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**Senior Services of Albany: Evaluation of the 'Women Take PRIDE'
Evidence-Based Healthy Aging Program.**

Author (s)

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Background: Senior Services of Albany is a not-for-profit organization whose mission is to serve older adults and their caregivers living in the Capital Region. The agency strives to enhance the quality of life within this population, and help them maintain their independence.

Significance: Evidence has been showing that old age doesn't necessarily mean that one is destined to be disabled and/or sick. Studies have concluded that healthy aging programs can lower healthcare costs and increase one's quality of life. The "Women Take PRIDE" program educates and assists women in building their confidence allowing them to better manage their heart conditions. It is important to educate citizens that even at older ages, even if one is living with chronic conditions, quality of life can still be improved by engaging in healthy behaviors.

Objectives: My first objective was to prepare a handout and teach a class at National Senior Health and Fitness Day. My next objective was attending follow-up meetings and assisting in the evaluation of the WTP program. My final objective was developing a summary of ten evidence-based healthy aging programs.

Results: I have learned about the benefits of evidence-based practices, and the potential benefits that evidence-based healthy aging programs can provide for older adults. Results of the WTP program had not been analyzed at the conclusion of my internship.

Conclusions: Evidence-based healthy aging programs will help public health professionals manage and prevent chronic disease in the aging population.