



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



General Evidence-Based Health Promotion - Resources

I. Overview

Evidence-based health promotion (EBHP) is the process of developing, implementing, and planning health programs adapted from tested models or interventions to best address health issues in an ecological context. EBHP interventions are an effective way to test whether interventions are addressing intended targets, ensure program efficiency, and facilitate evaluation. Below, we have provided some general links that serve as a theoretical and practical foundation for starting your own evidence-based practice program for older adults in your community.

II. National Council on Aging (NCOA)

- A. Center for Healthy Aging: Model Health Programs for Communities. [Using the Evidence Base to Promote Healthy Aging: The Administration on Aging's Evidence-Based Prevention Programs for the Elderly Initiative](#) (PDF)
- B. Center for Healthy Aging: [Using the Evidence Base to Promote Healthy Aging](#) .
- C. Center for Healthy Aging: Online Training Modules. [Introduction to Health Promotion Programs for Older Adults Series](#)
- D. Center for Healthy Aging: [Financial Sustainability of Evidence-Based Programs: Strategies and Potential Sources of Financing](#)
- E. Center for Healthy Aging: [Partnering to Promote Healthy Aging: Creative Best Practice Community Partnerships](#)
- F. RE-AIM
 - i. Center for Healthy Aging: [RE-AIM for Program Planning: Overview and Applications](#)
 - ii. RE-AIM.org: <http://re-aim.org/>

II. Articles and Reports

- A. Bryant, L. L., Altpeter, M., & Whitelaw, N. A. (2006). [Evaluation Of Health Promotion Programs For Older Adults: An introduction](#). *The Journal of Applied Gerontology*, 25(3), 197-213. (PDF)
- B. Center for the Advancement of Health. (2006). [A New Vision of Aging: Helping older adults make healthier choices](#). Issue Briefing No. 2. (PDF)
- C. Centers for Disease Control and Prevention and The Merck Company Foundation. [The State of Aging and Health in America 2007](#) . Whitehouse Station, NJ: The Merck Company Foundation; 2007. (PDF)
- D. Chronic Disease Directors, National Association of State Units on Aging. (2003). [The aging states project: Promoting opportunities for collaboration between the public health and aging service networks](#) . (PDF)
- E. Glasgow, R. E., Klesges, L. M., Dzewaltowski, D. A., Bull, S. S., & Estabrooks, P. (2004). [The future of health behavior change research: What is needed to improve translation of research into health promotion practice?](#) *Annals of Behavioral Medicine*, 27(1), 3-12. (PDF). (Journal Access Required)
- F. Glasgow, R. E., Klesges, L. M., Dzewaltowski, D. A., Estabrooks, P. A., & Vogt, T. M. (2006). [Evaluating the impact of health promotion programs: Using the RE- AIM framework to form summary measures for decision making involving complex issues](#) . *Health Education Research*, 21(5), 688-694.

- G. Glasgow, R. E., Vogt, T. M., & Boles, S. M. (1999). [Evaluating The Public Health Impact Of Health Promotion Interventions: The RE-AIM Framework](#). *American Journal of Public Health*, 89(9), 1322-1327.
- H. National Council on Aging. (2001). [A National Survey of Health and Supportive Services in the Aging Network](#).
- I. Welch, H. G., & Lurie, J. D. (2000). [Teaching evidence-based medicine: Caveats and challenges](#). *Academic Medicine*, 75(3), 235-240. (Journal Access Required)

III. Additional Resources

- A. [Hartford Institute for Geriatric Nursing](#)
- B. [Improving Chronic Illness Care: The Chronic Care Model](#)
- C. [Portal of Geriatric Online Education](#) (Free database, username and password required)