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

Resources on Additional Health Topics

County of Los Angeles Public Health
Office of Women's Health

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)