Helping older people live healthier lives through evidence-based prevention programs.

From Research, to Practice, to People: Wisconsin’s Health Promotion Landscape

Wisconsin Institute for Healthy Aging

Helping older people live healthier lives through evidence-based prevention programs.
What is WIHA?

- Non-profit (501 (c)(3) organization
- Clearinghouse for high-level EBPPs available in Wisconsin
- Partnership between public and private organizations
- **Mission**: to promote evidence-based programs & practices that encourage healthy living and help people age well
- Expand breadth and penetration of EBPPs
  - Embedding with new partners
  - Reaching underserved populations
  - Focus on program sustainability
WIHA is a movement!
WIHA Partnerships
From research, to practice, to people

Researchers
Academic researchers in gerontology, injury prevention, public health, and other disciplines

State Aging & Public Health Policy Agencies
Wisconsin’s Bureau of Aging & Disability Resources, Wisconsin’s Division of Public Health, Wisconsin’s Area Agencies on Aging, and others

Community-Based Organizations
Local aging offices and aging & disability resource centers, senior service providers, public health agencies, senior centers and dining programs, senior housing facilities, fitness centers, culture-focused groups, disability agencies, faith-based organizations, and more

Health Care Systems
Health care providers and payers such as hospitals & clinics, Accountable Care Organizations, and health insurers
WIHA’s Functions

Dissemination
(primary)

- For Proven EBPPs
  - Dissemination
  - Maintenance

Research = CAARN
(secondary)

- To Develop New EBPPs
  - Partnerships between researchers and communities
  - Develop, test and prove new EBPPs

Research = CAARN (secondary)
WIHA’s Current Evidence-Based Self-Management Programs (2017)

Living Well:
For people w/ chronic (on-going) health problems

Stepping On:
For people fearful of or at risk of a fall

Healthy Living with Diabetes:
For people with type 2 diabetes

Powerful Tools for Caregivers:
For family caregivers

NEW! Walk With Ease:
For people with arthritis or those who just want to walk more
Programs WIHA Offers

At WIHA, we're all about healthy aging.

All the programs shown at left are high-level, evidence-based programs administered and supported by WIHA. Each has been researched and proven to help people live healthier, more active lives.

We encourage you to take a look and see if a program is right for you.

Stepping On is a seven-week workshop offered throughout Wisconsin that is proven to reduce falls. Workshops are facilitated by trained leaders and provide a safe and positive learning experience focused on improving balance and strength, home and environmental safety, vision, and a medication review. Research shows that Stepping On participants have a 31% reduced risk of falls.

Healthy Living with Diabetes is offered in both English and Spanish (called Vivir Saludable con Diabetes) and is given 2½ hours once a week for six weeks, in community settings such as churches, community centers, libraries and hospitals. The workshop provides information and support to people with type 1 or type 2 diabetes, pre-diabetes and family and friends affected by diabetes. Workshops are facilitated by two trained peer Leaders, one or both of whom have diabetes themselves.

Living Well with Chronic Conditions is offered in both English and Spanish (called Tomando Control de su Salud) throughout Wisconsin and is given 2½ hours once a week for six weeks in community settings. The workshop provides information and support to people with on-going health problems such as arthritis, obesity, high blood pressure, heart disease, chronic pain, anxiety, and others. Workshops are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and independent lives.

Find a Workshop

Take charge of your health. Participate in one of our evidence-based workshops.
All Programs

The evidence-based programs at left are researched and proven effective. Some are currently available in Wisconsin, while others are available in other parts of the country and even around the world. We invite you to browse the listing of programs and visit the program website for more information.

If you are interested in getting more information or finding out about the evidence-based programs available locally, contact your county or tribal aging office. Visit the WIHA workshop page to see a list and locations of all of the workshops that WIHA administers.
WIHA Dissemination Functions

- Leader trainings
- Implementation toolkits
- Data collection and reports
- Fidelity coaching and monitoring
- Licensing
- Advocacy leadership
- Funding support (varies)
- Ongoing support and training for program leaders and coordinators
  - Regional trainings, 1:1 technical assistance, annual Healthy Aging Summit, refresher and update trainings, etc.
Wisconsin’s Community-Academic Aging Research Network
Why does CAARN exist?

- The Community Academic Aging Research Network (CAARN) brings together academic researchers and community partners in order to conduct clinical and dissemination research related to healthy aging.
- Meet community needs and programming gaps.
- Facilitate the evidence-based process.
Key components of success

- Community partner strength: Wisconsin’s Aging Network
- University research strengths
- Infrastructure (advisory committee, executive committee, and staff)
- Process
CAARN Project Process

- **Making Connections**
  - Separate meetings with community and academic
  - Match-making
  - Initial discussion (community and academic)

- **Forming Collaborations**
  - Facilitate meetings, guidance in grant writing, consultation in project formation.

- **Conducting Research**
  - Facilitate initial team meetings, consultation in protocol development, navigating IRB and contracts, continual check-ins, resources, and assistance as needed.
Research Projects... sample

- Medication management and falls prevention through community pharmacists
- Technology and older adults (multiple projects)
- Increasing older adults’ (and caregivers) ability to communicate with pharmacists (and health care teams)
- Small group program to improve well-being
- Physical activity and behavior change interventions for rural communities and also adaptation for African American communities
- Incontinence
- Tai Chi and Yoga
Each project begins at a different stage.

- **Stage 1** – pilot (usually 1 community partner)
- **Stage 2** – gather more data (2 or more partners)
- **Stage 3** – randomized control trial (multiple community partners)
- **Stage 4** – ready for statewide dissemination
Preliminary Findings

- Med-Wise
  - Pre-post data from the first pilot: increased participant knowledge about pharmacists’ roles and responsibilities, greater likelihood of using a pharmacist, and increased confidence about asking a pharmacist questions and determining what questions to ask. At follow-up, more participants reported seeking medication reviews.
Preliminary Findings

- **Lighten Up**
  - Pilot findings from 59 participants showed a 50% decrease in Geriatric Depression Scale\textsuperscript{35} score ($p<.05$) and a 10% decrease in UCLA Loneliness Scale\textsuperscript{36} score ($P<.05$).
Preliminary Findings

- Community pharmacist intervention to decrease medications associated with falls:
  - Results showed a 43% reduction in medications that increase falls risk in the pharmacist intervention vs none in usual care control.
Stand Up & Move More

We found significant decreases in sedentary behavior, increases in physical activity, and improvements in mobility and vitality in a small sample of older adults.
Then what?

- Transition from research to practice.
- Dissemination training and packaging.
- WIHA infrastructure and grants to support new programs.
- Healthy Aging Network capacity.
New CAARN opportunity: Dr. Jane Mahoney

- Overview
- Does this fit with Aging Network need and capacity?
- Discussion and feedback…