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**High-level Criteria for Evidence-Based Health Promotion Programs for Older Adults**

Must meet all of the qualifications below:

* Demonstrated to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults.
* Undergone Experimental or Quasi-Experimental Design.
* Full translation has occurred in a community site.
* Dissemination products have been developed and are available to the public.

**Programs included**

Programs listed here are examples of programs that meet high level criteria. Other programs may meet criteria that are not included on this list. For questions on additional programs not listed here, please contact:

Angie Sullivan, MS, CHES

OAA Consultant- Health Promotion Specialist

Greater Wisconsin Agency on Aging Resources (GWAAR)

Office: 608-228-8081

angela.sullivan@gwaar.org

*Note: this list is regularly updated. For most up-to-date information, contact your Area Agency on Aging*

Active Choices

Active Living Every Day

A Matter of Balance

Arthritis Foundation Exercise Program

Arthritis Foundation Aquatics Exercise class

Arthritis Foundation Tai Chi Program

Arthritis Self-Management (Self-Help) Program

Better Choice, Better Health—Arthritis

Better Choice, Better Health—Diabetes

Better Choice, Better Health (online CDSMP)

Brief Intervention & Treatment for Elders (BRITE)

Care Transitions Intervention

Chronic Disease Self-Management Program (Living Well with Chronic Conditions)

Chronic Pain Self-Management Program

Community Stress Busting Program for Caregivers

Coping with Caregiving

Diabetes Self-Management Program (Healthy Living With Diabetes)

Enhance Fitness

Enhance Wellness

Falls Talk

FallScape

Fit and Strong!

Geri-Fit® Strength Training Workout

Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors)

Healthy Moves for Aging Well

Home Meds

IMPACT (Improving Mood-Promoting Access to Collaborative Treatment)

MedOptz

Mental Health First Aid (per SAMSA)

National Diabetes Prevention Program (NDPP)

New York University Caregiver Intervention (NYCI)

Positive Self-Management Program for HIV

Powerful Tools for Caregivers

Prevention and Management of Alcohol Problems in Older Adults (SBIRT program)

WISE (AODA/mental health)

Program of All Inclusive Care for the Elderly (PACE)

Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)

Programa de Manejo Personal de la Artritis (Spanish Arthritis Self-Management Program)

Programa de Manejo Personal de la Diabetes (Spanish Diabetes Self-Management Program)

Reducing Disability in Alzheimer’s Disease (RDAD)

Resources for Enhancing Alzheimer’s Caregiver Health II (REACH II)

SAVVY Caregiver

STAR Caregivers (STAR-C)

Stay Active and Independent for Life Strength and Balance Program (SAIL)

Stepping On

Stress-Busting Program for Family CaregiversStrong for Life

StrongBodies Strength Training Program (formerly StrongWomen)

Tai Chi: Moving for Better Balance

TCARE® Support System (Tailored Caregiver Assessment & Referral®)Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program)

Walk with Ease

Other examples (Wisconsin):

No Falls (Fall prevention program being done in Dane County, WI)

Tai Chi Fundamentals (if used under CDC guidelines for EB fall prevention Tai Chi)

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For more detail on the listed programs, see the following resources below:

National Council on Aging

<http://www.ncoa.org/improve-health/center-for-healthy-aging/>

Administration on Aging/Administration for Community Living

<http://www.aoa.acl.gov/AoA_Programs/hpw/index.aspx>

SAMSA

<http://www.nrepp.samhsa.gov/landing.aspx>

Wisconsin Institute for Healthy Aging

[www.wihealthyaging.org](http://www.wihealthyaging.org)