



ARCHSTONE  
FOUNDATION

AND THE

AGING & PUBLIC  
HEALTH SECTION

*of the*

AMERICAN  
PUBLIC HEALTH ASSOCIATION

*present the*

2011 AWARD  
FOR EXCELLENCE  
IN PROGRAM INNOVATION



ARCHSTONE  
FOUNDATION

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# AWARD PRESENTATION

ARCHSTONE FOUNDATION

AND

THE AGING & PUBLIC HEALTH SECTION OF  
THE AMERICAN PUBLIC HEALTH ASSOCIATION PRESENT

## THE 2011 AWARD FOR EXCELLENCE IN PROGRAM INNOVATION

APHA ANNUAL MEETING IN WASHINGTON, D.C.

AGING & PUBLIC HEALTH SECTION AWARDS PROGRAM

MONDAY, OCTOBER 31, 2011

4:30 PM

WASHINGTON CONVENTION CENTER

ROOM # 154B

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# FOREWORD

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 the award. It is our hope that these model programs will be replicated and continue to be evaluated in an effort to enhance services to the aging population throughout the United States.

*The 2011 Archstone Foundation Award for Excellence in Program Innovation recipient is:*

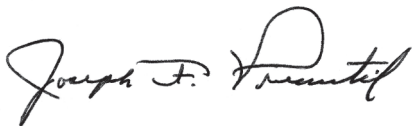
**Program to Encourage Active and Rewarding Lives for Seniors (PEARLS)**  
University of Washington Health Promotion Research Center  
Seattle, Washington

*Honorable mention goes to:*

**Diabetes Prevention Program**  
Indian Health Center of Santa Clara Valley  
San Jose, California

To Allan Goldman, M.P.H., 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 and honorable mention.

To the winner of the 2011 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.



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



Susan Miller, Ph.D., M.B.A.  
Chair, Aging & Public Health Section  
American Public Health Association

# WINNER

## PROGRAM TO ENCOURAGE ACTIVE AND REWARDING LIVES FOR SENIORS



The Program to Encourage Active and Rewarding Lives for Seniors (PEARLS) was developed at the University of Washington's Health Promotion Research Center in the late 1990's. PEARLS is a community-integrated home-based treatment program for older adults with depression. Depression is the most common and potentially debilitating mental health problem among older adults. By using several treatment methods, PEARLS is able to reduce depression and its symptoms.

There are three key components of PEARLS:

### **Problem Solving Treatment**

Clients learn to recognize the symptoms of depression, understand the link between unsolved issues and depression, and apply a seven-step approach to solving problems.

### **Social and Physical Activation**

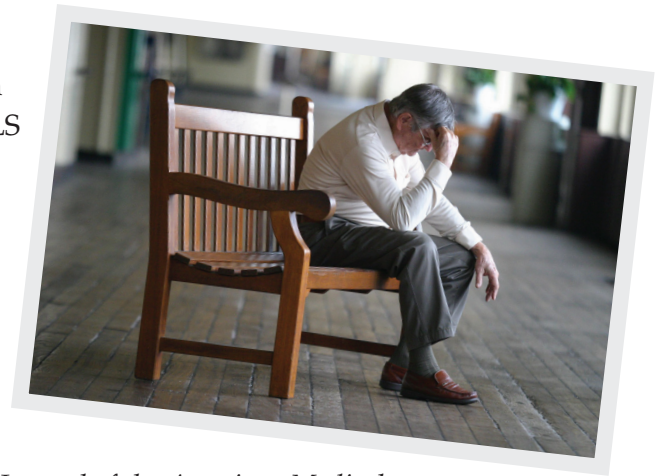
Clients develop a plan to engage in activities of their interest. The involvement in social and physical activities improves the quality of life and mood of older adults with depression.

### **Pleasant Activity Scheduling**

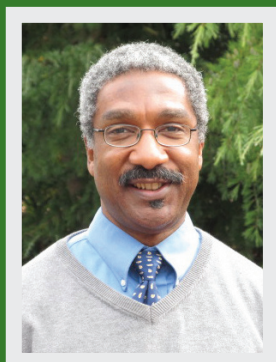
Time is spent with a counselor to identify and participate in activities the client finds pleasurable, which in turn will help them manage their depression.

The first step is to identify individuals with depression by using a depression screening instrument (Patient Health Questionnaire-9). The program includes 6-8 sessions of treatment in the client's home that focus on behavioral techniques over a period of 5 months. Sessions begin on a weekly basis and taper to once a month. Each client is taught necessary skills to become active in making lasting life changes, reducing depressive symptoms and improving the quality of life. Three months after the initial 5-month period, clients receive monthly telephone follow-up calls to reinforce what was taught. All treatments through PEARLS are given within the home, making the program ideal for frail, homebound elders.

In 1999, the Center for Disease Control and Prevention (CDC) funded a randomized controlled trial of PEARLS to test the effectiveness of the program among community-dwelling older adults. In the trial, the participants were homebound and had an average of five chronic illnesses. Trial participants were three times as likely to experience a reduction in depression symptoms, to achieve complete remission from depression, to have greater improvements in quality of life, and had fewer hospitalizations than the control group. Program results were published in the *Journal of the American Medical Association* in 2004.



A training program and a user-friendly toolkit have been developed to facilitate the dissemination of PEARLS. In addition, the University of Washington also provides technical assistance for those implementing the PEARLS program in their community. To learn more about PEARLS and its resources, please visit <http://depts.washington.edu/pearlspr>.



For further information contact:

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# HONORABLE MENTION

## DIABETES PREVENTION PROGRAM



The Diabetes Prevention Program at the Indian Health Center of Santa Clara Valley is an intergenerational program aimed to help low-income older adults and their families who are at risk of developing diabetes due to their weight and/or lifestyle. The Diabetes Prevention Program (DPP) is based on a 2002 National Institute of Health study that concluded with an intensive lifestyle intervention, 7% body weight loss, and a minimum of 150 minutes of physical activity per week, one can lower their risk of diabetes by 58%.

American Indians have the highest rate of diabetes. In response to this trend, the Indian Health Service funded 30 DPP pilot programs in Indian communities across the country. In 2004 the Indian Health Center (IHC) of Santa Clara Valley was one of the recipients. DPP's 17-week multi-generational lifestyle change program is grounded in American Indian healing traditions addressing body, heart, mind and spirit and taught by a multidisciplinary team of professionals including a registered dietician, certified diabetes educator, mental health counselor, kinesiologist, fitness trainers and health educators. Topics addressed in the program include healthy eating, exercise, stress management, and building support for lifestyle changes. IHC's DPP incorporates evidenced-based curricula into its ongoing programs such as: The Arthritis Foundation Exercise Program; Tai Chi: Moving for better balance from the Oregon Research Institute; Walking Spirit Program (an Indian Health Service "Just Move It" Best Practice); Honoring the Gift of Heart Health from the University of Colorado, Denver; and



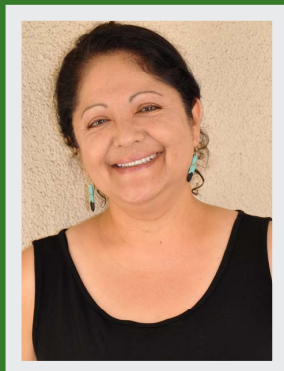
the Chronic Disease Self Management Program to accommodate aging participants.

Since 2005, the IHC DPP has had over 175 participants complete the program. Most program participants live in highly stressed environments and have limited resources available to them. Making the DPP program accessible for this population is key to overcoming the barriers and making healthy choices.



In 2007 the Indian Health Center began providing the DPP to other at-risk populations. Since then, the IHC has received many requests from healthcare systems to provide DPP for their clients. IHC DPP is currently developing a train-the-trainer model to disseminate the program even further.

To learn more about the Diabetes Prevention Program and its resources, please visit <http://www.indianhealthcenter.org/diabetesprogram.html>.



For further information contact:

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E-mail: [jchacon@ihscsv.org](mailto:jchacon@ihscsv.org)

## PAST WINNERS

**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

**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



## CALL FOR NOMINATIONS

As of November 1, 2011, the Aging & Public Health Section of the American Public Health Association will accept nominations for the 2012 Archstone Foundation 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 140th Annual Meeting of the American Public Health Association in San Francisco, California, October 27-31, 2012 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 \$1,000 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, 2012 and may be sent or E-mailed to:

**Allan Goldman, M.P.H.**

Chair, Archstone Foundation Awards Committee

Adjunct Assistant Professor

Rollins School of Public Health

Emory University

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Atlanta, GA 30307

Phone: (404) 295-8587

E-mail: allangoldnman28@gmail.com

## SELECTION COMMITTEE

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Towson University

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Professor, College of Public Health  
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Associate Professor  
Colorado School of Public Health  
University of Colorado Denver

**Gerry Eggert, Ph.D.**

Rural Health Care Consultant

**Allan Goldman, M.P.H. (Committee Chair)**

Adjunct Assistant Professor  
Rollins School of Public Health  
Emory University

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## AGING & PUBLIC HEALTH SECTION

The American Public Health Association (APHA) is the world's largest and oldest organization of public health professionals, representing more than 50,000 members from over 50 public health occupations. The Aging & Public Health Section, formally known as the Gerontological Health Section, was established in 1978 to stimulate public health actions to improve the health, functioning, and quality of life of older persons and to call attention to their health care needs. Section members fulfill that mission in part through research and advocacy aimed at reforming governmental health care programs, particularly Medicare and Medicaid. Section members are also active in administration, direct service, research, and education in community health promotion, community organizing, program development and evaluation, and other ways of bringing public health innovations to older persons. The Aging & Public Health Section is also concerned with the health and social needs of younger people with disabilities as they make their transition into the healthcare delivery system for the aged.

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## 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 \$77 million in grants since it was established in 1986. The Foundation's current funding priorities include fall prevention, elder abuse and neglect prevention, addressing end-of-life issues, and responding to emerging and unmet needs within the aging population.

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ARCHSTONE  
FOUNDATION

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