

Social connectedness evidence inventory

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

Social connectedness outcomes and preliminary potential indicators

Desired outcome	Indicator name	Indicator description (source/lead agency)
Reduce social isolation	Risk of social isolation	There is no strong, state-level indicator of social isolation among older adults. The SAPA will include a recommendation to work toward improved data collection.
		Percentile of the mean z scores for six risk factors of social isolation in adults ages 65 and older (poverty; living alone; divorced, separated or widowed; never married; disability; independent living difficulty) (U.S. Census Bureau, American Community Survey, via AHR Senior Report)
Improve volunteerism	Volunteerism	There is no strong, state-level indicator of volunteerism among older adults. The SAPA will include a recommendation to work toward improved data collection.
		Percent of adults, ages 65 and older, who reported volunteering in the past 12 months (Corporation for National & Community Service, via 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)
What Works for Health (WWFH) : 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"> Scientifically supported Some evidence
The Guide to Community Preventive Services (Community Guide) : Systematic reviews from the U.S. Centers for Disease Control and Prevention (CDC)	Recommended
National Council on Aging (NCOA), Evidence-Based Health Promotion/Disease Prevention Programs : List of evidence-based health promotion/disease prevention programs approved for Older American's Act Title III-D funding	N/A

<p><u>Administration for Community Living (ACL), Aging and Disability Evidence-Based Programs and Practices:</u> Collection of evidence-based programs and practices that address older adult health and wellness, long-term services and supports, and caregiver and family support</p>	<p>N/A</p>
<p><u>U.S. Preventive Services Task Force Recommendations (USPSTF):</u> Systematic reviews from the Agency for Healthcare Research and Quality</p>	<ul style="list-style-type: none"> • Grade A (recommended; high certainty of benefit) • Grade B (recommended; moderate certainty of benefit)

Table 1. SAPA social connectedness outcomes: Social isolation

<p>Strategy/policy/program Orange = Likely to reduce disparities, based on review by WWFH, or health equity strategy in Community Guide</p>	<p>Outcomes Note: for WWFH, Bold= expected beneficial outcomes; unbold= other potential beneficial outcomes</p>	<p>Included in 2020-2022 SHIP?</p>
<p>Physical activity</p>		
<p>1. <u>Activity programs for older adults</u></p>	<p>WWFH</p> <ul style="list-style-type: none"> • Improved health outcomes • Improved mental health • Reduced isolation • Improved quality of life • Increased activity levels • Reduced falls 	<p>Yes</p>
<p>2. <u>AEA Arthritis Foundation Aquatic Program (AFAP)</u></p>	<p>NCOA</p> <ul style="list-style-type: none"> • Increased social interaction • Improved quality of life • Reduce pain/inflammation • Improved joint function • Increased muscular strength 	<p>No</p>
<p>3. <u>PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)</u></p>	<p>ACL, AARP</p> <ul style="list-style-type: none"> • Reduced symptoms of depression • Improved health-related quality of life, including social support and connections 	<p>No</p>
<p>4. <u>Bingocize®</u>, a 10-week program that is a combination of exercise and health education in a bingo format</p>	<p>NCOA</p> <ul style="list-style-type: none"> • Increased social engagement • Improved functional performance • Improved aspects of cognition • Improved knowledge of falls risk reduction • Improved health activation 	<p>No</p>
<p>Community-based social supports</p>		
<p>5. <u>Community gardens</u></p>	<p>WWFH</p>	<p>Yes</p>

	<ul style="list-style-type: none"> • Increased access to fruits & vegetables • Increased fruit & vegetable consumption • Increased physical activity • Increased food security • Increased healthy foods in food deserts • Reduced obesity rates • Improved mental health • Improved sense of community • Improved neighborhood safety • Reduced emissions 	
6. <u>Community centers</u> *	WWFH <ul style="list-style-type: none"> • Improved social networks • Reduced isolation • Improved well-being • Increased community involvement • Increased civic participation 	No
7. <u>Community arts programs</u> *	WWFH <ul style="list-style-type: none"> • Improved social networks • Increased social capital • Increased social cohesion • Increased community involvement • Improved mental health • Reduced stigma • Increased self-confidence 	No
8. <u>Intergenerational communities</u> *	WWFH <ul style="list-style-type: none"> • Increased social connectedness • Increased social cohesion • Increased civic participation • Improved health outcomes 	No
9. <u>Neighborhood associations</u> *	WWFH <ul style="list-style-type: none"> • Increased social capital • Increased social cohesion • Increased community involvement 	No
10. <u>Intergenerational mentoring</u> *	WWFH <ul style="list-style-type: none"> • Increased self-esteem • Improved health outcomes • Reduced isolation • Increased academic achievement • Reduced delinquent behavior • Improved social emotional skills 	No
11. <u>Nutrition service programs for older adults</u> , including congregate, pick-up and home-delivered meals	ACL <ul style="list-style-type: none"> • Improved nutrition • Increased food security • Reduced social isolation 	No

Disease prevention and management		
<p>12. Wellness Recovery Action Plan (WRAP®), a group wellness and recovery intervention for the management of chronic diseases, particularly mental illness</p>	<p>NCOA</p> <ul style="list-style-type: none"> • Enhanced social support • Increased self-agency • Decreased anxiety and depression • Increased hopefulness • Increased patient self-advocacy • Decreased daily disruption physical and mental health conditions • Improved self-esteem • Improved management of addictive behaviors • Decreased dependency on utilization of formal health care support services • Improved quality of life 	No
<p>13. Lifestyle Redesign®, a preventive occupational therapy-based intervention for older adult health and wellbeing</p>	<p>AARP, USC</p> <ul style="list-style-type: none"> • Improved vitality • Improved social function • Improved mental health • Reduced perceptions of bodily pain 	No

*Rated by WWFH as “Expert opinion”

Table 2. SAPA social connectedness outcomes: Volunteerism

Strategy/policy/program	Outcomes	Included in 2020-2022 SHIP?
<p>Orange = Likely to reduce disparities, based on review by WWFH, or health equity strategy in Community Guide</p>	<p>Note: for WWFH, Bold= expected beneficial outcomes; unbold= other potential beneficial outcomes”</p>	
<p>1. Social media for civic participation</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased civic participation • Increased political participation 	No
<p>2. Intergenerational communities*</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased social connectedness • Increased social cohesion • Increased civic participation • Improved health outcomes 	No

*Rated by WWFH as “Expert opinion”

Volunteering resources and programs for older Ohioans:

1. Ohio Department of Aging [Volunteering Resource Page](#)
2. [AARP Create the Good](#), an online database of volunteer opportunities
3. Corporation for National and Community Service's [Volunteer Opportunity database](#)
4. [Senior Corps](#), a network of national service programs for Americans 55 years and older

5. [GIVE back. GO forward.](#), a program where older adults volunteer in exchange for tuition waivers
6. [Experience Corps®](#), an intergenerational volunteer-based tutoring program
7. [Intergenerational mentoring](#), programs that establish a mentoring relationship between an older adult and a child or adolescent.

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