

Public Health Education and Promotion

"Evidence-Based Programming for Older Adults"

Table of Contents

Foreword: Research, Practice and Policy Perspectives on Evidence-Based Programming for Older Adults	Marcia G. Ory, Matthew Lee Smith
PERSPECTIVES FROM: NATIONAL STAKEHOLDERS GUIDING THE EVIDENCE-BASED PROGRAM MOVEMENT	
Fostering healthy aging through evidence-based prevention programs: Perspectives from the Administration for Community Living/Administration on Aging	Michele Boutaugh, Laura Lawrence
Improving Lives through Evidence-Based Health Promotion Programs: A National Priority	Richard Birkel, Emily Dessem, Simona Eldridge, Kristie Kulinski, Sue Lachenmayr, Michelle Spafford, Binod Suwal, Albert Terrillion, Mary Walsh, Wendy Zenker
An introduction to the Centers for Disease Control and Prevention's (CDC) efforts to prevent older adult falls	Margaret Kaniewski, Judy Stevens, Erin Parker, Robin Lee
Community-based wellness and prevention programs: the role of Medicare	Erin Murphy Colligan, Naomi Tomoyasu, Benjamin Howell
Foundation Engagement in Healthy Aging Initiatives and Evidence-Based Health Promotion Programs for Older Adults	Mary Ellen Kullman
PERSPECTIVES FROM: EVIDENCE-BASED PROGRAM DEVELOPERS	
Chronic Disease Self-Management Program: Insights from the eye of the storm	Kate Lorig
A Matter of Balance: Older Adults Taking Control of Falls by Building Confidence	Margaret Haynes, Patricia League, Gloria Neault
Stepping On: Stepping Over the Chasm from Research to Practice	Jane Ellen Mahoney
Village or tribe? Expectations, roles, and responsibilities for effective fall prevention efforts	Tiffany E Shubert
EnhanceFitness: A Twenty Year Dissemination History	Meghan Thompson, Susan J Snyder, Paige Denison
Translating Fit and Strong! - Lessons Learned and Next Steps.	Susan Hughes, Renae L Smith-Ray, Amy Shah, Gail Huber
Texercise: the Evolution of a Health Promotions Program	Holly Riley
Translating PEARLS: lessons learned from providers and participants	Mark B Snowden, Lesley E Steinman, Pamela Piering, Sluggo Rigor, Andrea Yip
PERSPECTIVES FROM: EVIDENCE-BASED PROGRAM NETWORKERS	
The CDC Healthy Aging Research Network: Advancing science toward action and policy for the evidence-based health promotion movement	Basia Belza, Mary Altpeter, Steven P Hooker, Gwen Moni
Chronic Disease Self-Management Support: Public Health Perspectives	Teresa J Brady, Lynda Anderson, Rosemarie Kobau
Evidence-Based Leadership Council – A National Collaborative	Margaret Haynes, Susan Hughes, Kate Lorig, June Simmons, Susan J Snyder, Lesley Steinman, Nancy Wilson, Roseanne DiStefano, Jennifer Raymond, Stephanie FallCreek, Martha B Pelaez, Don Smith
Working toward a Multi-program Strategy in Fall Prevention	Bonita Lynn Beattie
Building the older adult fall prevention movement—steps and lessons learned	Ellen Caylor Schneider, Bonita Lynn Beattie
Public Health System Perspective on Implementation of Evidence-Based Fall Prevention Strategies for Older Adults	Sallie R Thoreson

Falling for a Balance Partner	Cherie A. Rosemond
CDSME PROGRAM DISSEMINATION THROUGH THE ARRA	
Setting the Stage: Measure Selection, Coordination, and Data Collection for a National Self-Management Initiative	Kristie Kulinski, Michele Boutaugh, Matthew Lee Smith, Marcia G. Ory, Kate Lorig
National Dissemination of Chronic Disease Self-Management Education (CDSME) Programs: An Incremental Examination of Delivery Characteristics	Matthew Lee Smith, Marcia G. Ory, SangNam Ahn, Kristie Kulinski, Luohua Jiang, Kate Lorig
Workshop Characteristics Related to Chronic Disease Self-Management Education (CDSME) Program Attendance	Matthew Lee Smith, Marcia G. Ory, Luohua Jiang, Kate Lorig, Kristie Kulinski, SangNam Ahn
The role of session zero in successful completion of Chronic Disease Self-Management Program (CDSMP) workshops	Luohua Jiang, Matthew Lee Smith, Shuai Chen, SangNam Ahn, Kristie Kulinski, Kate Lorig, Marcia G. Ory
Reaching Diverse Participants Utilizing a Diverse Delivery Infrastructure: A Replication Study	Matthew Lee Smith, Marcia G. Ory, SangNam Ahn, Basia Belza, Chivon A Mingo, Samuel D Towne, Mary Altpeter
The Reach of Chronic Disease Self-Management Education Programs to Rural Populations	Samuel D Towne, Matthew Lee Smith, SangNam Ahn, Marcia G. Ory
Factors associated with successful completion of the Chronic Disease Self-Management Program (CDSMP) among middle-aged and older Asian American participants: A national study	SangNam Ahn, Matthew Lee Smith, Jinmyoung Cho, Luohua Jiang, Lindsey Post, Marcia G. Ory
Chronic Disease Self-Management Education (CDSME) Program Delivery and Attendance among Urban-Dwelling African Americans	Chivon A Mingo, Matthew Lee Smith, SangNam Ahn, Luohua Jiang, Jinmyoung Cho, Samuel D Towne, Marcia G. Ory
Factors Associated with Hispanic Adults Attending Spanish-Language Disease Self-Management Program Workshops and Workshop Completion	Matthew Lee Smith, SangNam Ahn, Luohua Jiang, Kristie Kulinski, Marcia G. Ory
CDSME PROGRAM IMPLEMENTATION AND OUTCOMES	
Methods for streamlining intervention fidelity checklists: An example from the Chronic Disease Self-Management Program	SangNam Ahn, Matthew Lee Smith, Mary Altpeter, Basia Belza, Lindsey Post, Marcia G. Ory
Factors Supporting Implementation among CDSMP Organizations	Deborah Paone
Examining sustainability factors for organizations that adopted Stanford's Chronic Disease Self-Management Program	Michiyo Tomioka, Kathryn L Braun
Chronic Disease Self-Management Program (CDSMP) in the Workplace: Opportunities for Health Improvement	Matthew Lee Smith, Mark G. Wilson, David M. DeJoy, Heather Padilla, Heather Zuercher, Phaedra Corso, Robert Vandenberg, Kate Lorig, Marcia G. Ory
Meeting the Public Health Challenge of Cancer Surviorship: Results of the Evaluation of the Chronic Disease Self-Management Program (CDSMP) for Cancer Survivors	Betsy C Risendal, Andrea Dwyer, Kate Lorig, Richard W Seidel, Letoynia Coombs, Marcia G. Ory
Implementing a Chronic Disease Self-Management Program into China: Happy Life Club	Colette Joy Browning, Hui Yang, Tuohong Zhang, Anna Chapman, Shuo Liu, Joanne Enticott, Shane Andrew Thomas
Implementing chronic disease self management approaches in Australia and the United Kingdom	Colette Joy Browning, Shane Andrew Thomas
Cost Effectiveness of the Chronic Disease Self-Management Program: Implications for Allocating Community Resources	Rashmita Basu, Marcia G Ory, Samuel D Towne, Matthew Lee Smith, Angie Hochhalter, SangNam Ahn
Healthcare Cost Savings Estimator Tool for Chronic Disease Self-Management Program (CDSMP): A New Tool for Program Administrators and Decision Makers	SangNam Ahn, Matthew Lee Smith, Mary Altpeter, Lindsey Post, Marcia G. Ory
Linking Evidence-Based Program Participants Data with Medicare Data: The Consenting Process and Correlates of Retrospective Participant Consents	Philip Lloyd Ritter, Marcia G. Ory, Matthew Lee Smith, Luohua Jiang, Audrey Alonis, Diana Laurent, Kate Lorig
EVIDENCE-BASED FALLS, PHYSICAL ACTIVITY, AND MENTAL HEALTH PROGRAMS	
Fall Prevention in Community Settings: Results from Implementing Tai Chi: Moving for Better Balance in Three States	Marcia G. Ory, Matthew Lee Smith, Erin M Parker, Luohua Jiang, Shuai Chen, Ashley D Wilson, Judy A Stevens, Heidi Ehrenreich, Robin Lee
Fall Prevention in Community Settings: Results from Implementing Stepping On in Three States	Marcia G. Ory, Matthew Lee Smith, Luohua Jiang, Robin Lee, Shuai Chen, Ashley D Wilson, Judy A Stevens, Erin M Parker
Translation of The Otago Exercise Program for adoption and implementation in the United States	Tiffany E Shubert, Matthew Lee Smith, Marcia G. Ory, Cristine Clarke, Stephanie Bomberger, Ellen Roberts, Jan Busby- Whitehead
Developing an evidence-based fall prevention curriculum for community health workers	Julie Ann St. John, Tiffany E Shubert, Matthew Lee Smith, Cherie A. Rosemond, Doris Howell, Christopher Beaudoin, Marcia G. Ory
Effects of an evidence-based falls risk-reduction program on physical activity and falls efficacy among oldest-old adults	Jinmyoung Cho, Matthew Lee Smith, SangNam Ahn, Keonyeop Kim, Bernard Appiah, Marcia G. Ory
Gait speed among older participants enrolled in an evidence-based fall risk reduction program: A subgroup analysis	Jinmyoung Cho, Matthew Lee Smith, Tiffany E Shubert, Luohua Jiang, SangNam Ahn, Marcia G. Ory
The Conversion of a Practice-Based Lifestyle Enhancement Program into a Formalized, Testable Program: From Texercise Classic to Texercise Select	Marcia G Ory, Matthew Lee Smith, Doris Howell
Translation of Fit & Strong! for Middle-Aged and Older Adults: Examining Implementation and Effectiveness of a Lay-Led Model in Central Texas	Shinduk Lee, Marcia G. Ory, Alyson Zollinger, Kiran Bhurtyal, Luohua Jiang, Matthew Lee Smith
Adaptation of an evidence-based physical activity intervention, Fit & Strong!, promotes physical activity and well being in older cancer survivors	Jana Reynolds, Lorie Thibodeaux, Luohua Jiang, Kevin Francis, Angie Hochhalter
Adoption of Evidence-based Health Promotion Programs: Perspectives of early adopters of EnhanceFitness in YMCA-affiliated sites	Basia Belza, Miruna Petrescu-Prahova, Marlana Kohn, Christina E Miyawaki, Laura Farren, Grace Kline, Ann-Hilary Heston

Development and evaluation of a fidelity instrument for PEARLS	Laura Farren, Mark Snowden, Lesley Steinman, Maria Monroe-DeVita
CROSS-CUTTING PERSPECTIVES FOR EVIDENCE-BASED PROGRAMMING	
Perceived Utility of the RE-AIM Framework for Health Promotion/Disease Prevention Initiatives for Older Adults: A Case Study from the U.S. Evidence-Based Disease Prevention Initiative	Marcia G. Ory, Mary Altpeter, Basia Belza, Janet Helduser, Chen Zhang, Matthew Lee Smith
National Dissemination of Multiple Evidence-Based Disease Prevention Programs: Reach to Vulnerable Older Adults	Samuel D Towne, Matthew Lee Smith, SangNam Ahn, Mary Altpeter, Basia Belza, Kristie Kulinski, Marcia G. Ory
Healthcare Providers' Perceptions and Self-Reported Fall Prevention Practices: Findings from a Large New York Health System	Matthew Lee Smith, Judy A Stevens, Heidi Ehrenreich, Ashley Wilson, Richard J Schuster, Colleen O'Brien Cherry, Marcia G. Ory
CDC and YMCA: a promising partnership for delivering fall prevention programming	Heidi Ehrenreich, Maureen Pike, Katherine Hohman, Margaret Kaniewski, Matt Longjohn, Gaya Myers, Robin Lee
A Missing Piece in the Infrastructure to Promote Healthy Aging Programs: Education and Work Force Development	Janet Christine Frank
Effect of Physical Activity, Social Support and Skills Training on Late-Life Emotional Health: A Systematic Literature Review and Implications for Public Health Research	Mark B. Snowden, Lesley Steinman, Whitney L. Carlson, Kara N. Mochan, Ana F. Abraido-Lanza, Lucinda L. Bryant, Michael Duffy, Bob G. Knight, Dilip V. Jeste, Katherine H. Leith, Eric J. Lenze, Rebecca G. Logsdon, William A. Satariano, Damita J. Zweiback, Lynda A. Anderson
EvidenceToPrograms.com: A toolkit to support evidenced-based programming for seniors	Alan B Stevens, Richard McGhee, Marcia G Ory