



**Evidence-Based Health Promotion for Older Adults:**  
*Collaborating with Community Partners*



**Resources on Specific Health Topics**

**I. Overview**

The Center for Healthy Aging has a comprehensive website which offers a myriad of examples of different Evidence-Based Healthy Promotion programs. They recommend that agency leaders also read, [“Using the Evidence Base to Promote Healthy Aging - Issue Brief 1, Revised Spring 2006”](#).

The programs listed below exemplify evidence-based health promotion for older adults because they have a combination of a strong science base and successful implementation within the community. More details about these programs can be found on the [National Council On Aging](#) (NCOA) website.

**II. Additional Resources**

**A. Diabetes**

- i. Klug, C., Toobert, D. J., Fogerty, M. (2008). [Healthy Changes for Living With Diabetes: An Evidence-Based Community Diabetes Self-management Program](#). The Diabetes Educator vol. 34 no. 6 1053-106

**B. Nutrition Programs**

- i. National Council on Aging - Center for Healthy Aging Model Aging and Communities: [Healthy Eating for Successful Living in Older Adults](#) (PDF)
- ii. American Heart Association. Preventive Nutrition Education for Cardiovascular Disease (PNE-CVD). [Following a Healthy Eating Plan](#)

**C. Alcohol/Substance Abuse**

- i. National Council on Aging - Center for Healthy Aging Model Aging and Communities: [Mental Health/Substance Abuse](#)

**D. Arthritis**

- i. Hughes, S. et al. (2003) [Impact of the Fit and Strong Intervention on Older Adults With Osteoarthritis](#). The Gerontologist vol44 issue 2: pp217-228. (Journal Access required)
- ii. National Council on Aging - Evidence-Based Program Summary: [Fit and Strong! Revised May 2010](#) (PDF)
- iii. Theis KA, Helmick CG, Hootman JM (2007) [Arthritis burden and impact are greater among U.S. women than men: intervention opportunities](#). Journal of Women's Health. Journal of Women's Health 16(4):441-53. (Journal Access Required)

**E. Alzheimer's' Disease**

- i. [Guideline for Alzheimer's Disease Management](#). California Workgroup on Guidelines for Alzheimer's disease Management. Final Report 2008 (PDF)