Social connectedness evidence inventory

Revised after the 7/28/20 SAPA Priority Outcomes Work Team Meeting

SAPA work teams: In your review of this strategy handout, please consider the following questions:

1. **Are there any evidence-informed strategies you would recommend adding?** If yes:
   a. **What is the evidence that this strategy achieves relevant outcomes?** (send link, preferably to systematic review or evidence registry; or to journal article or grey literature from external organization)
   b. **If it doesn't fit as an evidence-informed strategy, what is the rationale for including it in the SAPA?** (This list was developed using evidence registries and national or state sources of evidence-based strategies. Some types of strategies, such as systems changes and emerging approaches, may not be captured by these sources. Are there any of these types of strategies we should consider, and how do they further SAPA objectives?)
2. **Are there any strategies on the list you think should be renamed, combined (i.e. grouped together) or split out?**
3. **Are there any strategies you would recommend removing from consideration and why?** (Please consider the strategy selection considerations below.)

Strategy selection considerations

- 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

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	• 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
Administration for Community Living (ACL), Aging and Disability Evidence-Based Programs and Practices: Collection of evidence-based programs and practices that address older adult health and wellness, long-term services and supports, and caregiver and family support	N/A
U.S. Preventive Services Task Force Recommendations (USPSTF): Systematic reviews from the Agency for Healthcare Research and Quality	• Grade A (recommended; high certainty of benefit) • Grade B (recommended; moderate certainty of benefit)

Table 1. SAPA social connectedness outcomes: Social isolation

Strategy/policy/program **Orange** = Likely to reduce disparities, based on review by WWFH, or health equity strategy in Community Guide	Outcomes Note: for WWFH, Bold= expected beneficial outcomes; unbold= other potential beneficial outcomes	Included in 2020-2022 SHIP?
Physical activity		
1. **Activity programs for older adults**	WWFH • **Improved health outcomes**	**Yes**

		• **Improved mental health** • **Reduced isolation** • **Improved quality of life** • Increased activity levels • Reduced falls	
2.	**AEA Arthritis Foundation Aquatic Program (AFAP)**	NCOA • Increased social interaction • Improved quality of life • Reduce pain/inflammation • Improved joint function • Increased muscular strength	**No**
3.	**PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)**	ACL, AARP • Reduced symptoms of depression • Improved health-related quality of life, including social support and connections	**No**
4.	**Bingocize®**, a 10-week program that is a combination of exercise and health education in a bingo format	NCOA • Increased social engagement • Improved functional performance • Improved aspects of cognition • Improved knowledge of falls risk reduction • Improved health activation	**No**
Community-based social supports			
5.	**Community gardens**	WWFH • **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	**Yes**
6.	**Community centers,** including senior centers*	WWFH • **Improved social networks** • **Reduced isolation** • **Improved well-being** • Increased community involvement • Increased civic participation	**No**
7.	**Community arts programs***	WWFH • **Improved social networks** • **Increased social capital**	**No**

	• **Increased social cohesion** • **Increased community involvement** • Improved mental health • Reduced stigma • Increased self-confidence	
8. **Intergenerational communities***	WWFH • **Increased social connectedness** • **Increased social cohesion** • **Increased civic participation** • Improved health outcomes	**No**
9. **Neighborhood associations***	WWFH • **Increased social capital** • **Increased social cohesion** • Increased community involvement	**No**
10. **Nutrition service programs for older adults**, including congregate, pick-up and home-delivered meals	ACL • Improved nutrition • Increased food security • Reduced social isolation	**No**
Transportation and land use policies		
11. **Open streets***	WWFH • **Increased social cohesion** • **Increased physical activity** • **Increased active transportation** • Increased social capital • Reduce emissions from mobile sources • Improved air quality	**No**
12. **Complete streets and streetscape design initiatives**	WWFH • **Increased physical activity** • **Increased pedestrian and cyclist safety** • Increased active transportation • Reduced obesity rates • Improved sense of community • Improved neighborhood safety • Reduced stress • Reduced vehicle miles traveled	**Yes**
13. **Zoning regulations for land use policy**	WWFH • **Increased physical activity** • **Increased active transportation** • Reduced vehicle miles traveled • Reduced crime • Reduced stress • Improved sense of community	**Yes**
Disease prevention and management		

14. Wellness Recovery Action Plan (WRAP®), a group wellness and recovery intervention for the management of chronic diseases, particularly mental illness	NCOA • 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**
15. Lifestyle Redesign®, a preventive occupational therapy-based intervention for older adult health and wellbeing	AARP, USC • 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 **Orange** = Likely to reduce disparities, based on review by WWFH, or health equity strategy in Community Guide	Outcomes Note: for WWFH, Bold= expected beneficial outcomes; unbold= other potential beneficial outcomes"	**Included in 2020-2022 SHIP?**
1. Social media for civic participation	WWFH • Increased civic participation • Increased political participation	**No**
2. Intergenerational communities*	WWFH • **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:
• Ohio Department of Aging Volunteering Resource Page
• AARP Create the Good, an online database of volunteer opportunities
• Corporation for National and Community Service's Volunteer Opportunity database
• Senior Corps, a network of national service programs for Americans 55 years and older (including Foster Grandparents, RSVP and Senior Companions)

- [GIVE back. GO forward.](#), a program where older adults volunteer in exchange for tuition waivers
- [Experience Corps®](#), an intergenerational volunteer-based tutoring program
- [Ohio Senior Medicare Patrol (SMP)](#), a volunteer program to stop Medicare fraud and scams

Relevant state plans and other resources
- [Age Friendly Communities Resource Page](#), Ohio Department of Health
- [Age Friendly Franklin County Strategic Plan](#), Age Friendly Columbus and Franklin County