

Wisconsin Institute for Healthy Aging

From Research
to Practice
to People



The **Wisconsin Institute for Healthy Aging (WIHA)** helps people take steps to improve their health and quality of life through home-grown, evidence-based programs and practices.

From the seed of an idea, WIHA develops and nurtures relationships between community organizations and researchers to test wellness interventions and – once proven effective – facilitates the spread of those programs and practices to people in Wisconsin and other parts of the country.

Our Partners

Community: Wisconsin Department of Health Services
Area Agency on Aging of Dane County
Greater Wisconsin Agency on Aging Resources, Inc.
Milwaukee County Department on Aging
County & tribal aging units, health care providers and insurers, local aging coalitions, other community agencies & organizations



Academic: University of Wisconsin-Madison
Researchers from Medicine, Pharmacy, Industrial Systems Engineering, Family Medicine, Kinesiology, Psychology, Nursing, Surgery, Obstetrics & Gynecology, Engineering, Orthopedics and Rehabilitation, Division of Continuing Studies - Behavioral Health, Biostatistics
University of Wisconsin-La Crosse faculty from Public Health



**Advancing healthy
aging in the tradition of
the Wisconsin Idea**

The only organization of its kind in the country, the **Wisconsin Institute for Healthy Aging** is at the forefront of community-based participatory research in healthy aging.

WIHA embodies the **Wisconsin Idea** by incubating and nurturing wellness innovations — collaborating with Wisconsin communities to test those with the most promise — and bringing those proven effective to the citizens of Wisconsin.

**We take good ideas from
research, to practice,
to people.**

Contact Us

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Wisconsin Institute
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From research . . .

Research Leadership

WIHA's research arm — the Community Academic Aging Research Network (CAARN) — develops partnerships for community-based aging research projects.

Aligned with Wisconsin's state health plan (*Healthiest Wisconsin 2020*) and the mission of the National Institutes of Health (NIH), we provide training and resources and connect community groups and academic researchers to partner for community-based participatory aging research.



Jane Mahoney, MD
Professor
UW Geriatrics
Chief Medical Officer
WIHA



Shannon Myers
Director of Program
Implementation &
Community Research
Specialist
WIHA & CAARN



Erin Eggert
Community Research
Associate
WIHA & CAARN

Our Current Research Areas

- ◆ Chronic Disease Management
- ◆ Falls Prevention
- ◆ Community Health Services Delivery
- ◆ Patient-Provider Communication
- ◆ Dementia Support
- ◆ Medication Management
- ◆ Mental Health Support
- ◆ Physical Activity

Our Role in Community-Based Research

Make Connections

- ◆ Match community and academic stakeholders
- ◆ Facilitate early meetings with potential community and academic partners to generate ideas and determine feasibility

Form Collaborations

- ◆ Facilitate project team meetings, provide grant writing guidance, and consult on project development

Conduct Research

- ◆ Facilitate initial project team meetings
- ◆ Provide consultation in protocol development, intervention development, contracts and navigating the IRB
- ◆ Provide continual check-ins, resources, and assistance
- ◆ Facilitate progression to next stages of research

Web page: www.wihealthyaging.org/caarn-healthy-aging-research

“CAARN connected us with community partners through the state network of Aging & Disability Resource Centers that enabled a patient-centered stream of research I had long wanted to do. We received external funding and created a spinoff project that was funded. We now believe there is great potential for wider dissemination.

None of this would have been possible without CAARN. We are very grateful.”

Betty Chewing, PhD, FAPhA
Professor, Apple Distinguished Chair
Director, Sonderegger Research Center
School of Pharmacy, UW-Madison

At-a-Glance: Our Research Projects

wihealthyaging.org

Number of
projects funded

34
in 8 years

Number of
individual grants
funded

46
in 8 years

Total
funding
awarded

\$19,772,198
extramural

\$3,014,226
intramural

of funded
Principal
Investigators
involved in CAARN
research studies **46**

... to practice

Once tested and proven, WIHA transitions interventions into practice by developing uniform processes and materials for use in disseminating programs throughout the state and country.

We train and support program Leaders, collect program data, support community organizations and health systems as they bring healthy aging programs to their communities, and provide tools and assistance to develop and sustain programs locally.

Our Role in Program Development & Dissemination

Program Protocols

- ◆ Develop uniform program structure for easy replication and program fidelity
- ◆ Develop systems for local program implementation
- ◆ Create uniform program materials

Leader Support

- ◆ Offer regular training opportunities for new program Leaders and refresher trainings for existing Leaders
- ◆ Provide online access to program materials
- ◆ Offer coaching and guidance for successful workshop implementation

Partnership Development

- ◆ Establish relationships to increase the number of workshops offered and participant referrals to programs

Data Collection

- ◆ Receive and analyze program data on participants, Leaders, and workshops for use in strategic planning

Wisconsin Workshop Promotion

- ◆ Provide online access to statewide workshop listings and outreach materials to assist with local program promotion

Program Dissemination Leadership



Betsy Abramson, JD
Executive Director
WIHA



Michelle Comeau
Director of Leader
Development
WIHA



Jill Renken
Director of Program
Provider Partnerships
WIHA



Margie Hackbarth
Director of Business
Development
WIHA



Kris Krasnowski
Director of
Communications
WIHA

“These days evidence is everything – which is why Security Health Plan trusts the Wisconsin Institute for Healthy Aging’s evidence-based programs. And if the research isn’t enough, our members tell us how much they value these programs.”

Allison Machtan, MS, RD
Community Benefits Program
Security Health Plan

At-a-Glance:
Program
Success

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Current # of
active program
Leaders in
Wisconsin

Over
950

Total # of
workshops
held in
Wisconsin
to date

Over
3,500

Total # of
workshop
participants
in Wisconsin
to date

Over
35,000

... To people

WIHA serves as a clearinghouse for evidence-based health promotion programs for healthy aging and wellness. We provide information and training on evidence-based practices and programs — those created at WIHA and others — and promote local workshops in Wisconsin as well as other proven healthy aging practices.

Current Program Offerings

Chronic Conditions

Living Well with Chronic Conditions — and Spanish-language version **Tomando Control de su Salud** — is a six-week self-management workshop providing information and support to people with chronic health problems such as arthritis, high blood pressure, heart disease, and more. An adaptation of the **Living Well** program — **Healthy Living with Diabetes** and Spanish-language version **Vivir Saludable con Diabetes** — is designed specifically for people with type 2 diabetes. Other adaptations include: **Healthy Living with Chronic Pain** — a self-management program for people living with ongoing pain; **Healthy Living: Work & Home** — a workplace self-management program for employees with chronic conditions; **Better Choices, Better Health** — a digital self-management program for people with chronic conditions.

Falls Prevention

Stepping On is a seven-week workshop proven to reduce falls. It provides a safe, positive learning experience focused on improving balance and strength, home and environmental safety, vision, and a medication review.

Caregiver Support

Powerful Tools for Caregivers and its adaptation **Powerful Tools for Caregivers of Children with Special Needs** is a six-week workshop shown to improve self-care behaviors, manage feelings and emotions related to caregiving, increase confidence in coping with caregiving demands, and increase the use of local services.

Physical Activity

Walk With Ease is a six-week exercise program that has been shown to reduce arthritis pain; increase balance, strength and walking pace; and improve health. **Physical Activity for Lifelong Success (PALS)** is a 10-week physical activity behavior change program for beginner-level older adults. It provides strategies and tools to continue a new level of physical activity after the program is over.

What participants say . . .

“I had a fall several years ago and was afraid it would happen again. **Stepping On** changed my life. I feel so much more confident in my ability to get around.”

“When I was diagnosed with diabetes, I felt like I’d never be able to do the things I wanted to do anymore. **Living Well** gave me the tools I needed to take control of my condition. I like that.”

“Being a caregiver is utterly exhausting. I was on the brink of not being able to do it anymore. This program [**Powerful Tools for Caregivers**] brought me back. Now I know that caregiving starts with taking care of myself.”



At-a-Glance:

Healthier Aging

wihealthyaging.org

Reduced risk of falls for **Stepping On** participants in Wisconsin **31%**

Program cost to health care savings ratio for **Living Well** participants **1:4**

Reduction in emergency department visits for **Healthy Living with Diabetes** participants **53%**