

# 2018 WISCONSIN HEALTHY AGING SUMMIT

**June 7-8, 2018**

Glacier Canyon Lodge  
Conference Center  
Wisconsin Dells



Helping People  
Help Themselves  
to Better Health

Join us for the 2018 Healthy Aging Summit  
where you'll learn, network, and develop  
new relationships for collaboration —  
all in support of healthier aging and  
healthier communities.

Be part of the movement to make  
Wisconsin a healthy place to grow old.



Our friends make it all possible.

Thank you!

## SUMMIT PLANNING COMMITTEE:

Conference Planner -  
Anne Rodgers-Rhyme  
Betsy Abramson  
Laura Armstrong  
Karen Beck  
Michelle Comeau  
Margie Hackbarth  
Cheryl Holm  
Anne Hvizdak  
Jennifer Lefeber  
Sridevi Mohan  
Shannon Myers  
Dee Nash  
Tasha Orr-Holmes  
Jill Renken  
Keetah Smith  
Pam VanKampen

## Friends & Colleagues,

Welcome to the 2018 Wisconsin Healthy Aging Summit — a celebration of all the ways we're working together to help people help themselves to better health.

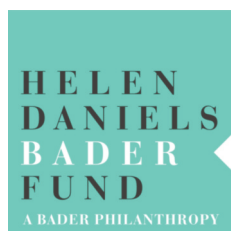
We know what happens in clinical settings is just part of what influences good health. What happens outside the doctor's office — in evidence-based self-management programs like those we offer — has a major impact on overall wellness. WIHA is committed to supporting the development of wellness interventions and, once proven effective, facilitating the spread of those programs and practices to people in Wisconsin and other parts of the country.

Thank you for continuing to encourage and inspire older people and people with chronic health problems to take workshops and take better control of their health. We hope this Summit reveals new possibilities and inspires you to new heights of commitment to healthy aging.

*Debbie Paavola*  
WIHA Board President

*Betsy Abramson*  
WIHA Executive Director

## PLATINUM SPONSORS:



## GOLD SPONSORS:



## SILVER SPONSORS:



# SUMMIT HEADLINERS



Generously  
sponsored by:



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**When:**

Thursday, June 7

9:00 a.m.

Sandstone Ballroom

**Opening Address:****From Sick Care to Well Care:  
A Policy Priority for an Aging Society**

**Presented by:** Aaron Leppin, MD

American communities are transforming, spurred by the aging of the Baby Boomer generation. Recognizing, understanding, and responding to the unique opportunities presented by this new societal landscape will determine how well older adults maintain their health and independence and thrive in their homes and communities. Ensuring the health and wellness of people as they age will require a shift in thinking and new knowledge about the roles communities can and should play to reliably contribute to health. Dr. Leppin will discuss the systems that generate this knowledge and how they can be used to drive change through the sustainable implementation of evidence-based health promotion programs.

*Dr. Aaron Leppin is a patient, physician, and implementation scientist in the Division of Health Care and Policy Research at Mayo Clinic and a Health and Aging Policy Fellow with the Minnesota Board on Aging. His research focuses on developing systems-based approaches to enhancing communities' capacity to deliver evidence-based health promotion programs.*



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**When:**

Thursday, June 7

12:45 p.m.

Sandstone Ballroom

**Featured Speaker:****Health Benefits of Animal Interaction for Older Adults  
& Their Pets: Health on Both Ends of the Leash**

**Presented by:** Rebecca Johnson, PhD, RN, FAAN, FNAP

Pets play an increasing role in many American families with 68% of U.S. households having at least one furry family member. Maybe that's because the companionship of animals can provide people with significant health benefits.

In this session, Dr. Johnson will discuss research that shows the benefits of human-animal interaction for older adults, focusing specifically on the neurochemical, psychological, social, and behavioral benefits. Her research demonstrates that animal companionship may provide a unique source of social support and facilitate motivation for wellness — promoting behaviors such as physical activity through dog-walking. She will also highlight one successful initiative designed to encourage and support human-animal interaction.

*Dr. Rebecca Johnson is the Millsap Professor of Gerontological Nursing and Public Policy Professor (Sinclair School of Nursing) at the University of Missouri (MU) and is Professor and Director of the Research Center for Human-Animal Interaction (ReCHAI) at the MU College of Veterinary Medicine. Her research merges her early work promoting wellness during older adults' life transitions with the benefits of human-companion animal interaction.*



# SUMMIT HEADLINERS



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## When & Where:

Thursday, June 7  
3:30 p.m.

Sandstone Ballroom

## Featured Speaker:

### The Role of Intimacy for Healthy Aging: More Than Merely Physical

**Presented by:** Matthew Lee Smith, PhD

As individuals age, their life roles and interpersonal relationships evolve. Factors attributing to this evolution include retirement, loss of a spouse or partner, residential relocation, disease diagnoses, and/or decline in physical or mental functioning. These changes may alter levels of (or interest in) intimacy and sexual activity among partners. While intimacy and sexuality levels may decline over time, the implications of these changes transcend the physical relationship. There are many myths and misconceptions that may exacerbate decreases in intimacy and sexual satisfaction. Within this context, this session will describe sexual functioning and causes of reduced sexual activity among older adults, clarify common myths and misconceptions, and highlight intervention strategies to improve healthful lifestyles, which can in turn improve the quality of partner intimacy.

*Matthew Lee Smith is Associate Director of the Center for Population Health and Aging and Associate Professor in the Department of Environmental and Occupational Health in the School of Public Health at Texas A&M University.*

## Closing Session:

### Helping People Help Themselves to Better Health

**Presented by:** Karen Timberlake, JD & Betsy Abramson, JD

Is aging a downward freefall into poor health? Are falls a normal, inevitable part of growing older? Are we doomed to lose capacities and abilities and become a burden? No. No. And, NO! These negative attitudes about aging become a self-fulfilling prophecy if we don't change the way we think about growing older and offer better programs and approaches to aging.

**Time to get people excited about prevention!** In this session, learn what role you can play to engage policymakers and encourage investment in researched and proven healthy aging programs to make them more widely available. You will also learn what you can do as part of a statewide initiative to generate awareness of and demand for healthy aging programs in your Wisconsin community.

*Karen Timberlake is a Principal with Micheal Best Strategies, LLC. A former Wisconsin Department of Health Services Secretary, she also served as Director of the Population Health Institute at the University of Wisconsin School of Medicine and Public Health and as Associate Professor in the Department of Population Health Sciences.*

*Betsy Abramson is Executive Director of the Wisconsin Institute for Healthy Aging and a long-time advocate for older adults and people with disabilities in Wisconsin.*



Karen Timberlake



Betsy Abramson

## When & Where:

Friday, June 8  
1:15 p.m.

Sandstone Ballroom

# GENERAL SESSIONS

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**When & Where:**

Thursday, June 7

4:15 p.m.

Sandstone Ballroom

## **Emerging Interventions in Healthy Aging: *Mind Over Matter*, *Tai Chi PRIME*, and *Physical Activity for Life for Seniors (PALS)***

**Presented by:** Moderator Carol Larson - Retiree Rebels; Heidi Brown, MD, Assistant Professor – UW-Madison, School of Medicine & Public Health; Betty Chewning, PhD, Professor – UW School of Pharmacy; Kimberlee A. Gretebeck, PhD, RN, Assistant Professor – UW-Madison School of Nursing

Researchers for three almost-ready-for-prime-time interventions — *Mind Over Matter: Healthy Bowels*, *Healthy Bladder* (incontinence intervention), *Tai Chi PRIME* (physical activity and falls prevention intervention), and *Physical Activity for Life for Seniors* (physical activity intervention) — will discuss their interventions with Retiree Rebels host Carol Larson.

*This engaging, interactive session will become a podcast to replay and share.*

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**When & Where:**

Friday, June 8

9:00 a.m.

Sandstone Ballroom

## **The Opioid Epidemic in Wisconsin: The Impact on Older Adults What Does It Look Like and What Are We Doing About It?**

**Presented by:** Paul Krupski, Director of Opiate Initiatives, Wisconsin Department of Health Services (DHS)

Opioid misuse and abuse is a major issue nationally with prescription opioid addiction being one of the biggest drug problems today. Every day more than 90 Americans die after overdosing on opioids. Older adults are not immune to the opioid crisis.

This session will reveal the extent of the opioid epidemic nationally, and will share trends and data specific to Wisconsin. Learn how the opioid crisis intersects with older adults and the aging population, signs and symptoms of opioid misuse and abuse, and what Wisconsin is currently doing to address the opioid epidemic in our state.

## **Ageism: Its Effect on Older Adults' Health and What We Can All Do About it**

**Presented by:** Betsy Abramson, Executive Director, Wisconsin Institute for Healthy Aging

Healthy aging is **not** an oxymoron, but you'd be hard-pressed to believe that based on the way popular culture portrays growing older. The good news is that once we recognize ageist attitudes, we can begin to change them.

This session will reveal the research and insights into the extent of ageism in the U.S. — in everyday encounters, in the media, and in ourselves — and will discuss how ageism affects older adults' self-image and their orientation toward and beliefs about how they can improve their own health. Then, learn how you can help your community become part of a movement to eradicate this insidious "ism."





# SUMMIT AGENDA

Thursday, June 7, 2018  
8:00 a.m. – 5:30 p.m.

8:00 a.m.  
*Sandstone Ballrm.*

## **Registration & Breakfast | Visit Exhibit Booths**

*Breakfast generously sponsored by AARP Wisconsin*

9:00 a.m.  
*Sandstone Ballrm.*

**Welcome & Opening Address:** Betsy Abramson, WIHA Executive Director

## **From Sick Care to Well Care: A Policy Priority for an Aging Society**

*Presenter: Aaron Leppin, MD - Mayo Clinic*

10:15 a.m.

## **Break | Visit Exhibit Booths**

10:45 a.m.

## **Workshops**

- A1. From Research, to Practice, to People: Wisconsin's Health Promotion Landscape
- A2. Physical Activity Programs: State Initiatives & Lessons from *Walk With Ease* Implementation
- A3. Partnering to Make an Impact: Developing Collaborations Between Oral Health, Health Promotion, & the Elder Nutrition Program
- A4. Preventing Falls With *Independent & Upright (I&U)*
- A5. Working Upstream to Promote Brain Health for Healthy Aging
- A6. Mental Health Issues in Older Adults

11:45 a.m.  
*Sandstone Ballrm.*

## **Lunch & Volunteer Appreciation**

*Lunch generously sponsored by Security Health Plan/Marshfield Clinic*

12:45 p.m.  
*Sandstone Ballrm.*

## **Featured Speaker:**

### **Health Benefits of Animal Interaction for Older Adults & Their Pets: Health on Both Ends of the Leash**

*Presenter: Rebecca Johnson, PhD, RN, FAAN, FNAP - University of Missouri*

1:30 p.m.

## **Break | Visit Exhibit Booths**

2:00 p.m.

## **Workshops**

- B1. EMS Partnerships: Connecting Fallers to Community Resources
- B2. *Beneficial Bites for Healthy Living*: Research & Lessons in Nutrition Behavior Change
- B3. Why Won't They Wear Their Hearing Aids? The Impact of Hearing Loss on Healthy Aging
- B4. Program Implementation Partnerships: Necessary Components for Success
- B5. Riding to Wellness: The Importance of Transportation to Health
- B6. The Influence of Local Agencies in Scaling the *National Diabetes Prevention Program*

3:00 p.m.

## **Break | Visit Exhibit Booths**

3:30 p.m.  
*Sandstone Ballrm.*

## **Featured Speaker:**

### **The Role of Intimacy for Healthy Aging: More Than Merely Physical**

*Presenter: Matthew Lee Smith, PhD - Texas A&M University*

4:15 p.m.  
*Sandstone Ballrm.*

## **General Session:**

### **Emerging Interventions in Healthy Aging:**

***Mind Over Matter, Tai Chi PRIME, & Physical Activity for Life for Seniors (PALS)***

5:15 p.m.  
*Sandstone Ballrm.*

**Door Prize Drawing** (*must be present to win*)



# SUMMIT AGENDA

Friday, June 8, 2018  
7:00 a.m. – 2:30 p.m.

7:00 a.m.  
*Tundra F*

**Wake Up With *Tai Chi*** (*optional*)

7:45 a.m.  
*Sandstone Ballrm.*

**Networking Breakfast | Registration Open**

Breakfast Table Interest Groups: Topics To Be Announced.

9:00 a.m.  
*Sandstone Ballrm.*

**General Session:**

**The Opioid Epidemic in Wisconsin: The Impact on Older Adults  
What Does It Look Like and What Are We Doing About It?**

*Presenter: Paul Krupski, BA - Wisconsin DHS*

10:00 a.m.  
*Sandstone Ballrm.*

**General Session:**

**Ageism: Its Effect on Older Adults' Health and What We Can All Do About It**

*Presenter: Betsy Abramson, JD - Wisconsin Institute for Healthy Aging*

10:30 a.m.

**Break**

10:45 a.m.

**Workshops**

C1. *Stepping Out*: Reducing & Preventing Falls in Older Adults With Mild Cognitive Impairment

C2. The Impact of Loneliness and Social Isolation on the Health of Older Adults

C3. Creating a Trauma-Informed Culture

C4. Self-Management and Health Equity: Five Years of Lessons Learned

C5. Reinvigorating *Living Well*: Reframing to Increase Program Reach

C6. Partnering to Make an Impact: Developing Collaborations With Independent Living Centers (ILCs)

11:45 p.m.  
*Sandstone Ballrm.*

**Lunch**

*Generously sponsored by the Greater Wisconsin Agency on Aging Resources (GWAAR)*

12:30 p.m.  
*Sandstone Ballrm.*

**Healthy Aging STAR Awards**

1:15 p.m.  
*Sandstone Ballrm.*

**Closing Session:**

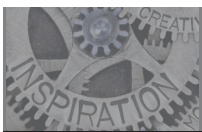
**Helping People Help Themselves to Better Health:**

2:15 p.m.  
*Sandstone Ballrm.*

**Door Prize Drawing and Summit Conclusion**

*(must be present to win)*





## WORKSHOP DESCRIPTIONS | Thursday, June 7: 10:45 – 11:45 a.m.

### **From Research, to Practice, to People: Wisconsin's Health Promotion Landscape**

*Presenters: Shannon Myers, Community Research Associate & Program Implementation Director - WIHA; Jane Mahoney, MD - Chief Medical Officer - WIHA*

Wisconsin is recognized nationally as a leader in health promotion program development and dissemination. This is due in large part to the unique system we've developed that engages communities in the creation, research, and spread of programs. Learn about the players, process, and opportunities for your community to help bring evidence-based healthy aging programs from idea to intervention in communities all over Wisconsin.

### **Physical Activity Programs: State Initiatives & Lessons from *Walk With Ease* Implementation**

*Presenters: Jon Morgan, Physical Activity Coordinator - WI-DHS; Betsy Abramson, Executive Director - WIHA*

We all know that exercise is an important component of individual health and wellness. But you may not know about the many programs and initiatives available to promote a physically active lifestyle. In this session, learn how several Wisconsin counties have implemented the Walk With Ease (WWE) program and how to start a WWE program in your community. Then, learn more about how Wisconsin's Department of Health Services is encouraging physically active communities.

### **Partnering to Make an Impact: Developing Collaborations Between Oral Health, Health Promotion, & the Elder Nutrition Program**

*Presenters: Anne Hvizdak, Statewide Coordinator EBHPPs - WI-DHS, Bureau of Aging & Disability Resources (BADR); Sara Koenig, Elder Nutrition Program Manager - WI-DHS, BADR*

Learn how health promotion professionals can partner with oral health and nutrition staff to educate people about the impact of oral health and nutrition on overall health. This interactive session will demonstrate tools and resources available for oral health, nutrition, and health promotion professionals to use in community settings to assist older adults at greatest risk and encourage participation in evidence-based health promotion programs.

### **Preventing Falls With *Independent and Upright (I&U)***

*Presenter: Sarah Bangart, Health Educator - Marshfield Clinic Health System, Center for Community Outreach*

Falls prevention is a community effort. In this session, you'll learn how the *Independent and Upright (I&U)* program helps reduce falls through an in-home intervention that assesses home fall risks and helps participants stay independent and safe in their homes. Program volunteers are 55 or older and provide peer-to-peer support in collaboration with Marshfield Clinic Health System and community partners. Come learn more about how *I&U* supports the community and the people living there.

### **Working Upstream to Promote Brain Health for Healthy Aging**

*Presenters: Barb Michaels, Prevention Coordinator - ADRC of Brown County; Trisha Witham, Dementia Care Specialist - ADRC of Barron, Rusk & Washburn Counties; Dave Donarski, MD (retired)*

One in 10 people aged 64 and older has Alzheimer's dementia. As that population increases, so will the number of people who get this terrible diagnosis. In this session, you'll be introduced to the concept of neuroplasticity and will learn about the key determinants that promote brain health and outcomes of brain stimulation. Get an overview of *Breakfast for the Brain* — a program implemented in Barron, Rusk, & Washburn Counties — and the *Brain Enrichment* curriculum offered in Brown County, participate in a brain exercise activity, and taste a brain-healthy food.

### **Mental Health Issues in Older Adults**

*Presenter: Suzanna Waters-Castillo, PhD, Director of Professional Development in Geriatric Mental Health - UW-Madison, Division of Continuing Studies*

Mental health is a public health issue and it's on the rise in the U.S. Older adults are not immune — 20% of people aged 55 or older experience some type of mental health problem. In this session, you'll hear about recent trends and issues surrounding mental health in older adults and learn about effective ways to recognize and reach older adults with mental health needs, including evidence-based program methods.



## EMS Partnerships: Connecting Fallers to Community Resources

*Presenters: Barb Michaels, Prevention Coordinator - ADRC of Brown County; Dave Taylor, NEW RTAC Coordinator*

Emergency medical service (EMS) professionals are often called to assist people who have fallen at home; sometimes they see the same person over and over again. In this session, learn one community's approach to working with their local EMS to plan, pilot, and implement the use of technology at the bedside to connect fallers to community resources and prevent future falls.

## Beneficial Bites for Healthy Living: Research & Lessons in Nutrition Behavior Change

*Presenters: Jennifer Jako, Director - ADRC of Barron, Rusk, & Washburn Counties; Randall Gretebeck, PhD, RD - UW-La Crosse; Kayla Olmstead, CD, MS, RDN - Barron County*

*Beneficial Bites for Healthy Living* (BBHL) is a nutrition-focused program for older adults inspired by the monthly nutrition education offered in Barron County. Come learn about and experience this exciting research project designed to help overcome the barriers associated with good nutrition and learn why participants find the sessions so helpful. You'll also take part in a project activity that participants perform during a session.

## Why Won't They Wear Their Hearing Aids? The Impact of Hearing Loss on Healthy Aging

*Presenter: Juliette Sterkens, Audiologist and Hearing Loop Advocate - Hearing Loss Association of America*

Get "in the loop" on what hearing loss is about, its incidence, and effects on the person — as well as the family and co-workers. Learn about the benefits and limitations of hearing aids and understand the Americans with Disabilities Act (ADA) and how it mandates effective assistive listening systems in public venues. Learn why they are needed even when persons use hearing aids and/or cochlear implants.

## Program Implementation Partnerships: Necessary Components for Success

*Presenters: Jill Renken, Director of Program Provider Partnerships - WIHA; Qadira Harris, Associate State Director Community Outreach - AARP Wisconsin; Keetah Smith, Lead Support Coordinator for Evidence-Based Programs - United Voices CHW Collaborative of WI/UniteMKE; Sharlene Bellefeuille, Outreach Specialist - Alzheimer's Association*

We all know partnerships are important for community program implementation. So what makes a successful partnership? And what works with special populations like communities of color or caregivers? Hear from panelists with a variety of experiences who will focus on three necessary components of partnership development: appropriate matching, commitment, and communication.

## Riding to Wellness: The Importance of Transportation to Health

*Presenters: Carrie Porter Diamond, Transportation & Volunteer Specialist - Greater Wisconsin Agency on Aging Resources; Brian Jablonowski, Project Manager - ERAs Senior Network; Sarah Harvey, Mobility Manager - ERAs Senior Network*

Take a journey with someone needing transportation to better understand how lack of transportation impacts lives and the community at large. Find out what ERAs Senior Network in Waukesha County is doing to improve transportation for their residents and leave with tips on how you can find solutions in your own community.

## The Influence of Local Agencies in Scaling the National Diabetes Prevention Program

*Presenters: Pam Geis, Health Promotion Specialist - Wisconsin DHS, Division of Public Health; Kari Bennett, Public Health Nurse - Iowa County Health Department; Jeanine Schultz, Public Health Specialist - Barron Co. Dept. of Health & Human Services*

Learn how two Wisconsin counties are taking different approaches to implementing the CDC's *National Diabetes Prevention Program* (DPP). Hear from an expert from the Wisconsin Department of Health Services who will outline the evidence, structure, and fidelity process of the program. Then hear from health department staff from Barron and Iowa Counties who will discuss two very different approaches to scaling the evidence-based program — one as a convener of stakeholders and the other as a direct supplier of the program.



## WORKSHOP DESCRIPTIONS | Friday, June 8: 10:45 — 11:45 a.m.

### **Stepping Out: Reducing & Preventing Falls in Older Adults With Mild Cognitive Impairment**

*Presenter: Barbara Fischer, Neuropsychologist - Milo C. Huempfer VA Health Care Clinic*

*Stepping Out* is an innovative falls prevention program developed for individuals with mild cognitive impairment and closely modeled on *Stepping On*. Learn the theoretical underpinnings of the *Stepping Out* model, as well as recruitment challenges and program modifications to enhance learning among individuals with cognitive decline. Preliminary findings, successes, and challenges from the initial pilot program will be presented.

### **The Impact of Loneliness and Social Isolation on the Health of Older Adults**

*Presenter: Ellen Rozek, PhD, Assistant Professor of Psychology - UW-La Crosse*

There is increasing interest in the impact that negative social experiences have on our lives and aging trajectory. This session will highlight the differences between the distinct and related concepts of depression, loneliness, and social isolation. Dr. Rozek will also discuss socialization challenges faced by older adults and a range of risks associated with loneliness and social isolation and will review intervention studies about improving socialization among older adults.

### **Creating a Trauma-Informed Culture**

*Presenter: Robin Matthies, Trauma and Resilience Program Manager - WI DHS, Division of Public Health*

Adverse childhood experiences (ACEs) are traumatic life events that can have negative, long-term effects on health and well-being. Get an overview of ACEs in Wisconsin and learn more about the creation of a trauma-informed culture.

The concepts of wellness and resilience will be incorporated into the discussion as a means of examining how to take steps toward overcoming adversity, embracing and more readily recognizing positivity, and engaging in self-care to better avoid burnout and secondary stress-related concerns.

### **Self-Management and Health Equity: Five Years of Lessons Learned**

*Presenters: Sherri Ohly, Health Promotion Consultant - WI-DHS, Division of Public Health; Bria Grant, Executive Director - UniteMKE; Keetah Smith, Lead Support Coord. for Evidence-Based Programs - United Voices CHW Collaborative of WI/UniteMKE*

True health equity requires intention and effort to increase opportunities for everyone to be healthier — especially those whose obstacles are greatest. To that end, the Centers for Disease Control and Prevention (CDC) funded an effort to decrease diabetes and heart disease-related health disparities and increase physical activity and healthy eating.

What have we learned? And what are we proposing for the next five years? Come learn about this initiative, the progress made, and strategies for moving forward. Then share your insights about what's working in your community and provide direction for future strategies.

### **Reinvigorating Living Well: Reframing to Increase Program Reach**

*Presenters: Jill Renken, Director of Program Provider Partnerships - WIHA; Michelle Comeau, Director of Leader Development - WIHA*

*Living Well with Chronic Conditions* has been a strong, steady, and life-changing program here in Wisconsin and worldwide. Yet recruiting participants remains a challenge in many communities even though the need continues to grow. Come and learn innovative ways to market the program and engage people in your community through use of powerful messaging and data.

### **Partnering to Make an Impact: Developing Collaborations With Independent Living Centers (ILCs)**

*Presenters: Anne Hvizdak, Statewide Coord. EBHPPs - WI DHS, Bureau of Aging & Disability Resources; Michele Hill, Nurse Consultant - WI DHS, BADR; Dee Nash, Exec. Director - Access to Independence*

Individuals with disabilities have higher rates of chronic conditions than people without disabilities. Evidence-based health promotion programs (EBHPPs) can help people make positive changes to improve their health, but many individuals with disabilities may never enroll because they feel the program may not accommodate their needs.

Come hear about examples of statewide approaches and opportunities for collaboration and partnerships with ILCs, aging units/ADRCs, and local public health agencies to provide and implement EBHPPs for people with disabilities.



# WIHA PROGRAMS

## Program Leaders, Coordinators, Providers, & Partners

Thank you! The spread of evidence-based programs is due to the hard work and dedication of the program leaders, health promotion coordinators, provider organizations, researchers, and health care partners who recognize and are committed to encouraging better aging in Wisconsin.

**For all you do,  
thank you!**

### Chronic Disease Self-Management

*Living Well with Chronic Conditions* and Spanish version *Tomando Control de su Salud* are six-week workshops that provide information and support to people with chronic health problems such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, and others.

*Healthy Living with Diabetes* and Spanish version *Vivir Saludable con Diabetes* are adaptations of the Living Well program specifically designed for people with diabetes. Research confirms that participants in these self-management programs experience significant, measurable improvements in health and quality of life.

*Walk With Ease* helps people living with arthritis better manage their pain. It's also for people without arthritis who want to make walking a regular habit. The physical activity program has been shown to reduce the pain and discomfort of arthritis; increase balance, strength and walking pace; build confidence to be physically active; and improve overall health.

### Falls Prevention

*Stepping On* — and coming soon, Spanish version *Pisando Fuerte* — is a seven-week workshop proven to reduce falls. Workshops provide a safe and positive learning experience focused on improving balance and strength, home and environmental safety, vision, and a medication review. Research shows a 31% reduced risk of falls for Stepping On participants.

### 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 (e.g., increased exercise, relaxation, medical check-ups), better manage feelings and emotions related to caregiving, increase confidence in coping with caregiving demands, and increase the use of local services.

## BY-THE-NUMBERS

### Living Well & Tomando Control de su Salud

Workshops held:	1,117
Current Program Leaders:	250
Total Participants:	10,051

### Healthy Living with Diabetes & Vivir Saludable con Diabetes

Workshops held:	408
Current Program Leaders:	201
Total Participants:	3,699

### Stepping On

Workshops Held:	1,514
Current Program Leaders:	349
Total Participants:	15,088

### Powerful Tools for Caregivers

Workshops Held:	230
Current Program Leaders:	169
Total Participants:	1,549

### Walk With Ease

Workshops Held:	16
Current Program Leaders:	20
Total Participants:	101

## TOTALS as of 5/2018

Workshops Held:	3,285
Current Program Leaders:	989
Total Participants:	30,488

## About WIHA

The Wisconsin Institute for Healthy Aging is a 501(c)(3) non-profit organization based in Madison, Wisconsin. WIHA's mission is to improve the health and well-being of people in Wisconsin by researching and disseminating evidence-based health promotion programs and building partnerships to spread these programs throughout Wisconsin and beyond.

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Wisconsin Institute for Healthy Aging

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