


## Logic Model: Dissemination and Evaluation of Statewide *10 Keys to Healthy Aging*<sup>TM</sup> Program

Assumptions	Inputs	Activities	Outputs	Short Term Outcomes	Long Term Outcomes
Why did we choose this intervention? What will this intervention allow us to accomplish?	Funding, collaborating partners, resources to support intervention	Processes, tools, events, actions to deliver intervention	Activities indicating successful delivery of intervention	Specific changes in participants' behavior, knowledge, skills, status, and level of functioning	
<ul style="list-style-type: none"> <li>• Many older adults are unaware of disease prevention targets</li> <li>• Difficult for older adults to receive preventive care and counseling in risk factor reduction in primary care</li> <li>• Activating older adults to change behavior and seek clinical preventive services may reduce chronic disease risk</li> <li>• Annual Medicare Wellness visit covers preventive care; states offer counseling in Medicare benefits</li> <li>• Linking Medicare counseling to 10 Keys provides venue for dissemination and evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• Funding (University of Pittsburgh CDC PRC; CMS Medicare Improvements for Patients and Providers Act, MIPPA, awarded to PA)</li> <li>• <i>10 Keys to Healthy Aging</i><sup>TM</sup>, manualized program of behavior change, with website training for leaders</li> <li>• PA PrimeTime Health (PA Department of Aging)</li> <li>• APPRISE, PA State Health Insurance Assistance Program (PA Department of Aging)</li> <li>• County Area Agencies on Aging (PA Department of Aging)</li> </ul>	<ul style="list-style-type: none"> <li>• PA PrimeTime Health coordinates delivery of APPRISE/10 Keys programs in seniors centers</li> <li>• 10 Keys instructors (senior center staff and volunteers) certified by completing online training at PRC 10 Keys website</li> <li>• 2-hour workshops 1x/week for 10 weeks (or 2x/week for 5 weeks) covering 10 Keys linked to Medicare Wellness Visit components</li> <li>• Completion of demographic form and pre- and post-test prevention knowledge</li> <li>• Enrollment in 6-month telephone follow-up to track behavior change</li> </ul>	<ul style="list-style-type: none"> <li>• Monthly conference calls, annual meeting; web performance dashboard; \$500 stipend to participating sites</li> <li>• APPRISE/10 Keys programs offered in 15-20 counties annually, with 500-600 older adults enrolled each year</li> <li>• 70%+ of participants completing 80%+ of APPRISE/10 Keys sessions</li> <li>• Monthly automated interview calls every 30 days for 6 months to monitor behavior, enrolling 250 participants, &lt;10% attrition</li> </ul>	<ul style="list-style-type: none"> <li>• Increase in prevention knowledge: 20% increase in correct answers between pre- and post-test (13-item quiz)</li> </ul>	<ul style="list-style-type: none"> <li>• Increase in prevention behaviors: (i) Reduce hypertension through diet, regular assessment, and antihypertensive use; (ii) reduce sedentary behavior through increased exercise; (iii) empower older people to discuss prevention with physicians to receive clinical prevention services</li> </ul>  <ul style="list-style-type: none"> <li>• Lower risk of hospitalization and disability in older PA residents</li> <li>• Disseminate <i>10 Keys to Healthy Aging</i><sup>TM</sup> to other PRCs</li> </ul>