practice healthy behaviors is critical.



Problem

- Community service providers often find it difficult to prove that their health promotion programs are efficient or effective, or make tangible, positive differences in the lives of their clients.

Why use a Public Health Approach?

- Over the last century, life expectancy in the U.S. increased by about 30 years. About five of those years were due to improvements in curative medicine and health care. The remaining 25 years were due to improvements in public health and preventive medicine.

What Seniors are saying...

Orlando E., 77: “I’ve graduated. I went from a wheelchair to a walker to double canes to, now, a walking stick just for balance.”



Orlando an Exergamers Wellness Club member, uploads his health information into Microsoft HealthVault. By tracking his measurements, Estrada sees the benefits of exercise.



Chronic Diseases

- ❑ Despite being the most prevalent and costly, chronic diseases are also among the most preventable of all health problems.
- ❑ Adopting healthy behaviors can prevent or control the devastating effects of these diseases.



Goal

To empower older persons to adopt healthy behaviors, improve health status, and manage chronic conditions better.

Evidence Based Health Promotion

- There is a growing body of research in the social and behavioral sciences demonstrating that certain approaches and strategies for working with youth, older adults and families can positively impact important problems such as depression, falls, and management of chronic health conditions.
- Evidence-based programs are proven to be effective in reducing the risk of disease, disability and injury. They are derived from a process of planning, implementing, and evaluating programs adapted from tested models or interventions in order to address health issues at an individual level and at a community level.
- By implementing interventions that have proven to be effective in reducing the risk of disease, disability and injury we can improve the health status of vulnerable population.

Source: Altpeter, M., Schneider, E., Bryant, L. Beattie, B., & Whitelaw, N. (2004). Using the evidence base to promote healthy aging. National Council on the Aging Evidence-based Health Promotion Series, Vol. 1. Washington, DC: National Council on the Aging.

Jacqueline

“I’ve learned I can be physical, a little at a time. Before this class I had difficulty doing everyday things like grocery shopping. After 10 or 15 minutes my legs and feet ached. Now I can go shopping, even after this class.”



Jacqueline had two previous knee replacements.



Challenges

- ❑ Understanding how to judge the “evidence”
- ❑ Minimizes opportunities to “tailor”
- ❑ Tools and processes are unfamiliar
- ❑ Difficult to build community support
- ❑ Staff and program costs



What Seniors are saying...

Luis M., 67: “Before, I had wishful thinking; I was just hoping my blood pressure would improve. This program offers control. That brings me joy ... I used to just sit and watch TV Now, I’m always laughing and playing with my grandchildren. My son says I look younger. He wants to know what I’m doing at the center.”



Advantages

- ❑ Increases the likelihood of positive outcomes
- ❑ Leads to more efficient use of resources
- ❑ Facilitates the spread of programs
- ❑ Facilitates the use of common performance measures
- ❑ Makes it easier to justify funding
- ❑ Helps to establish partnerships –esp. with health care

Los Angeles Wellness Centers Network

CDSMP

1. Chronic Disease Self Management Program (CDSMP) - *Healthier Living*
2. Tomando Control de su Salud

Caregiving / Memory/Medications Management

1. UCLA Memory Training ✧
2. Powerful Tools for Caregivers
3. Savvy Caregiver
4. HomeMeds

Physical Activity / Fall Prevention

1. Active Start
2. A Matter of Balance
3. Arthritis Foundation Exercise Program
4. Arthritis Foundation Walk with Ease Program

What Seniors are saying...

- Amelia L., 65: “I move faster, I’m slimmer, I don’t feel all the pains that I was feeling before. I’m more energetic.”



Exergamers Wellness Club

Promoting Active Lifestyles For Seniors

The Exergamers Wellness Club is a program to help older adults increase their fitness, reduce social isolation and track their health status over time; and builds on the Los Angeles Wellness Club Network that supports dissemination of EBHP programs citywide.

- ❑ LADOA
- ❑ Microsoft Corporation
- ❑ Partners in Care Foundation
- ❑ St Barnabas Senior Services
- ❑ Get Real Consulting

This public-private partnership was designed to showcase the transformative power of technology, specifically in its use of [Microsoft Kinect for Xbox 360](#) to enrich exercises and [Microsoft HealthVault](#) to monitor personal health information in combination with our EBHP and wellness programs. A specially developed geriatric personal health application designed for this program to provide an easy way for seniors to upload their personal health data such as blood pressure and glucose readings into HealthVault using off-the-shelf meters. This tool enables providers to screen and monitor health indicators such as diabetes, depression, memory function, vision, hearing, flexibility and strength in addition to key measures such as blood pressure and weight.

Outcomes

Enhanced physical, mental, and emotional health of multi-ethnic, low-income seniors.

As evident by pre and post blood pressure, four functional fitness measures, attendance and retention in a yearlong series of EBHP; qualitative measures of mood, social integration, participant interviews.

2012 National Association of Area Agencies on Aging
● 1st prize Innovation Award for City of Los Angeles Exergamers Wellness Club