

## Preserving independence evidence inventory

Prepared for 7/28/20 SAPA Priority Outcomes Work Team Meeting

### Preserving independence outcomes and preliminary potential indicators

Desired outcome	Indicator name	Indicator description (source/lead agency)
Improve chronic pain management	Functional limitations due to arthritis	<b>No strong state indicator. Monitor progress toward improved data collection and develop indicator.</b>
		Percent of people, ages 65 and older, who have arthritis that limits usual activities (BRFSS/ODH and ODA)
Reduce falls	Fall within last 12 months	Percent of adults, ages 65 and older, who report having had a fall within the last 12 months (BRFSS, as compiled by AHR Senior Report)

### Evidence sources

Evidence registry, systematic review or federal source of evidence-based strategies	Recommendation level(s) included in this inventory (if applicable)
<a href="#">What Works for Health (WWFH)</a> : Evidence registry from County Health Rankings and Roadmaps, a project of the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation	<ul style="list-style-type: none"> <li>Scientifically supported</li> <li>Some evidence</li> </ul>
<a href="#">The Guide to Community Preventive Services (Community Guide)</a> : Systematic reviews from the U.S. Centers for Disease Control and Prevention (CDC)	Recommended
<a href="#">National Council on Aging (NCOA), Evidence-Based Health Promotion/Disease Prevention Programs</a> : List of evidence-based health promotion/disease prevention programs approved for Older American's Act Title III-D funding	N/A
<a href="#">Administration for Community Living (ACL), Aging and Disability Evidence-Based Programs and Practices</a> : Collection of evidence-based programs and practices that address older adult health and wellness, long-term services and supports, and caregiver and family support	N/A
<a href="#">U.S. Preventive Services Task Force Recommendations (USPSTF)</a> : Systematic reviews from the Agency for Healthcare Research and Quality	<ul style="list-style-type: none"> <li>Grade A (recommended; high certainty of benefit)</li> <li>Grade B (recommended; moderate certainty of benefit)</li> </ul>

**Table 1. SAPA preserving independence outcomes: Chronic pain management**

<b>Strategy/policy/program</b> <b>Orange</b> = Likely to reduce disparities, based on review by WWFH, or health equity strategy in Community Guide	<b>Outcomes</b> Note: for WWFH, Bold= expected beneficial outcomes; unbold= other potential beneficial outcomes; * = other potential beneficial outcome listed in research	<b>Included in 2020 - 2022 SHIP?</b>
<b>Chronic disease management</b>		
<b>1. <a href="#">Chronic disease and pain management programs</a>,</b> including managing osteoarthritis	WWFH <ul style="list-style-type: none"> <li>• <b>Improved health outcomes</b></li> <li>• <b>Improved quality of life</b></li> <li>• <b>Improved mental health</b></li> <li>• <b>Reduced hospital utilization</b></li> </ul>	<b>Yes</b>
<b>2. <a href="#">Chronic disease self-management programs</a>,</b> including managing chronic pain and osteoarthritis	WWFH <ul style="list-style-type: none"> <li>• <b>Improved health outcomes</b></li> <li>• <b>Increased healthy behaviors</b></li> <li>• <b>Improved quality of life</b></li> <li>• <b>Increased self-efficacy</b></li> <li>• Improved mental health</li> <li>• Reduced hospital utilization</li> <li>• Improved chronic disease management</li> <li>• Improved care for chronic conditions</li> </ul>	<b>No</b>
<b>3. <a href="#">Better Choices, Better Health – Chronic Disease</a>,</b> an online chronic disease self- management program	NCOA <ul style="list-style-type: none"> <li>• Improved management of chronic health conditions</li> <li>• Reduced arthritic pain*</li> </ul>	<b>No</b>
<b>4. <a href="#">Live Healthy, Work Healthy</a>.</b> a workplace chronic disease self- management program	NCOA <ul style="list-style-type: none"> <li>• Improved management of chronic health conditions, including arthritis, hypertension, heart disease, stroke, lung disease and diabetes*</li> </ul>	<b>No</b>
<b>Physical activity</b>		
<b>5. <a href="#">AEA Arthritis Foundation Aquatic Program (AFAP)</a></b>	NCOA <ul style="list-style-type: none"> <li>• Increased social interaction</li> <li>• Improved quality of life</li> <li>• Reduced pain/inflammation</li> <li>• Improved joint function</li> <li>• Increased muscular strength</li> </ul>	<b>No</b>
<b>6. <a href="#">AEA Arthritis Foundation Exercise Program (AFEP)</a></b>	NCOA <ul style="list-style-type: none"> <li>• Increased sense of well-being</li> <li>• Improved quality of life</li> <li>• Reduced pain/inflammation</li> <li>• Improved joint function</li> <li>• Increased muscular strength</li> </ul>	<b>No</b>

7. <a href="#">Tai Chi for Arthritis</a>	NCOA/ACL <ul style="list-style-type: none"> <li>Improved movement, balance, strength, flexibility and relaxation</li> <li>Decreased pain and falls</li> </ul>	No
8. <a href="#">Walk with Ease</a> , a group and self-directed walking and education program	NCOA <ul style="list-style-type: none"> <li>Reduced pain and discomfort of arthritis</li> <li>Increased balance and strength</li> <li>Improved confidence in the ability to be physically active</li> <li>Improved overall health among older adults</li> <li>Decreased disability</li> <li>Improved arthritis symptoms, self-efficacy, and perceived control, balance, strength and walking pace</li> </ul>	No
9. <a href="#">Fit &amp; Strong!</a> , a multi-component physical activity program for older adults with osteoarthritis	NCOA/ACL <ul style="list-style-type: none"> <li>Improved lower-extremity osteoarthritis management</li> <li>Increased lower extremity strength</li> </ul>	No

**Table 2. SAPA preserving independence outcomes: Falls**

Strategy/policy/program <b>Orange</b> = Likely to reduce disparities, based on review by WWFH, or health equity strategy in Community Guide	Outcomes Note: for WWFH, Bold= expected beneficial outcomes; unbold= other potential beneficial outcomes	Included in 2020-2022 SHIP?
<b>Physical activity</b>		
1. <a href="#">Activity programs for older adults</a>	WWFH <ul style="list-style-type: none"> <li><b>Improved health outcomes</b></li> <li><b>Improved mental health</b></li> <li><b>Reduced isolation</b></li> <li><b>Improved quality of life</b></li> <li>Increased activity levels</li> <li>Reduced falls</li> </ul>	Yes
2. <a href="#">Falls Prevention in Community-Dwelling Older Adults: Exercise Interventions</a>	USPSTF <ul style="list-style-type: none"> <li>Reduced falls</li> </ul>	No
3. <a href="#">Enhance®Fitness</a>	NCOA/ACL <ul style="list-style-type: none"> <li>Reduced fall risk</li> <li>Improved functional health and well-being</li> <li>Reduced depressive symptoms</li> <li>Reduced health care costs</li> </ul>	No
4. <a href="#">Healthy Steps in Motion (HSIM)</a>	NCOA	No

	<ul style="list-style-type: none"> <li>• Reduced falls and injuries resulting from falls</li> <li>• Improved overall health</li> </ul>	
5. <a href="#">The Otago Exercise Program</a> , series of strength and balance exercises delivered by a physical therapist in the home	<p>NCOA</p> <ul style="list-style-type: none"> <li>• Increased strength, balance and endurance</li> <li>• Reduced falls</li> </ul>	<b>No</b>
6. <a href="#">Stay Active and Independent for Life (SAIL)</a>	<p>NCOA</p> <ul style="list-style-type: none"> <li>• Reduced falls and risk factors for falls</li> <li>• Increased strength</li> <li>• Improved balance</li> </ul>	<b>No</b>
7. <a href="#">Bingocize®</a> , a 10-week program that is a combination of exercise and health education in a bingo format	<p>NCOA</p> <ul style="list-style-type: none"> <li>• Improved functional performance including lower/upper body strength, gait, balance, range of motion</li> <li>• Improved aspects of cognition (executive function)</li> <li>• Increased social engagement</li> <li>• Improved knowledge of falls risk reduction</li> <li>• Improve health activation</li> </ul>	<b>No</b>
8. <a href="#">Tai Chi, including Tai Chi for Arthritis, Tai Chi Prime and Moving for Better Balance</a>	<p>NCOA</p> <p>Tai Chi for Arthritis</p> <ul style="list-style-type: none"> <li>• Improved movement, balance, strength, flexibility and relaxation</li> <li>• Decreased pain and falls</li> </ul> <p>Tai Chi Prime</p> <ul style="list-style-type: none"> <li>• Reduced falls</li> <li>• Improved strength, balance, balance confidence and gait/mobility</li> <li>• Improved cognitive skills</li> </ul> <p>Tai Chi: Moving for Better Balance</p> <ul style="list-style-type: none"> <li>• Reduced falls</li> <li>• Increased functional balance</li> <li>• Improved mobility</li> </ul>	<b>No</b>
<b>Falls prevention education and self-management</b>		
9. <a href="#">A Matter of Balance (MOB)</a>	<p>NCOA</p> <ul style="list-style-type: none"> <li>• Reduced fall risk and fear of falling</li> <li>• Improved falls self-management</li> <li>• Improved falls self-efficacy and promote physical activity</li> </ul>	<b>No</b>

<p>10. <a href="#">CAPABLE (Community Aging in Place – Advancing Better Living for Elders)</a></p>	<p>NCOA</p> <ul style="list-style-type: none"> <li>• Reduced fall risk</li> <li>• Reduced fear of falling</li> </ul>	<p>No</p>
<p>11. <a href="#">FallsTalk</a></p>	<p>NCOA</p> <ul style="list-style-type: none"> <li>• Increased falls prevention behaviors and falls self-management skills</li> <li>• Improved recognition of fall threats (personal traits and circumstances that could cause a fall) &amp; self-efficacy</li> <li>• Reduced participant falls and fall risk</li> </ul>	<p>No</p>
<p>12. <a href="#">FallScope</a></p>	<p>NCOA</p> <ul style="list-style-type: none"> <li>• Increased falls prevention behaviors and falls self-management skills</li> <li>• Improved recognition of fall threats (personal traits and circumstances that could cause a fall) &amp; self-efficacy</li> <li>• Enhanced fall threat recognition and prevention behaviors with multimedia</li> <li>• Reduced participant falls and fall risk</li> </ul>	<p>No</p>
<p>13. <a href="#">Healthy Steps for Older Adults (HSOA)</a></p>	<p>NCOA/ACL</p> <ul style="list-style-type: none"> <li>• Increased awareness of risk of falls</li> <li>• Reduced falls</li> <li>• Reduced frequency of self-reported hospital and emergency department (ED) use</li> <li>• Reduced costs associated with hospital and ED use</li> </ul>	<p>No</p>
<p>14. <a href="#">Stepping On</a></p>	<p>NCOA</p> <ul style="list-style-type: none"> <li>• Reduced falls</li> <li>• Increased self-confidence in making decisions and behavioral change in situations where older adults are at risk of falling</li> </ul>	<p>No</p>
<p><b>Care coordination</b></p>		
<p>15. <a href="#">Integrated long-term care for community-dwelling frail elders</a></p>	<p>WWFH</p> <ul style="list-style-type: none"> <li>• <b>Reduced hospital utilization</b></li> <li>• <b>Improved day-to-day functioning</b></li> <li>• <b>Reduced nursing home use</b></li> <li>• <b>Increased caregiver satisfaction</b></li> <li>• Reduced falls</li> <li>• Improved quality of life</li> </ul>	<p>No</p>
<p><b>Risk assessment and interventions</b></p>		

<p>16. <a href="#">STEADI (Stopping Elderly Accidents, Deaths &amp; Injuries)</a></p>	<p>CDC</p> <ul style="list-style-type: none"> <li>• Increased screening for fall risk</li> <li>• Reduced falls</li> <li>• Improved health outcomes</li> <li>• Reduced healthcare expenditures</li> </ul>	<p><b>No</b></p>
<p>17. <a href="#">Multi-component fall prevention interventions for older adults</a></p>	<p>WWFH</p> <ul style="list-style-type: none"> <li>• <b>Reduced falls</b></li> <li>• Reduced injuries</li> </ul>	<p><b>No</b></p>
<p>18. <a href="#">Risk assessments &amp; personalized approaches to fall prevention among older adults</a></p>	<p>WWFH</p> <ul style="list-style-type: none"> <li>• <b>Reduced falls</b></li> <li>• Reduced injuries</li> </ul>	<p><b>No</b></p>

**Strategy selection criteria**

- Evidence of effectiveness
- Potential size of impact on SAPA outcomes, including equity
- Co-benefits (impacts multiple SAPA outcomes)
- Opportunities given current status
- Alignment with the 2020-2022 SHIP

**Relevant state plans and other resources**

- [Ohio Older Adults Falls Prevention Coalition 2017 to 2021 State Plan](#)
- [STEADY U Ohio initiative](#), led by the Ohio Department of Aging
- [The Impact of Chronic Disease in Ohio 2015](#) report, Ohio Department of Health
- [Ohio's Plan to Prevent and Reduce Chronic Disease: 2014-2018](#), Ohio Department of Health