

THE OLDER AMERICANS ACT

Title III-D Evidence-Based Program Requirement

Since 2012, health promotion programs supported with Title III-D funds must be defined as evidence-based. There are two ways to determine if a program meets this requirement.

1

The program meets the Administration for Community Living's definition of "evidence-based":

- Demonstrated through evaluation to be effective for improving the health and well-being or reducing disease, disability and/or injury among older adults; and
- Proven effective with older adult population, using experimental or quasi-experimental design (experimental designs use random assignment and a control group and quasi-experimental designs do not use random assignment); and
- Research results published in a peer-review journal; and
- Fully translated in one or more community site(s), meaning that the evidence-based program has been carried out at the community level with fidelity to the published research at least once before; and
- Includes developed dissemination products that are available to the public.

A list of evidence-based health promotion programs that meet these requirements can be found on the National Council on Aging's website.

2

The program is approved as an "evidence-based program" by any operating division of the U.S. Department of Health and Human Services and is shown to be effective and appropriate for older adults.

The Centers for Disease Control and Prevention's Compendium of Effective Interventions, the Substance Abuse and Mental Health Services Administration's National Registry of Evidence Based Programs and Practices, and the National Institutes of Health's Evidence-Based Cancer Control Programs Database are sources of additional evidence-based health promotion programs. Examples of acceptable programs offered through these agencies include:

- Stopping Elderly Accidents, Deaths & Injuries (STEADI)
- National Diabetes Prevention Program
- Helping Older People Experience Success (HOPES)

A full list of the operating divisions of the U.S. Department of Health and Human Services can be found on the agency's website.

