



# Age + Action

June 17–20, 2019 | Washington, DC

**ncoa**  
National Council on Aging

**From Research to practice to people: *Building Better Bridges for Healthy Aging***

Ashley Wilson, Cindy Quinn, Matthew Smith and Shannon Myers,  
June 18, 2019

#AgeAction2019 | #WeAgeWell

# **FROM RESEARCH TO PRACTICE TO PEOPLE:**

*BUILDING BETTER BRIDGES FOR HEALTHY AGING*

**AGE+ACTION**  
*JUNE 17-20, 2019*  
*WASHINGTON DC*

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**Matthew Smith**

*CPHA Co-Director*



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Center for Population  
Health and Aging

# CENTER FOR POPULATION HEALTH AND AGING

- Board of Regents Approved Center, November 2016
- More than 50 Faculty Affiliates internationally
- About 15 staff, students, and post-doctoral fellows



<https://cpha.tamhsc.edu/>

# CENTER FOR POPULATION HEALTH AND AGING

## Vision

- To create a national center of excellence in healthy aging by providing a coordinated focus for research and practice on strategies for understanding and promoting successful aging

## Mission

- To identify biological, social, behavioral, technological, and environmental determinants and solutions across the life-course

## Thoughts

- “It’s never too early to intervene...but, it is also never too late for health promotion/disease prevention interventions”



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# CENTER FOR POPULATION HEALTH AND AGING

## CENTER GOALS

- To promote population health and successful aging through innovations in research, education and practice
- To provide expertise in evidence-based health and wellness programs
- To provide evaluation and technical assistance to our partnering organizations



ATM | CENTER FOR POPULATION  
HEALTH AND AGING  
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#ActiveForLife

"AGE IS AN ISSUE OF  
MIND OF MATTER

IF YOU DON'T MIND,  
IT DOESN'T MATTER."

Mark Twain, Author

# C4: CAMPUS CLINICAL COMMUNITY CORPORATE COLLABORATION

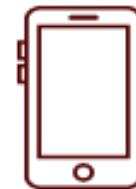
CPHA serves as the focal point for several research, education, and practice initiatives that can change the way older adults are viewed, challenging negative stereotypes.



Building healthy communities



Geriatric care



Mobile health technologies



Community & worksite wellness



Economics & policy



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# C4: CAMPUS CLINICAL COMMUNITY CORPORATE COLLABORATION

**“C” is for  
Campus**

- Texas A&M
- AgriLife Extension
- Architecture
- Bush School
- Education
- Engineering
- Health Science Center
- Liberal Arts
- Transportation Institution
- Veterinary Medicine
- Wellness Works

**“C” is for  
Clinical**

- Baylor Scott & White
- CHI St. Joseph
- College Station Medical Center
- Health for All
- HealthPoint
- Houston Methodist
- Memorial Herman
- TAMU Physicians

**“C” is for  
Community**

- Area Agencies on Aging
- ADRCs
- Independent Living
- Cities of Bryan, College Station, and Houston
- Healthy South Texas
- Local retirement and assisted living facilities
- Texas Health & Human Services
- Texas Active for Life Coalition
- Baker Ripley
- Health Departments

**“C” is for  
Corporate**

- Theora Care
- Insurance Companies
- United Health Care
- WellMed Charitable Foundation
- Pfizer
- Lily
- Novo Nordisk
- Birkeland Current



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# CURRENT CDSME PROGRAMS



## Diabetes Self-Management

- Meal planning
- Reading food labels
- Weight management
- Physical activity

## Chronic Disease Self-Management

- Dealing with difficult emotions
- Communicating with your healthcare team
- Medication Management

## Chronic Pain Self- Management

- Pacing and Planning
- Moving Easy exercise program
- Avoiding addiction
- Managing difficult emotions

## Self-Management at Work

- Work/Life Balance
- Managing Stress
- Communication with co-workers and family
- Medication

<https://www.selfmanagementresource.com/programs/small-group/>



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# Other *Active for Life*<sup>®</sup> Programs

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A Matter of Balance

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Texercise Select

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Fit & Strong

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Stress-Busting for Family Caregivers

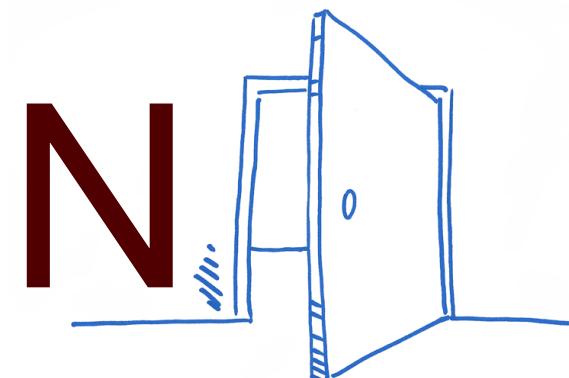
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Workplace Chronic Disease Self-Management



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CPHA POLICY



WRONG  
DOOR



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# HEALTHY TEXAS DIABETES INITIATIVE

## *Making Moves* WITH DIABETES

**8 hours of class, 1 year of support, a lifetime of health.**

Classes led by RN or RD with support



Free blood glucose monitor



Free quarterly A1C



Individualized meal plan



Ongoing education and support

<https://cpha.tamhsc.edu/workshops/diabetes.html>



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# COLLABORATION HISTORY

- Clinical-Community Collaborations shift in thinking
- CHI St. Joseph Mature Well were current partners for CDSME programs
- Informed CHI St. Joseph about new program and make educator introduction
- Invited CHI St. Joseph staff to attend the workshop
- CHI St. Joseph requested meeting to adopt MMWD
- Bi weekly meetings to create a ‘Diabetes Community of Care



# COMMUNITY OF CARE PROGRESS

- All Active for Life programs listed on CHI St. Joseph website
- Referrals to program from healthcare team members
- Co-branded marketing materials
- Sharing of workshop leaders
- Sharing costs
- Benefits for non-CHI participants such as visit with dietician, WELLFit gym membership, walk with a doc, grocery store visit

# ACADEMIC PARTNERSHIPS: WHO BENEFITS MOST?

COMMUNITY	ACADEMIC
Funding for organization (operating & staff)	Letters of support for grant
Utilize TAMU brand (part of something ‘bigger’)	Test site and population
Free program licenses and trainings	Established community relationships (trust)
Offer EBPs free-of-charge (materials covered)	Quality implementation with fidelity
Professional development and support	Data and publications
Leverage for additional disease management funding	Opportunities for future projects and funding
Community cohesion & better health	



# ACADEMICS BRING VALUE



- Identify community need and appropriate solutions
- Strengthen and expand community partnerships
- Bring additional legitimacy to programs
- Offer professional development for community members
- Obtain grant funding (offsetting operation costs)
- Access to inexpensive labor (students and interns)
- Establish and expand delivery infrastructure
- Select variables for most impactful evaluation
- Perform statistical analyses and publish findings (establish evidence)
- Sustain the presence of programs
- Use successes to expand initiatives (same or different topic)



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# APPEALING TO ACADEMIC PARTNERS

## Curricula Vitae enhancement = Currency

- Official titles and roles
- Publications in peer-reviewed scholarly journals
- Funding (immediate or in the future)

## Explore various disciplines

- Public health, nursing, medicine, pharmacy, education, social work...

## Appeal to their interests

- Meaningful and impactful work

## Create a win-win-win scenario

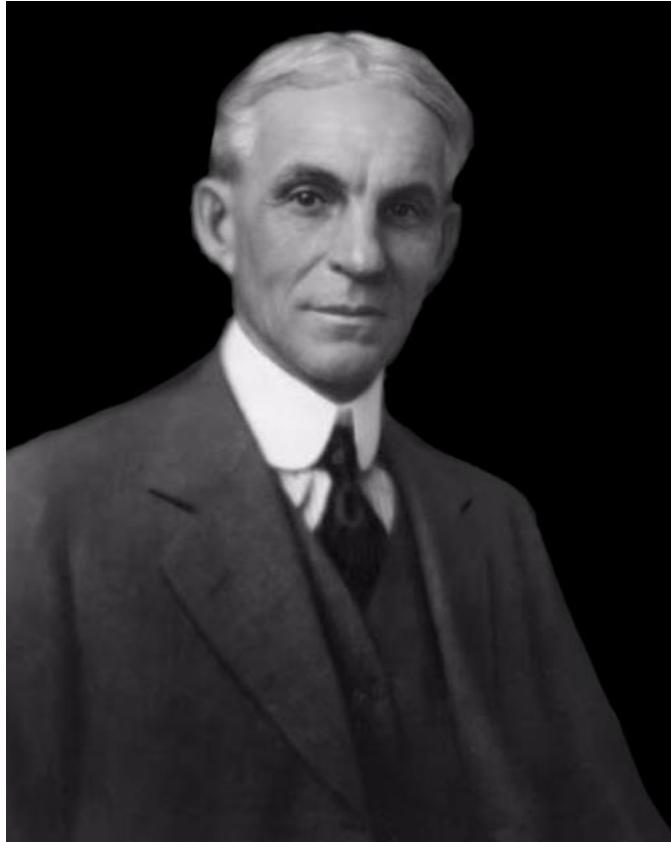
- Community benefit
- Formal partnership (\$ not necessary, but bonus)
- Access to participants and data

## Establish a true partnership (no ‘boss’ in the room)



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# QUESTIONS?



Coming together is a **beginning**,  
staying together is **progress**,  
and working together is **success**.

*- Henry Ford*

Goalcast



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# From Research, to Practice, to People:

## Wisconsin's Health Promotion Landscape

*Presenter: Shannon Myers  
Community Research Associate  
Faculty Trainer  
Director of Program Implementation*

**CAARN**  
Community Academic  
Aging Research Network

 **wiha**  
Wisconsin Institute  
for Healthy Aging

# What is WIHA?

Non-profit 501(c)(3) clearinghouse of evidence-based prevention programs in Wisconsin

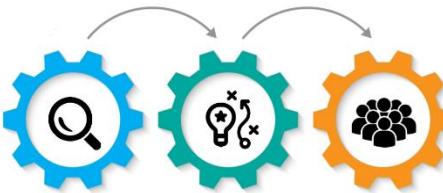
Partnership between public and private organizations

**Mission:** To spread evidence-based programs to communities throughout Wisconsin to encourage healthy living and healthy aging



# WIHA Partnerships

From Research, to Practice, to People



## Academic Researchers



From the University of Wisconsin School of Medicine & Public Health, Pharmacy, Nursing, Psychology, Engineering, and other disciplines

## Wisconsin State Public Health & Aging Policy Agencies



Wisconsin Division of Public Health's Bureau of Aging and Disability Resources and the Bureau of Community Health Promotion

## Community Organizations



Local aging offices and Aging & Disability Extension offices, senior service providers, public health agencies, senior centers, senior dining programs, senior housing facilities, fitness centers, culture-focused groups, disability agencies, faith-based organizations, and more.

## Health Care and Related Organizations



Health care providers and payers including hospitals, clinics, health systems, and health insurers

# CAARN to WIHA

**Research** → **Practice** → **People**

**CAARN**  
Community Academic  
Aging Research Network



**wiha**  
Wisconsin Institute  
for Healthy Aging

# Why does CAARN exist?

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The Community-Academic Aging Research Network (CAARN):

1. Brings together academic researchers and community partners in order to conduct clinical and dissemination research related to healthy aging.
2. Meet community needs and programming gaps.
3. Facilitate the evidence-based process.

# CAARN Research Focus Areas

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- Fall Prevention
- Physical Activity and Musculoskeletal Health
- Dementia
- Medication Management
- Mental Health
- Chronic Disease Management
- Caregiver Support
- Communication with Health Care Providers
- Overall Healthy Aging

# Key Components of Success

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- Community partner strength: Wisconsin's Aging Network, Community Organizations, etc.
- University research strengths
- Infrastructure (advisory committee, executive committee, and staff)
- Process

# CAARN Services

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- Education
- Facilitation
- Partnerships
- Assistance in Grant Writing
- Access to Resources
- Path to Dissemination

# CAARN Project Process

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## 1. Making Connections

- Separate meetings with community and academic
- Match-making
- Initial discussion (community and academic)

## 2. Forming Collaborations

- Facilitate meetings, assist in developing the research question, guidance in grant writing, consultation in project formation.

# CAARN Project Process (cont.)

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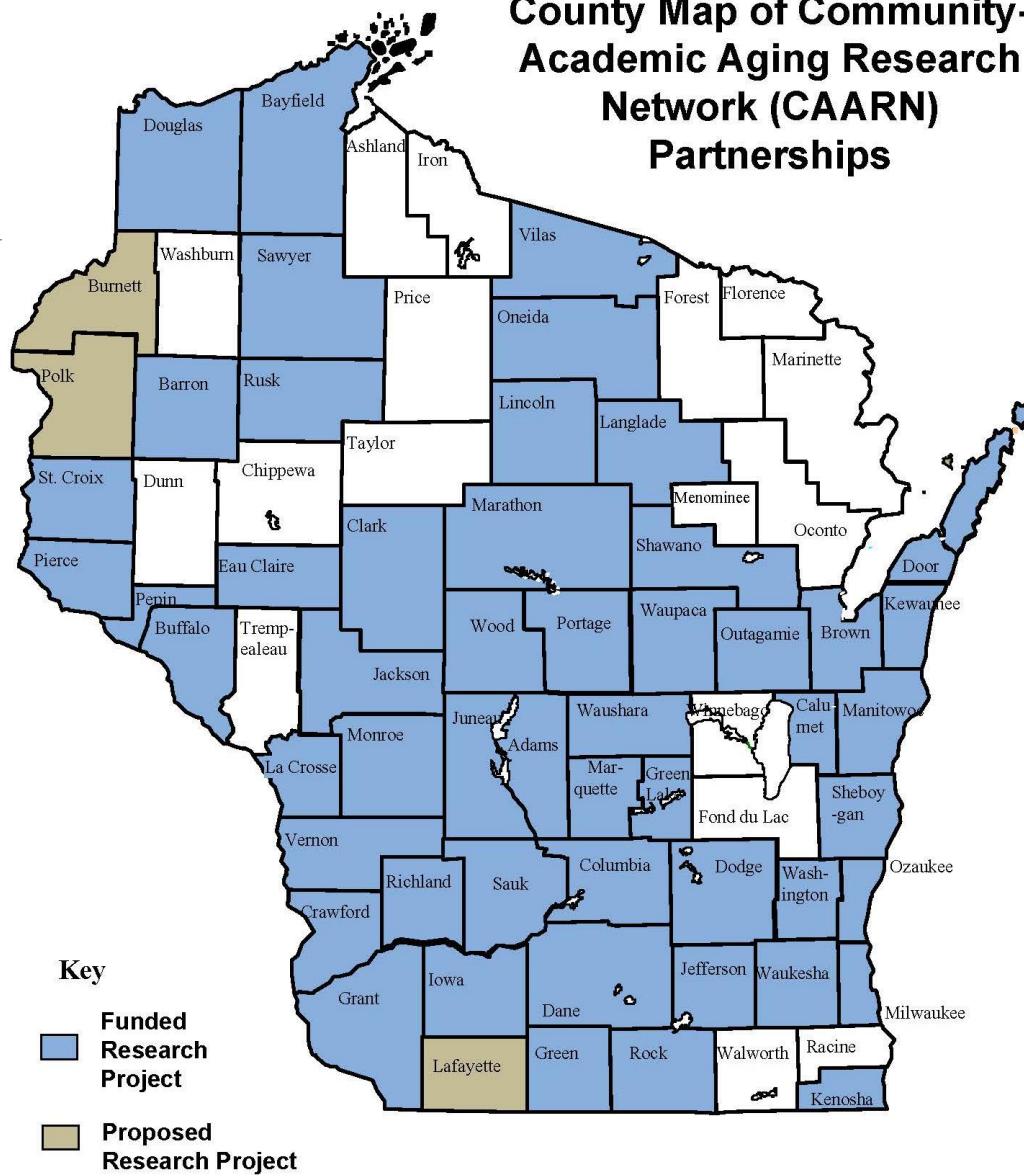
## 3. Conducting Research

- Facilitate initial team meetings, consultation in protocol development, navigating IRB and contracts, continual check-ins, resources, and assistance as needed.

## 4. Dissemination and Implementation

- Final packaging of program (training, manuals, marketing tools, website promotion)
- Take program to high level evidence-based approval for Wisconsin and National

## County Map of Community-Academic Aging Research Network (CAARN) Partnerships



**CAARN**  
Community Academic  
Aging Research Network

# Research Projects... samples

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1. Physical activity and behavior change interventions for rural communities
2. Incontinence for Women
3. Tai Chi
4. Reducing sedentary lifestyles
5. Increasing caregivers ability to communicate with each other caring for the same person.

# Project Stages

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Each project begins at a different stage.

**Stage 1** – pilot (usually 1 community partner)

**Stage 2** – gather more data (2 or more partners)

**Stage 3** – randomized control trial (multiple community partners)

**Stage 4** – ready for statewide dissemination

# Then what?

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1. Transition from research to practice.
2. Dissemination training and packaging.
3. WIHA/Purveyor infrastructure and grants to support new programs.
4. Healthy Aging Program Provider capacity.

# Dissemination packaging phase projects

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- Physical Activity for Lifelong Success(PALS)
- Mind Over Matter
- Tai Chi Fundamentals
- Pisando Fuerte

# For more information...

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[www.wihealthyaging.org](http://www.wihealthyaging.org)





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