

Health behaviors evidence inventory

Prepared for 8/4/20 SAPA Priority Factors Work Team Meeting

Health behaviors outcomes and indicators

Desired outcome	Indicator name	Indicator description (source/lead agency)
Improve nutrition	Malnutrition	Analyze and report BRFSS malnutrition module data and continue progress toward improved data collection.
	Fruit consumption	Percent of Ohioans, ages 65 and older, who consume fruit(s) one or more times per day (BRFSS)
	Vegetable consumption	Percent of Ohioans, ages 65 and older, who consume vegetables(s) one or more times per day (BRFSS)
Increase physical activity	Physical activity	Percent of Ohioans, ages 65 and older, who participated in any physical activity other than their regular job (BRFSS)

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
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	<ul style="list-style-type: none"> Grade A (recommended; high certainty of benefit)

from the Agency for Healthcare Research and Quality	<ul style="list-style-type: none"> Grade B (recommended; moderate certainty of benefit)
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Relevant state plans and other information

- [Creating Healthy Communities](#), Ohio Department of Health (ODH)
- [Ohio Food and Beverage Guidelines Toolkit](#), ODH
- [The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables](#)
- [Active People, Healthy Nation](#), CDC
- [Ohio Department of Transportation Statewide Pedestrian and Bicycle Plan](#)
- [Health Equity and Mobility Justice](#), ODH

Table 1. SAPA health behaviors outcomes: Nutrition

Strategy/policy/program Orange = Likely to reduce disparities, based on review by WWFH, or health equity strategy in Community Guide CHC = included in ODH's Creating Healthy Communities initiative	Outcomes Note: for WWFH, Bold= expected beneficial outcomes; unbold= other potential beneficial outcomes	Included in 2020-2022 SHIP?
Community-based interventions		
1. Community gardens	WWFH <ul style="list-style-type: none"> • Increased fruit & vegetable consumption • Increased physical activity • Increased healthy foods in food deserts • Reduced obesity rates • Improved mental health • Improved sense of community • Improved neighborhood safety • Reduced emissions 	Yes
2. Healthy food initiatives in food banks CHC	WWFH <ul style="list-style-type: none"> • Increased healthy food consumption • Increased food security • Improved nutrition • Improved weight status 	Yes
3. Outreach and advocacy to maintain or increase enrollment in federal food assistance programs (SNAP)	USDA <ul style="list-style-type: none"> • Improved nutrition 	Yes
4. Nutrition service programs for older adults , including	ACL <ul style="list-style-type: none"> • Improved nutrition • Increased food security 	No

congregate, pick-up and home-delivered meals	<ul style="list-style-type: none"> • Reduced social isolation 	
Retail-based interventions		
<p>5. Farmers markets</p> <p>CHC</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased access to fruits & vegetables • Increased healthy foods in food deserts • Increased fruit & vegetable consumption • Strengthened local & regional food systems • Improved local economy • Reduced emissions 	Yes
<p>6. WIC & Senior Farmers' Market Nutrition Programs</p> <p>CHC</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased access to fruits & vegetables • Increased fruit and vegetable consumption 	Yes
<p>7. Electronic Benefit Transfer (EBT) payment at farmers markets</p> <p>CHC</p>	<p>WWFH: Expert opinion</p> <ul style="list-style-type: none"> • Increased access to fruits and vegetables • Increased fruit and vegetable consumption 	Yes
<p>8. Fruit & vegetable incentive programs (Ohio example: Produce Perks)</p> <p>CHC</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased access to healthy food • Increased healthy food purchases • Increased fruit & vegetable consumption • Improved dietary habits • Increased food security • Improved food environment • Improved weight outcomes 	Yes
<p>9. Healthy food in convenience stores (Ohio example: Good Food Here program)</p> <p>CHC</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased healthy foods in food deserts • Increased access to fruits & vegetables • Increased healthy food purchases 	Yes
<p>10. Unhealthy snack taxes</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Reduced unhealthy food consumption • Improved weight status 	No
<p>11. Point-of-purchase prompts for healthy foods</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased fruit & vegetable consumption 	Yes

	<ul style="list-style-type: none"> Improved dietary choices 	
12. Incentives to bring healthy food retailers to underserved communities , such as the Healthy Food Financing Initiative	Healthy Food Financing Initiative <ul style="list-style-type: none"> Improved nutrition 	Yes
13. Competitive pricing for healthy foods	WWFH <ul style="list-style-type: none"> Increased sales of healthy foods Increased healthy food consumption 	Yes
Workplace strategies		
14. Worksite obesity prevention programs	WWFH <ul style="list-style-type: none"> Increased healthy food consumption Increased physical activity Improved weight status Improved weight outcomes Improved dietary choices 	Yes
Disease management and supports		
15. Multi-component obesity prevention interventions	WWFH <ul style="list-style-type: none"> Increased physical activity Improved weight status Increased fruit & vegetable consumption Increased self-confidence 	Yes
16. Combined diet and physical activity promotion programs to prevent Type 2 Diabetes among people at increased risk (such as the Diabetes Prevention Program)	CG <ul style="list-style-type: none"> Reduced new-onset diabetes Improved weight status Reduced blood pressure Reduced blood glucose 	Yes
17. Nutrition prescriptions*	WWFH <ul style="list-style-type: none"> Increased healthy food consumption Increased fruit and vegetable consumption Improved health-related knowledge Improved dietary habits Improved nutrition Improved health outcomes 	Yes
18. Food insecurity screening and referral	AARP <ul style="list-style-type: none"> Improved nutrition 	Yes
19. Eat Smart, Move More, Weigh Less , virtual classes teaching evidence-based strategies for weight loss and maintenance	NCOA <ul style="list-style-type: none"> Increase physical activity Improved dietary habits Improved weight status 	No

* Rated by WWFH as "Expert opinion"

Table 2. SAPA health behaviors outcomes: Physical activity

Strategy/policy/program Orange = Likely to reduce disparities, based on review by WWFH, or health equity strategy in Community Guide CHC = included in ODH's Creating Healthy Communities initiative	Outcomes Note: for WWFH, Bold= expected beneficial outcomes; unbold= other potential beneficial outcomes; * = other potential beneficial outcome listed in research	Included in 2020-2022 SHIP?
Community-based policies and supports		
1. Places for physical activity	WWFH <ul style="list-style-type: none"> • Increased physical activity • Improved physical fitness • Reduced obesity rates • Improved mental health 	No
2. Social support for physical activity interventions in community settings	WWFH/ CG <ul style="list-style-type: none"> • Increased physical activity • Improved physical fitness • Improved mental health • Improved health outcomes 	Yes
3. Community-wide physical activity campaigns	WWFH/ CG <ul style="list-style-type: none"> • Increased physical activity • Improved physical fitness • Improved weight status 	Yes
4. Shared use agreements (also referred to as joint use agreements)	WWFH <ul style="list-style-type: none"> • Increased access to places for physical activity • Increased physical activity • Increased access to public resources 	Yes
5. Point-of-decision prompts to encourage use of stairs	CG <ul style="list-style-type: none"> • Increased physical activity • Improved physical fitness 	No
Transportation and land use policies		
6. Complete Streets & streetscape design initiatives CHC	WWFH <ul style="list-style-type: none"> • 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 See also: CG Physical activity	Yes

<p>7. Green spaces and parks</p> <p>CHC</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased physical activity • Reduced obesity rates • Improved mental health • Reduced crime • Improved birth outcomes 	<p>Yes</p>
<p>8. Bike & pedestrian master plans (active transportation plans)</p> <p>CHC</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased physical activity • Increased active transportation • Reduced injuries • Reduced vehicle miles traveled • Reduced emissions <p>See also: CG Physical activity</p>	<p>Yes</p>
<p>9. Mixed-use development</p>	<p>WWFH/CG</p> <ul style="list-style-type: none"> • Increased physical activity • Increased active transportation • Improved health outcomes • Reduced vehicle miles traveled <p>See also: CG Physical activity</p>	<p>Yes</p>
<p>10. Bicycle paths, lanes & tracks</p> <p>CHC</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Reduced injuries • Increased active transportation • Increased physical activity <p>See also: CG Physical activity</p>	<p>No</p>
<p>11. Zoning regulations for land use policy</p> <p>CHC</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased physical activity • Increased active transportation • Reduced vehicle miles traveled • Reduced crime • Reduced stress • Improved sense of community <p>See also: CG Physical activity</p>	<p>Yes</p>
<p>12. Traffic calming</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Reduced traffic speed • Increased pedestrian and cyclist safety • Increased active transportation • Reduced crashes 	<p>No</p>
<p>13. Individual incentives for public transportation</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased use of public transit • Increased physical activity • Increased active transportation • Reduced obesity rates • Increased mobility • Reduced vehicle miles traveled • Reduced emissions 	<p>Yes</p>
<p>Physical activity programs</p>		
<p>14. Community fitness programs</p>	<p>WWFH</p>	<p>Yes</p>

	<ul style="list-style-type: none"> • Increased physical activity • Improved physical fitness • Improved mental health 	
15. Combined diet and physical activity promotion programs to prevent Type 2 Diabetes among people at increased risk (such as Diabetes Prevention Program)	CG <ul style="list-style-type: none"> • Reduced new-onset diabetes • Improved weight status • Reduced blood pressure • Reduced blood glucose 	Yes
16. Activity programs for older adults	WWFH <ul style="list-style-type: none"> • Improved health outcomes • Improved mental health • Reduced isolation • Improved quality of life • Increased activity levels • Reduced falls 	Yes
17. Individually-adapted physical activity programs	WWFH <ul style="list-style-type: none"> • Increased physical activity • Improved physical fitness • Improved weight status • Improved mental health 	Yes
18. Active Choices	NCOA <ul style="list-style-type: none"> • Increased physical activity • Increased self-management skills 	No
19. Active Living Every Day (remote participation available)	NCOA <ul style="list-style-type: none"> • Increased physical activity • Increased self-management skills 	No
20. Eat Smart, Move More, Weigh Less	NCOA <ul style="list-style-type: none"> • Increased physical activity • Improved dietary habits • Improved weight status 	No
21. Bingocize®	NCOA <ul style="list-style-type: none"> • Increased physical activity • Increased social engagement 	No
22. Geri-Fit® Strength Training Workout (remote participation available)	NCOA <ul style="list-style-type: none"> • Increased physical activity • Increased flexibility • Increased self-management skills 	No
23. Healthy Moves for Aging Well	NCOA <ul style="list-style-type: none"> • Increased physical activity • Increased self-management skills 	No
24. AEA Arthritis Foundation Aquatic Program (AFAP)	NCOA <ul style="list-style-type: none"> • Increased social interaction • Improved quality of life • Reduce pain/inflammation • Improved joint function • Increased muscular strength 	No

	<ul style="list-style-type: none"> Increased physical activity* 	
25. AEA Arthritis Foundation Exercise Program (AFEP)	<p>NCOA</p> <ul style="list-style-type: none"> Increased sense of well-being Improved quality of life Reduced pain/inflammation Improved joint function Increased muscular strength Increased physical activity 	No
26. PEARLS (Program to Encourage Active, Rewarding Lives for Seniors)	<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 Increased physical activity* 	No
27. Enhance@Fitness	<p>NCOA</p> <ul style="list-style-type: none"> Improved physical function Decreased depression Protect against falls and fall injury Provide a social benefit Promote a physically active lifestyle Reduced medical care utilization costs Decreased unplanned hospitalizations Decreased mortality rates Increased physical activity 	No
28. Tai Chi, including Tai Chi for Arthritis, Tai Chi Prime (remote participation available) and Moving for Better Balance	<p>NCOA</p> <p>Tai Chi for Arthritis</p> <ul style="list-style-type: none"> Improved movement, balance, strength, flexibility and relaxation Decreased pain and falls <p>Tai Chi Prime</p> <ul style="list-style-type: none"> Reduced falls Improved strength, balance, balance confidence and gait/mobility Improved cognitive skills <p>Tai Chi: Moving for Better Balance</p> <ul style="list-style-type: none"> Reduced falls Increased functional balance Improved mobility 	No

<p>29. Walk with Ease, a group and self-directed walking and education program</p>	<p>NCOA</p> <ul style="list-style-type: none"> • Reduced pain and discomfort of arthritis • Increased balance and strength • Improved confidence in the ability to be physically active • Improved overall health among older adults • Decreased disability • Improved arthritis symptoms, self-efficacy, and perceived control, balance, strength and walking pace 	<p>No</p>
<p>30. Fit & Strong!, a multi-component physical activity program for older adults with osteoarthritis</p>	<p>NCOA/ACL</p> <ul style="list-style-type: none"> • Improved lower-extremity osteoarthritis management • Increased lower extremity strength • Increased physical activity* 	<p>No</p>
<p>31. Healthy Steps in Motion (HSIM)</p>	<p>NCOA</p> <ul style="list-style-type: none"> • Reduced falls and injuries resulting from falls • Improved overall health • Increased physical activity* 	<p>No</p>
<p>32. The Otago Exercise Program, series of strength and balance exercises delivered by a physical therapist in the home</p>	<p>NCOA</p> <ul style="list-style-type: none"> • Increased strength, balance and endurance • Reduced falls 	<p>No</p>
<p>33. Stay Active and Independent for Life (SAIL) (remote participation available)</p>	<p>NCOA</p> <ul style="list-style-type: none"> • Reduced falls and risk factors for falls • Increased strength • Improved balance 	<p>No</p>
<p>Workplace strategies</p>		
<p>34. Worksite obesity prevention interventions</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increased physical activity • Increased healthy food consumption • Improved weight status • Increased self-confidence • Reduced employer health insurance costs • Increased productivity 	<p>Yes</p>
<p>35. Multi-component workplace supports for active commuting</p>	<p>WWFH</p> <ul style="list-style-type: none"> • Increase active transportation • Increased physical activity • Improved physical fitness 	<p>Yes</p>

CHC	<ul style="list-style-type: none"> • Improved health outcomes • Reduced vehicle miles traveled • Reduced emissions 	
Disease management and supports		
36. <u>Multi-component obesity prevention interventions</u>	WWFH/CG <ul style="list-style-type: none"> • Increased physical activity • Improved weight status • Increased self-confidence • Increased fruit & vegetable consumption 	Yes
37. <u>Exercise prescriptions</u>	WWFH <ul style="list-style-type: none"> • Improved physical activity • Improved physical fitness • Increased mobility • Improved health outcomes • Improved mental health 	Yes

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