



• 2013 •

Award for Excellence in Program Innovation

PRESENTED BY

**Archstone Foundation and The Aging & Public Health Section
of The American Public Health Association**





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Award Presentation

Archstone Foundation and The Aging & Public Health Section
of The American Public Health Association

PRESENT

The 2013 Award for Excellence in Program Innovation

APHA Annual Meeting in Boston, Massachusetts
Aging & Public Health Section Awards Program

Monday, November 4, 2013

4:30 PM

Boston Convention and Exhibit Center
Room 153C

Forward

The Award for Excellence in Program Innovation was established by an endowment from the Archstone Foundation to the Gerontological Health Section, now known as the Aging & Public Health Section, of the American Public Health Association to recognize best practice models in gerontology and geriatrics. Programs that innovatively link academic theory with applied practice in the field of public health and aging are considered annually for this award. It is our hope that these model programs will be replicated and will continue to be evaluated in an effort to enhance services to the aging population throughout the United States.

To Irena Pesis-Katz, Ph.D, Chair of the Archstone Foundation Award Selection Committee, and the other members of the selection advisory committee, we extend our deep appreciation for their efforts in reviewing the nominations and selecting the outstanding programs to receive this year's award.

To the winners of the 2013 Archstone Foundation Award for Excellence in Program Innovation, all the nominees, and to all who participated in the award process as applicants or reviewers, we offer our best wishes for continued success in their commitment to develop service models in the field of aging and public health.



Joseph F. Prevratil, J.D.
President & Chief Executive Officer
Archstone Foundation



Lenè Levy-Storms, Ph.D.
Chair, Aging & Public Health Section
American Public Health Association

*The 2013 Archstone Foundation Award
for Excellence in Program Innovation*

→ **WINNER:**

AGE-FRIENDLY NEW YORK CITY

A Partnership between The Office of the Mayor,
The New York City Council, and
The New York Academy of Medicine

New York, New York

→ **HONORABLE MENTION:**

THE VIRTUAL SUPERMARKET PROGRAM

A program of the Baltimore City Health Department

Baltimore, Maryland

*“We offer our best wishes for
continued success in your
commitment to develop service
models in the field of aging and
public health.”*

• AWARD WINNER •

Age-Friendly New York City

New York, New York

A Partnership between The Office of the Mayor,
The New York City Council, and
The New York Academy of Medicine



Since 2008, The New York (NY) Academy of Medicine partnered with The Office of the Mayor, and The City Council of New York, to transform New York City into a better place to grow old, and a place where the contributions of older adults are optimized. To do so, it engaged innovative leadership from all sectors. Age-Friendly New York City (NYC) began with a city-wide assessment that included consultation with more than 2,000 older adults in 14 neighborhoods, six languages, and with expert roundtables and secondary data review. The assessment outcomes were published in *Toward an Age-friendly City: a Findings Report*.

AGE-FRIENDLY NEW YORK CITY →

The NY Academy of Medicine, and its partners, created and disseminated models replicated around the United States. As a leader in the World Health Organization's (WHO) Global Network of Age-friendly Cities, the NY Academy of Medicine, and its partners, also serves as an advisor to cities around the world.



AGE-FRIENDLY NYC ACHIEVEMENTS:

- **Improved Pedestrian Safety and Transportation.** Through the *Safe Streets for Seniors* efforts, more than 100 intersections in the City's 25 neighborhoods were redesigned. This redesign resulted in a reduced percentage of pedestrian injuries and vehicle accidents. The City created a new CityBench program and is placing 1,000 benches in locations requested by older adults and community leaders. Also, through a new partnership between the City's Department of Education and the Department for the Aging, service providers are able to request school buses to help meet the transportation needs of older adults.
- **Created Inclusive Social, Cultural, Educational, and Recreational Opportunities.** Senior-only hours were created at local swimming pools. Approximately 1,000 older adults, many who had not swam in over a decade, participated in 2012. Evaluation results from one location highlighted that more than 80% of its older adults who participated showed improvement in lower-body strength and flexibility based on pre- and post-fitness tests.

New cultural guides were created to connect older adults to local theaters and museums, and to encourage institutions to recognize older adults as important patrons. The guides offer descriptions of

organizations, detail nearly 400 senior-specific programs and discounts, and they provide information about physical accessibility.

Age-Friendly NYC inspired 10 new innovative senior centers, including the first in the United States for gay, lesbian, bisexual, and transgender older adults and one for those with vision impairments, which opened in 2012. Age-Friendly NYC also created a College Link, the nation's first online database that empowers older adults to connect with educational opportunities at 50 local colleges and universities.

- **Recognized Older Adults as Valuable Employees and Consumers.** Age-Friendly NYC partners with 30 organizations, and over 1,000 businesses, on the Local Business Initiative, an outreach and educational campaign to help attract and serve older customers. In 2013 the Age Smart Employer Awards were launched to honor NYC employers who implement innovative strategies to optimize a multigenerational workplace.
- **Supported Neighborhoods.** Age-Friendly NYC conceptualized a new neighborhood-level model of community development with the introduction of Aging Improvement Districts. Each district (East Harlem, Upper West Side, Bedford-Stuyvesant, and Pelham Parkway) has an advisory group of older adults, and representatives from all sectors of the community, whom implements strategies for making community improvements.

→ To learn more about Age-Friendly New York City and its resources, please visit <http://www.agefriendlynyc.org>.



FOR FURTHER INFORMATION CONTACT:

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• HONORABLE MENTION •

Virtual Supermarket Program

Baltimore, Maryland

A program of The Baltimore City
Health Department



The Baltimore City Health Department's Virtual Supermarket Program (VSP) uses an online grocery ordering and delivery system to bring food to neighborhoods with low-vehicle ownership and inadequate access to healthy and affordable foods. The VSP is a unique partnership between city government and a local grocer. It enables residents to place grocery orders at their housing site, or from any computer, and to receive free delivery. Local community members designated as the Neighborhood Food Advocates (NFA) run each VSP site. The Baltimore City Health Department (BCHD) engages older adults to run their own program site and become NFAs. Residents can pay for their groceries using cash, credit, debit, or EBT/SNAP (food stamps).

VIRTUAL SUPERMARKET PROGRAM →

The VSP increases access to high quality, affordable groceries in low-food access neighborhoods, saving residents time and money, and eliminating transportation barriers. Eighteen percent of older adults in Baltimore City live within a food desert. By embedding the program into senior housing, the program is able to:

- Increase access to healthy and affordable foods;
- Increase residents' social capital by creating a community-run program;
- Address other needs of low-income, low-food access communities; and
- Expose older adults to nutritional education.



The goal of the Virtual Supermarket Program is to improve the health and wellness of older adults in Baltimore by providing increased access to healthy food options at affordable supermarket prices.

The objectives are to: 1) increase the purchasing of healthy foods by 10% over one year; 2) increase the independence of those using the program; 3) decrease cost and access barriers of obtaining fresh/healthy groceries; and 4) increase social capital of residents who participate in the VSP. The VSP is the only program in the nation that uses online food ordering and accepts SNAP. BCHD provides technical assistance by promoting the VSP, paying delivery fees for the groceries, training NFAs, and providing nutritional education.

As of March 2013 the Virtual Supermarket Program has had 389 customers, over 2,300 orders, and over \$81,000 dollars worth of groceries purchased. Based on a qualitative study of the Neighborhood Food Advocates, the program has made it easier to access healthy and affordable foods, decreased the transportation barrier to access groceries, and increased social capital.

Findings from the Virtual Supermarket Program have been presented to City staff, local leaders, and national legislators. It has also been covered by local and national media.

The VSP Program works with other urban cities looking to replicate the program. The VSP staff also plan to create a “how to” guide within the next year that illustrates how to set up a Virtual Supermarket Program in other senior housing communities. The guide will be posted on the Virtual Supermarket Program’s webpage and sent to local and national partners.



→ To learn more about the Virtual Supermarket Program in Baltimore and its resources, please visit <http://www.baltimorecity.gov/Government/AgenciesDepartments/Planning/BaltimoreFoodPolicyInitiative/VirtualSupermarket.aspx>.



FOR FURTHER INFORMATION CONTACT:

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Call for Nominations

As of November 1, 2013, the Aging & Public Health Section of the American Public Health Association will accept nominations for the 2014 Archstone Award for Excellence in Program Innovation. The award was established in 1997 to identify best practice models in the field of health and aging, and to provide recognition and an opportunity to highlight the work at the annual meetings of the American Public Health Association.

Programs that effectively link academic theory to applied practice in the field of public health and aging are eligible for nomination. Nominees should also have documented results, but have been in operation less than 10 years. Preference will be given to nominees who have not received prior awards or special recognition.

In two single-space typed pages please describe the program to be nominated. The narrative should include information about the problem being addressed, the population served, the project's design, partnerships or collaboration, funding, and measurable benefits and outcomes. Only one program may be nominated per agency or organization.

An independent panel will review all nominations. The criteria for award selection will include:

- Creativity in project design;
- Documented outcomes and benefits of the program;
- Replication potential;
- Evidence of collaboration and partnerships; and
- Dissemination strategy.

The winner is expected to attend the 142nd Annual Meeting of the American Public Health Association in New Orleans, Louisiana, November 15-19, 2014 at a special Aging & Public Health Section Award Session and attend the awards ceremony. In recognition of this achievement, and to assist with the travel expenses, the winning organization will receive a \$500 cash award. Honorable mention(s) may also be awarded to one or more nominees submitting distinguished programs as determined by the review panel.

Nominations are to be postmarked by April 1, 2014 and may be sent or emailed to:

Irena Pesis-Katz, Ph.D.

Chair, Archstone Foundation Awards Committee

Assistant Professor

Director of Outcomes and Evaluation Sciences, Corporate Wellness

University of Rochester School of Nursing

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Selection Committee

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Associate Dean for Academic Affairs
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University of Albany, SUNY

Allan Goldman, M.P.H.

Adjunct Professor
Rollins School of Public Health
Emory University

Denys Lau, Ph.D.

Deputy Director
Division of Health Care Statistics
National Center for Health Statistics
Centers for Disease Control and Prevention

Irena Pesis-Katz, Ph.D. (Chair)

Assistant Professor
Director of Outcomes and Evaluation Sciences
School of Nursing
University of Rochester

Karon L. Phillips, Ph.D., M.P.H.

Research Associate
IMPAQ International, LLC

Section Leadership

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Helena Temkin-Greener, Ph.D.

Qinghua Li

Past Award Winners

2012

Livable Community Collaborative

City of Kingsport
Kingsport, Tennessee

Healthy Steps in Silicon Valley

The Health Trust
San Jose, California

2011

Program to Encourage Active and Rewarding Lives for Seniors (PEARLS)

University of Washington Health Promotion Research Center (HPRC)
Seattle, Washington

2010

Area Geriatric Education Scholars Program for Upper Peninsula Youth (AGES)

Upper Peninsula Health Education Corporation
Marquette, Michigan



2009

PREPARE: Disaster and Emergency Preparedness for Long-Term Facilities

Mather LifeWays Institute on Aging
Evanston, Illinois

PAST AWARD WINNERS →

2008

Guided Care: Improving Chronic Care for High Risk Seniors

The Roger C. Lipitz Center for Integrated Health Care
Department of Health Policy & Management
Johns Hopkins Bloomberg School of Public Health
Baltimore, Maryland

2007

The Dancing Heart: Vital Elders Moving in Community Memory Loss Program

Kairos Dance Theatre
Minneapolis, Minnesota



2006

Brain Get Your Mind Moving

New England Cognitive Center
Hartford, Connecticut

2005

Legacy Corps for Health and Independent Living

University of Maryland, Center on Aging
College Park, Maryland

2004

Dignified Transportation for Seniors

Independent Transportation Network
Westbrook, Maine

2003

Alzheimer's Health Education Initiative

Alzheimer's Association

Los Angeles, California

2002

Kinship Support Network

Edgewood Center for Children and Families

San Francisco, California

2001

Groceries to Go

Elder Services Network

Mountain Iron, Minnesota

2000

Experience Corps

Johns Hopkins Medical Institutions, Center on Aging and Health

Baltimore, Maryland

Assistive Equipment Demonstration Project

University of Massachusetts, Gerontology Institute

Boston, Massachusetts

1999

Senior Wellness Project

Northshore Senior Center

Seattle, Washington

1998

A Matter of Balance: An Intervention to Reduce Fear of Falling

Boston University, Royal Center for Enhancement of Late-Life Function

Boston, Massachusetts



AGING & PUBLIC HEALTH SECTION

The American Public Health Association (APHA) champions the health of all people and communities. Members represent 50 states, 40 countries, and all public health disciplines. The Aging & Public Health Section, formally known as the Gerontological Health Section, was established in 1978. The mission of the Aging and Public Health Section is to promote the health and well-being of individuals as they age by improving health, function, quality of life, and financial security. Section members fulfill this mission through research, practice, education, and advocacy that impact aging services, communities, health systems, policies, and public health programs.



ARCHSTONE FOUNDATION

The Archstone Foundation is a private grantmaking organization whose mission is to contribute toward the preparation of society in meeting the needs of an aging population. Under the leadership of Joseph F. Prevratil, J.D., President and CEO, the Archstone Foundation has awarded more than \$86 million in grants since it was established in 1985.



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