



# Evidence-Based Interventions for Healthy Aging

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Community Dialogue on Healthy Aging: Emerging Issues

Los Angeles Alliance for Community Health & Aging

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## Outline

- The importance of EBHPPs
- What makes them evidence-based
- Challenges in translating these practices into real world settings
- Some examples on translating programs to meet the needs of the community

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## *What is an Evidence-Based Health Promotion Program?*

### What is an Evidence-Based Health Promotion Program?

*These are programs that have been researched and proven to be effective in promoting health, preventing disease, and symptom management of chronic health conditions....*

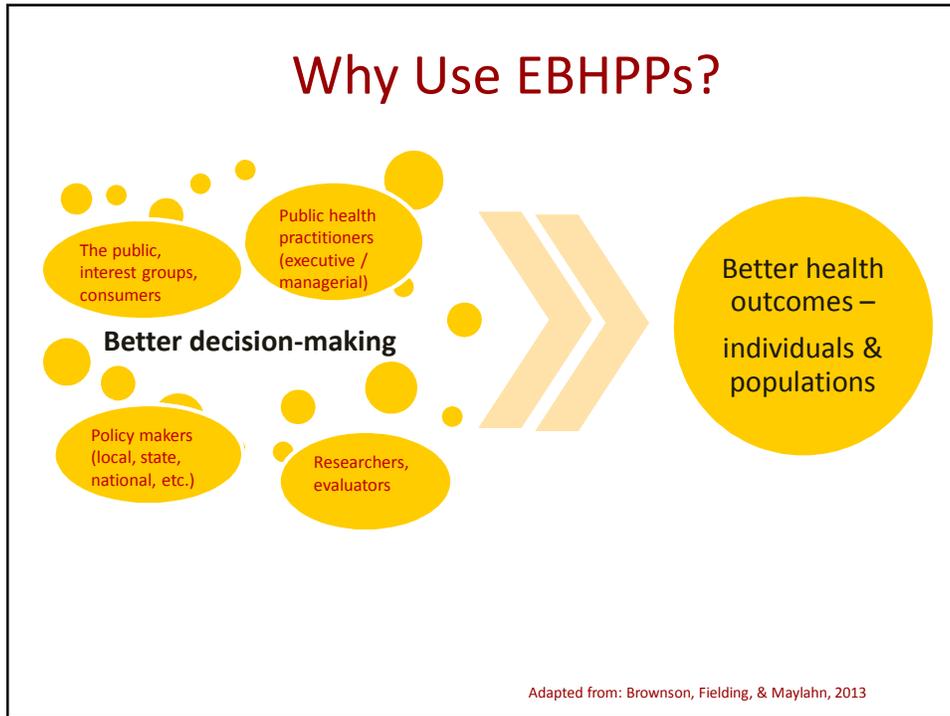
*.....and that have integrated science and community participation.*

#### GENERAL ASSUMPTIONS:

- People have some control over their health
- Empirical testing & rigor
- From a pilot study to large scale testing
- Confidence that if you implement one, you are implementing one that works
- Stakeholder and community preferences make a difference
- Widespread adoption can lead to better population health

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## Positive Outcomes

QUALITY OF LIFE	DISABILITY	BEHAVIORAL Health	LOWER HEALTH CARE COSTS
<ul style="list-style-type: none"> <li>• mobility</li> <li>• independence</li> <li>• pain</li> </ul>	<ul style="list-style-type: none"> <li>• later onset</li> <li>• years of disability prior to death</li> <li>• Falls</li> <li>• medication errors</li> </ul>	<ul style="list-style-type: none"> <li>• depressive symptoms</li> <li>• possible delays in loss of cognitive function</li> <li>• alcohol</li> <li>• medication misuse</li> </ul>	<ul style="list-style-type: none"> <li>• hospital stays</li> <li>• emergency department</li> <li>• (possibly) decreased medical costs</li> </ul>

Adapted from: <http://www.mnhero.org/wp-content/uploads/2013/05/130516-EBHP-Learn-to-Live-well-slides.pdf> (M. Hertel, 2013, Central Minnesota Council on Aging (Area Agency on Aging))

What makes a practice  
“evidence-based?”

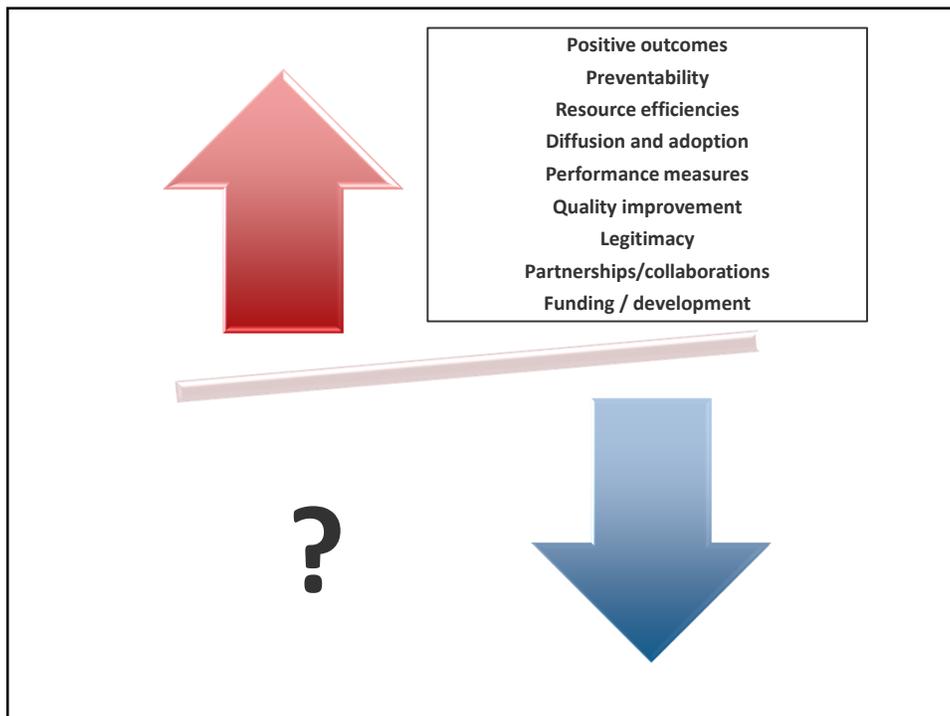
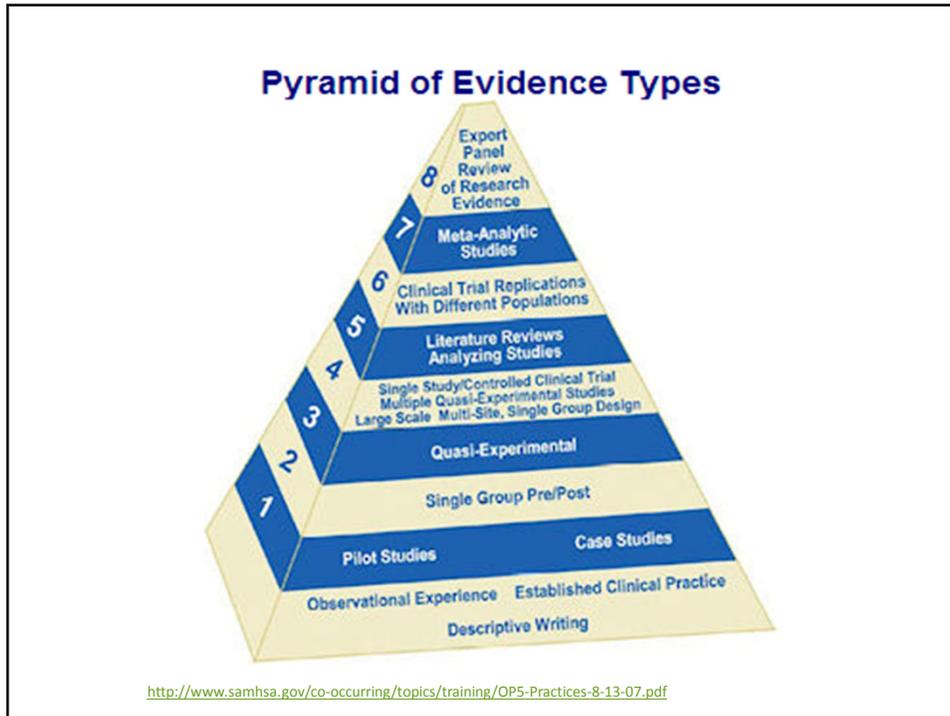
The program is successful.



It is published in “peer review” sources.



It is considered evidence-based vs. best practices.

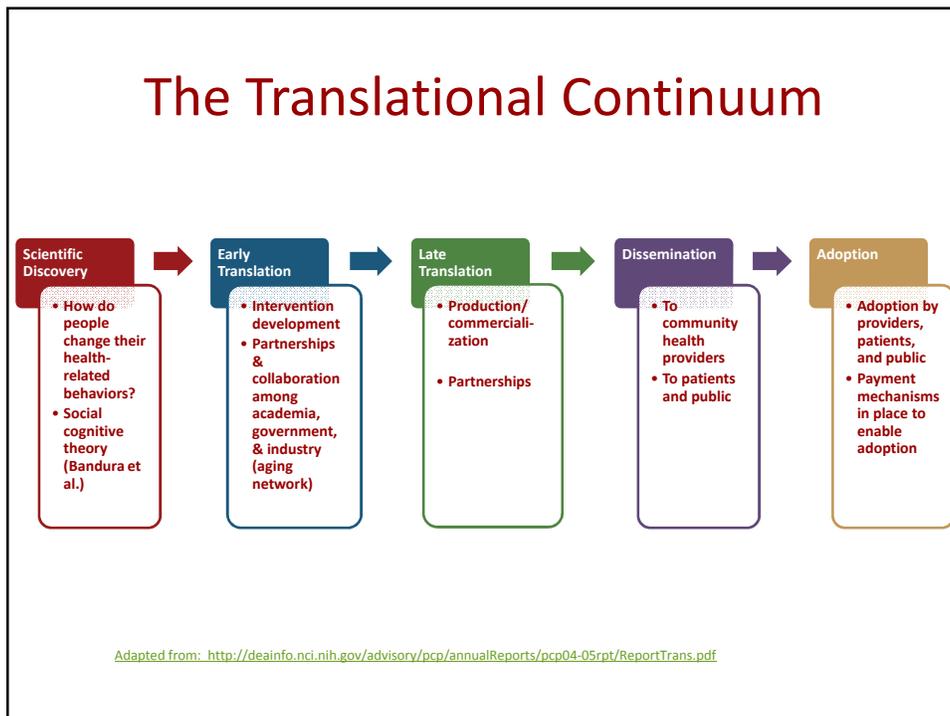
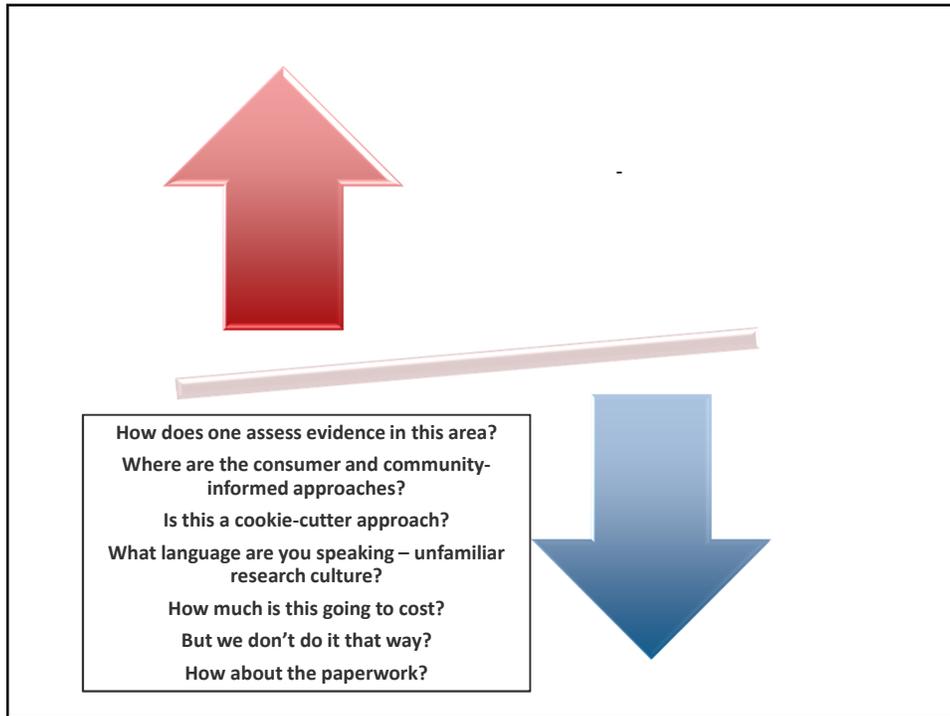


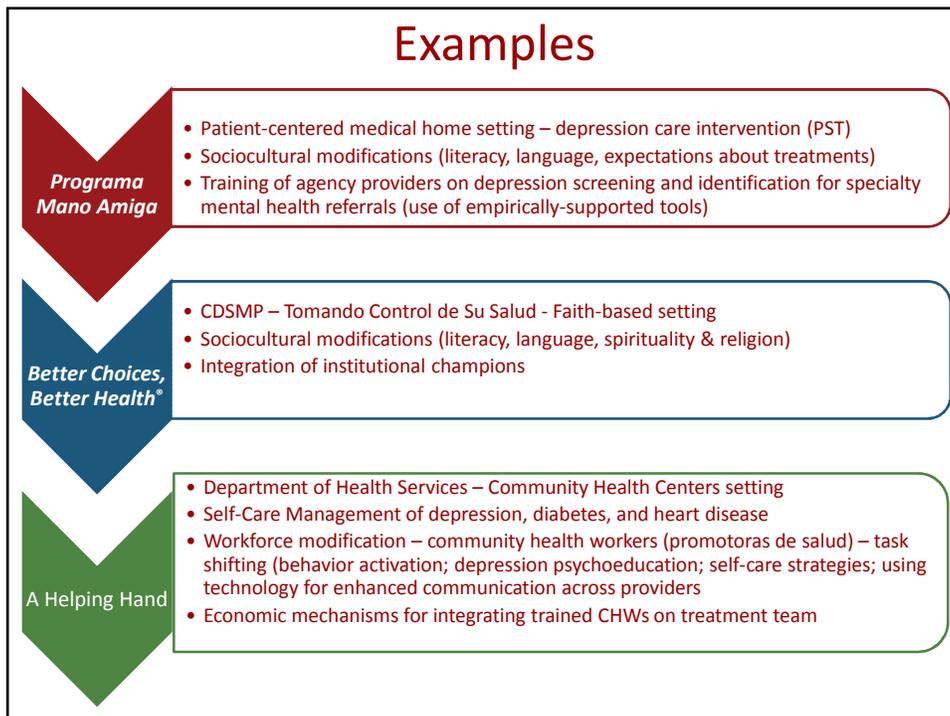
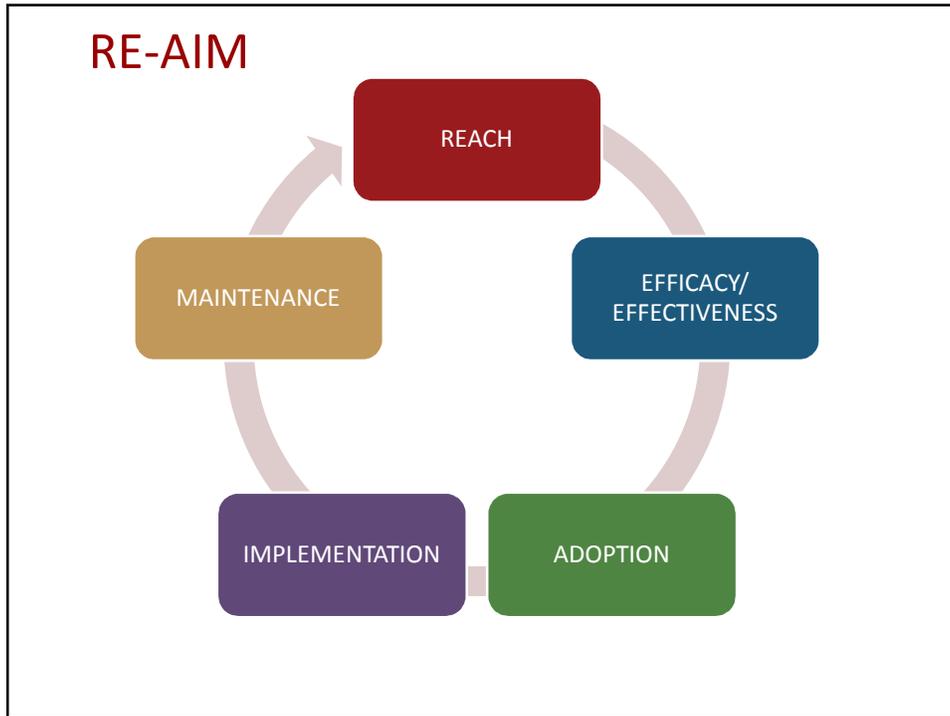
**Common Components Across EBPs: *Stanford Patient Education Research Center - Chronic Disease Self-Management Program – Better Choices, Better Health® Workshop***



<http://patienteducation.stanford.edu/programs/cdsmtp.html>  
<http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/EBH-Promotion-101.pdf> (Ory, M. 2011).

**What are some of the challenges?**





*Thank you.*