



U.S. Department of Health and Human Services  
**Agency for Healthcare Research and Quality**  
and the  
Administration on Aging  
Centers for Disease Control and Prevention  
National Institute on Aging  
Centers for Medicare and Medicaid Services



*Present*

## **Evidence-Based Disability and Disease Prevention for Elders: Translating Research into Community-Based Programs**

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**A Workshop for State and Local Teams**

*The Allegro Hotel  
Chicago, Illinois  
December 6-7, 2004*

**Monday, December 6, 2004**

**Session 1: Welcome, Introductions, and Overview**

**Date and time: Monday, December 6, 8:30 a.m. – 9:15 a.m.**

**Presenters:** Christine G. Williams, M.Ed.  
Director  
Office of Communications and Knowledge Transfer  
Agency for Healthcare Research and Quality (AHRQ)  
U.S. Department of Health and Human Services  
Rockville, MD

John Wren  
Director, Center for Planning and Policy Development  
Administration on Aging (AoA)  
U.S. Department of Health and Human Services  
Washington, DC

Robert L. Mollica, Ed.D.  
Senior Program Director  
National Academy for State Health Policy  
Portland, ME

**Content:** During this session, presenters will describe the objectives and content of the workshop and participants will introduce themselves.



**Session 2:**                   **Setting the Stage: Evidence-Based Practice – Why Should We Care? And How Much Is Enough?**

**Date and time:**           **Monday, December 6, 9:15 a.m. – 10:15 a.m.**

**Presenters:**               Lynda A. Anderson, Ph.D.  
Senior Health Scientist and  
Acting Chief, Health Care and Aging Studies  
Division of Adult and Community Health  
National Center for Chronic Disease Prevention and Health Promotion  
Centers for Disease Control and Prevention (CDC)  
U.S. Department of Health and Human Services  
Atlanta, GA

Janelle Guirguis-Blake, M.D., M.P.H.  
Project Director, US Preventive Services Task Force  
Center for Primary Care, Prevention and Clinical Partnerships/AHRQ

**Content:**                   Drs. Anderson and Guirguis-Blake will set the stage for evidence-based practice and the sessions that follow. They will introduce the concept of evidence-based practice in health promotion and disease prevention and discuss the types and levels of evidence policymakers, organizations, and practitioners would benefit from before deciding to implement a program. They will also explore the potential implications for program evaluation.

**Session 3:**                   **How Research Findings Can Be Applied Locally: Practical Examples**

**Date and Time:**           **Monday, December 6, 10:30 a.m. – 12:00 noon**

**Presenters:**               Dorothy Baker, M.S.N., Ph.D.  
Research Scientist  
School of Medicine  
Yale University  
New Haven, CT

Cheryl Rucker-Whitaker, MD, MPH  
Assistant Professor  
Department of Preventive Medicine  
Rush University Medical Center  
Chicago, IL

**Content:**                   Appropriate information and technology can help consumers reduce risk, manage chronic conditions and improve their health status while decreasing utilization of health care resources. During this session, the pathway from clinical trials and cost effectiveness to implementation and the importance of a “business plan” to weave the evidence into practice will be discussed. The Stanford Chronic Disease Self-Management Program for training local leaders conducting training for people with chronic conditions will be discussed as an example of translating findings into practice.



**Session 4: Techniques for Developing Local Programs**

**Date and Time:** Monday, December 6, 12:45 p.m. – 1:45 p.m.

**Presenter:** Nancy Whitelaw, Ph.D.  
Director, Center for Healthy Aging  
National Council on the Aging  
Washington, DC

**Content:** Dr. Whitelaw will discuss the importance of examining community or regional epidemiological data to identify populations at risk and presents the RE-AIM model (reach, efficacy/effectiveness, adoption, implementation and maintenance) for designing, planning and evaluating programs to reduce risk at the community level.

**Session 5: How to Make a New Program Last**

**Date and Time:** Monday, December 6, 1:45 p.m. – 2:45 p.m.

**Speaker:** Marcia Ory, M.P.H., Ph.D.  
Professor  
Social and Behavioral Health  
School of Rural Public Health  
Texas A&M University  
College Station, TX

**Content:** A major challenge to the development of evidence-based programs is sustaining their operation over time. During this session, the speaker will distinguish different definitions of sustainability, review what is known about the characteristics of organizations that successfully sustain new initiatives – leadership, financing, organization structure, governance, marketing and evaluation/research and describe what communities can do to plan for sustainability of new programs.

**Session 6: Replicating the Chronic Disease Management through a Medicaid Program**

**Date and Time:** Monday, December 6, 3:00 p.m. – 4:00 p.m.

**Presenter:** Melanie Bella  
Director, Office of Medicaid Policy and Planning  
Indiana Family and Social Services Administration  
Indianapolis, IN

**Content:** Ms. Bella will present a disease management program developed through a partnership between the State Medicaid program and the Department of Public Health for persons with diabetes, asthma, congestive heart failure, hypertension and recipients who are at high risk of chronic disease. The goal of the Indiana Chronic Disease Management Program (ICDMP) is to build a comprehensive, locally based infrastructure that is sustainable and that will strengthen the existing public health infrastructure and help improve quality of health care in all populations. The program uses the Chronic Care Model to achieve its goals.



**Session 7: Break Out Session for State Teams**

**Date and Time:** 4:00 p.m. – 5:00 p.m.

**Content:** State teams will have time to discuss how team members might develop or expand initiatives and how the material presented during the day might be used at the State and community level.

**Tuesday, December 7, 2004**

**Session 8: Comprehensive Promotion and Prevention Campaigns**

**Date and Time:** Tuesday, December 7, 8:30 a.m. – 10:00 a.m.

**Presenters:** Pamela Piering  
Director, Aging and Disability Services  
Human Services Department  
City of Seattle  
Seattle, WA

James P. LoGerfo, M.P.H., M.D.  
Professor, Medicine and Health Services  
Health Promotion Research Center  
School of Public Health and Community Medicine  
University of Washington  
Seattle, WA

**Content:** Working closely with the Healthy Aging Network partner, the Seattle Human Services Department has created a vision for developing thematic, evidence-based programs to promote “Healthy Aging.” During this session, a comprehensive plan to redesign and market programs to promote disease prevention and healthy lifestyles and its partnership with the Healthy Aging Network will be discussed along with the role and activity of CDC’s Healthy Aging Network.

**Session 9: Implementing Evidence-Based Models Locally – Lessons Learned in Disease Prevention**

**Date and Time:** Tuesday, December 7, 10:15 a.m. – 11:45 a.m.

**Presenters:** Michaela Fogerty  
Diabetes Project Coordinator  
Elders in Action  
Portland, OR

Bethea Eichwald  
Planner  
Planning and Development  
Philadelphia Corporation for the Aging  
Philadelphia, PA



Nora Barkey  
Contract Coordinator  
Area Agency on Aging of Western Michigan  
Grand Rapids, MI

**Content:** Panel members will discuss adaptations and lessons learned during the implementation of the various evidence-based self-management programs including the Chronic Disease Self-Management Program model in two sites and an education and support program for the day-to-day self-management of diabetes. Speakers will address the challenges serving minority populations.

**Session 10:** **Using Evidence to Develop Physical Fitness Programs**

**Date and Time:** **Tuesday, December 7, 12:45 p.m. – 2:30 p.m.**

**Presenters:** David M. Buchner, M.D.  
Chief, Physical Activity and Health Branch  
National Center for Chronic Disease Prevention and Health Promotion (CDC)

Marcia Ory  
Texas A&M

Susan L. Hughes, D.S.W.  
Co-Director  
Center for Research on Health and Aging  
Institute for Health Research and Policy  
University of Illinois at Chicago  
Chicago, IL

**Content:** While there are many different physical activity programs being offered in the community, programs can be characterized by their essential components. The essential elements of behaviorally-based physical activity programs will be presented. Criterion for selection of evidence-based programs in the “Active for Life” Program will be highlighted, and characteristics of these programs will be reviewed. The speakers will discuss issues in translating research into practice.

**Session 11:** **“Staying Healthy over 50”**

**Date and Time:** **Tuesday, December 7, 2:45 p.m. – 3:15 p.m.**

**Presenters:** Tricia L. Trinité, M.S.P.H., APRN  
Director, Prevention Implementation  
Center for Primary Care, Prevention and Clinical Partnerships/AHRQ

**Content:** This speaker will present U.S. Preventive Services Task Force evidence-based recommendations for preventive services for elders and highlight AHRQ’s “Staying Healthy Over 50” materials.



**Session 12: Break Out Session for State Teams**

**Date and Time:** Tuesday, December 7, 3:15 p.m. – 4:00 p.m.

**Content:** State teams will meet to review the information presented during the workshop and to consider how the information can be implemented at the State and community level.

**Session 13: Next Steps**

**Date and Time:** Tuesday, December 7, 4:00 p.m. – 5:00 p.m.

**Facilitators:** Christine G. Williams, M.Ed.  
AHRQ

Robert Mollica  
NASHP

**Content:** Participants will be asked to describe the strategies, tactics and actions they will take at State and community levels to support implementation of evidence-based activities and to identify steps Federal agencies might consider that support State and local efforts.