



Evidence-Based Interventions for Healthy Aging

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Community Dialogue on Healthy Aging: Emerging Issues

Los Angeles Alliance for Community Health & Aging

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Outline

- The importance of EBHPPs
- What makes them evidence-based
- Challenges in translating these practices into real world settings
- Some examples on translating programs to meet the needs of the community

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What is an Evidence-Based Health Promotion Program?

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These are programs that have been researched and proven to be effective in promoting health, preventing disease, and symptom management of chronic health conditions....

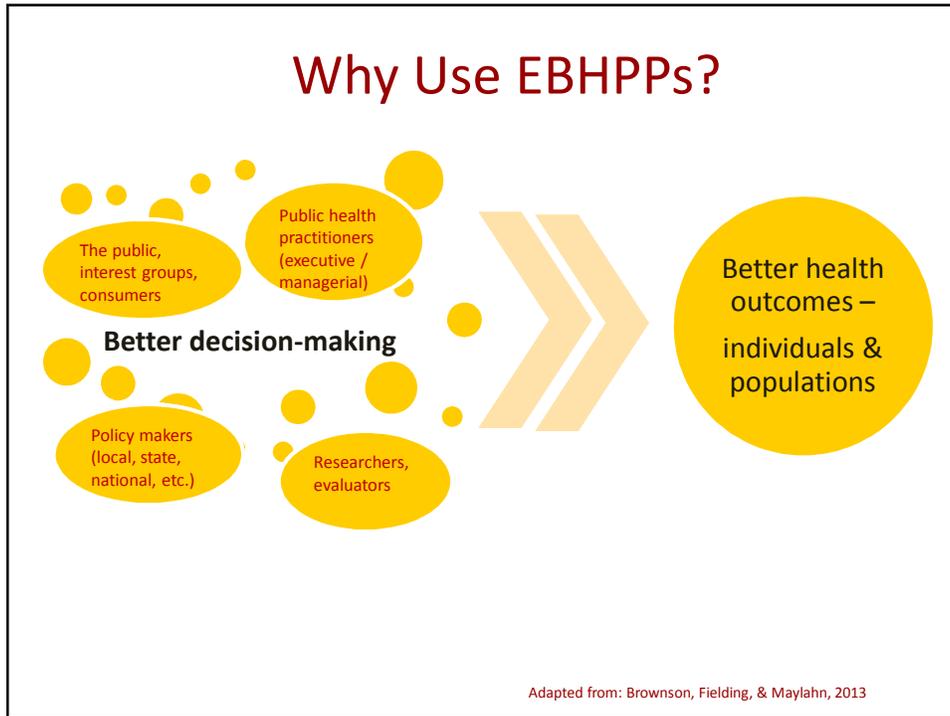
.....and that have integrated science and community participation.

GENERAL ASSUMPTIONS:

- People have some control over their health
- Empirical testing & rigor
- From a pilot study to large scale testing
- Confidence that if you implement one, you are implementing one that works
- Stakeholder and community preferences make a difference
- Widespread adoption can lead to better population health

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Positive Outcomes

QUALITY OF LIFE	DISABILITY	BEHAVIORAL Health	LOWER HEALTH CARE COSTS
<ul style="list-style-type: none"> • mobility • independence • pain 	<ul style="list-style-type: none"> • later onset • years of disability prior to death • Falls • medication errors 	<ul style="list-style-type: none"> • depressive symptoms • possible delays in loss of cognitive function • alcohol • medication misuse 	<ul style="list-style-type: none"> • hospital stays • emergency department • (possibly) decreased medical costs

Adapted from: <http://www.mnhero.org/wp-content/uploads/2013/05/130516-EBHP-Learn-to-Live-well-slides.pdf> (M. Hertel, 2013, Central Minnesota Council on Aging (Area Agency on Aging))

What makes a practice
“evidence-based?”

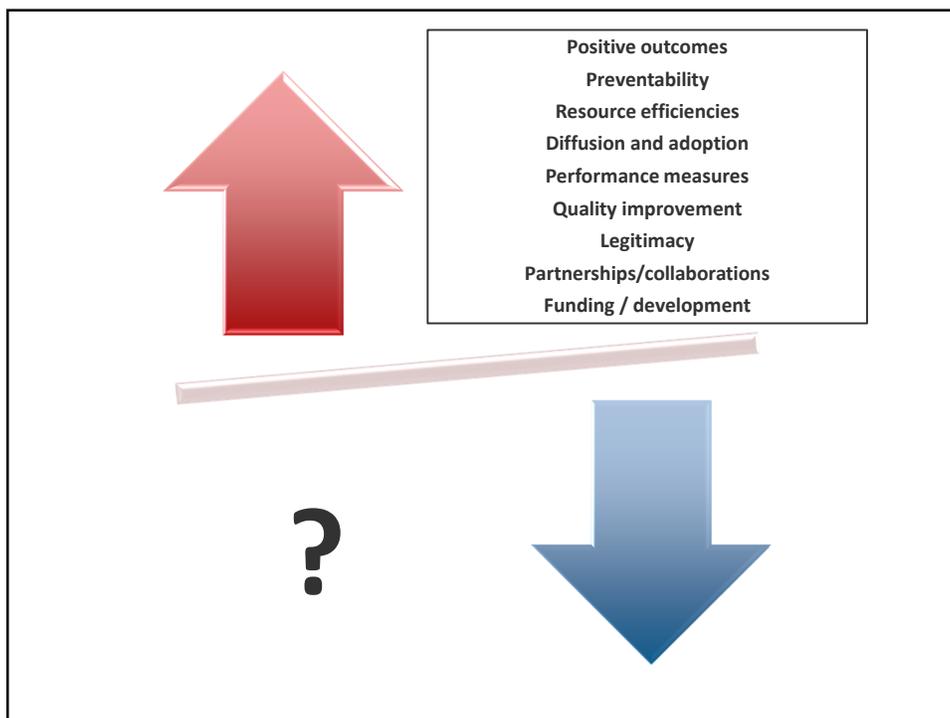
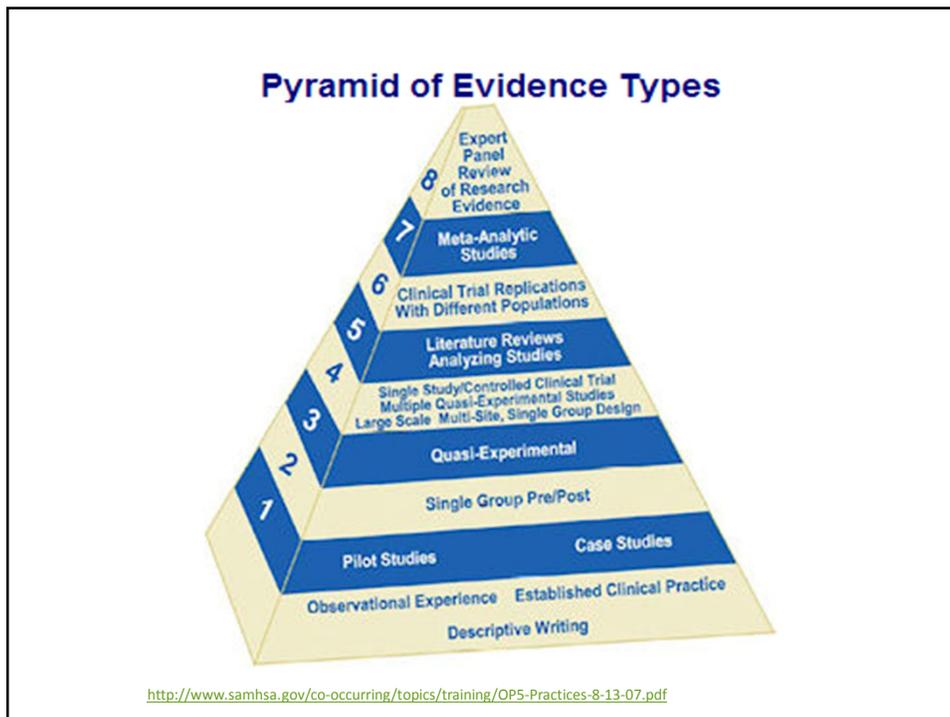
The program is successful.



It is published in “peer review” sources.



It is considered evidence-based vs. best practices.

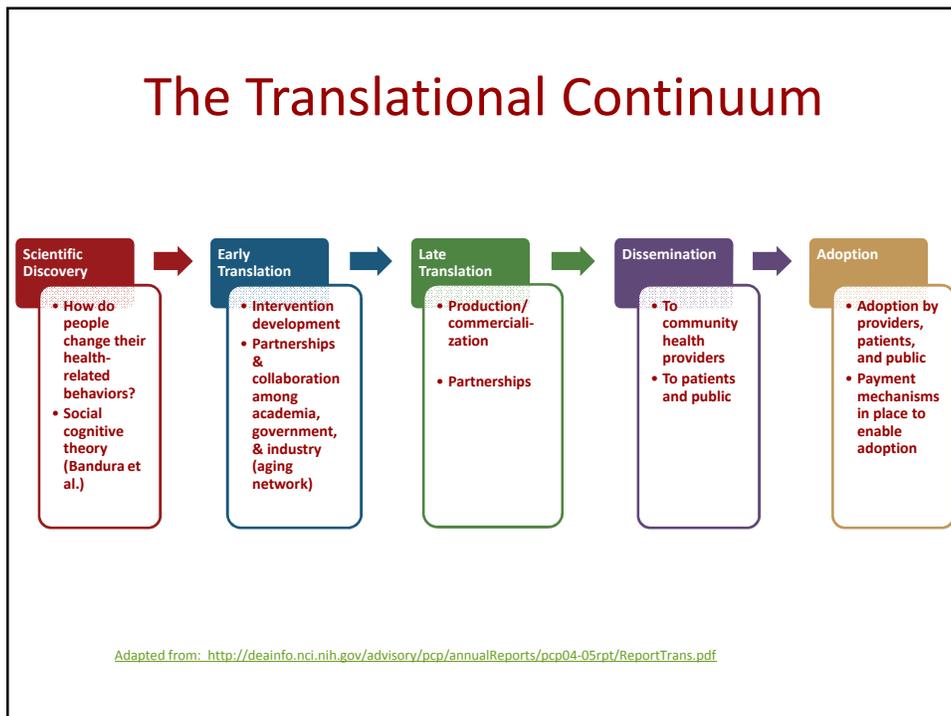
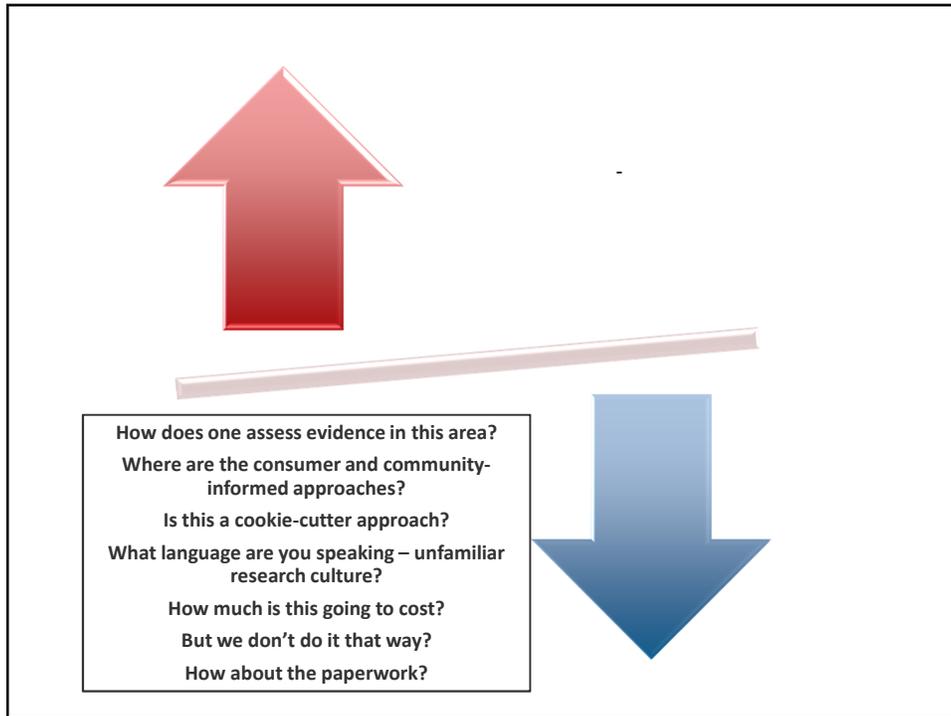


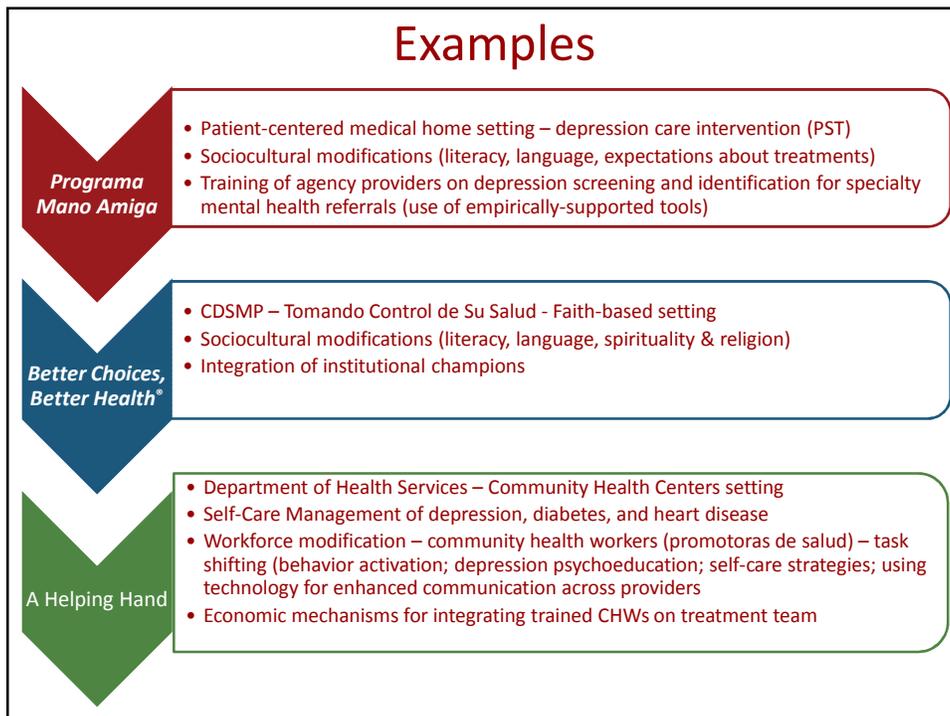
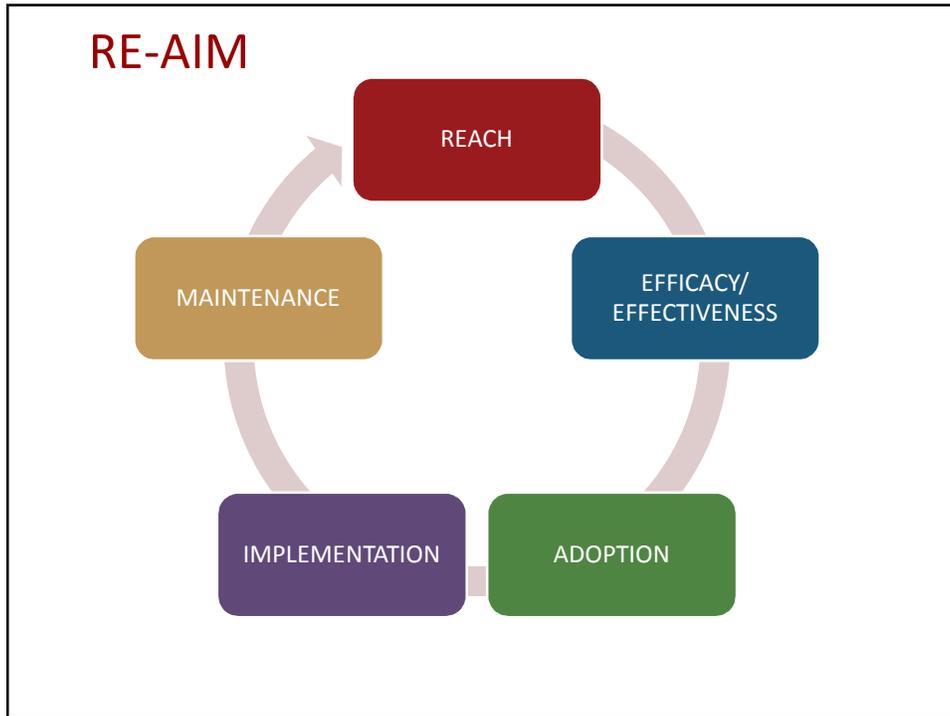
Common Components Across EBPs: *Stanford Patient Education Research Center - Chronic Disease Self-Management Program – Better Choices, Better Health® Workshop*



<http://patienteducation.stanford.edu/programs/cdsmp.html>
<http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/EBH-Promotion-101.pdf> (Ory, M. 2011).

What are some of the challenges?





Thank you.