What Makes Something a "Program"?

- An evidence-based program is different than stand-alone materials or resources created based on scientific evidence
- A highest-level evidence-based program has been studied itself, as a program. Example:

A university creates a safe-sex booklet based on the best scientific evidence. A senior centers wants to buy these booklets.

This **IS NOT** a highest level evidence-based program. There are no dissemination materials or evidence on using the booklet in a program.

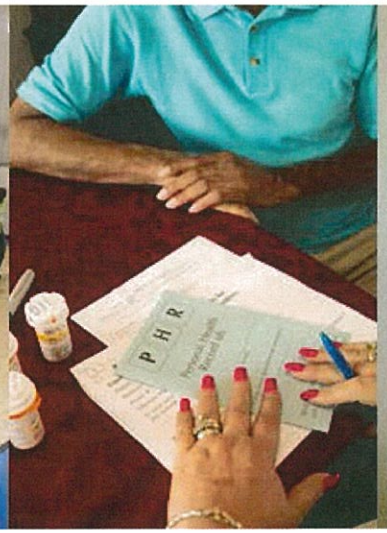
A university creates a safe-sex booklet based on the best evidence AND creates a curriculum and leader manual for using the booklet to teach a class of seniors.

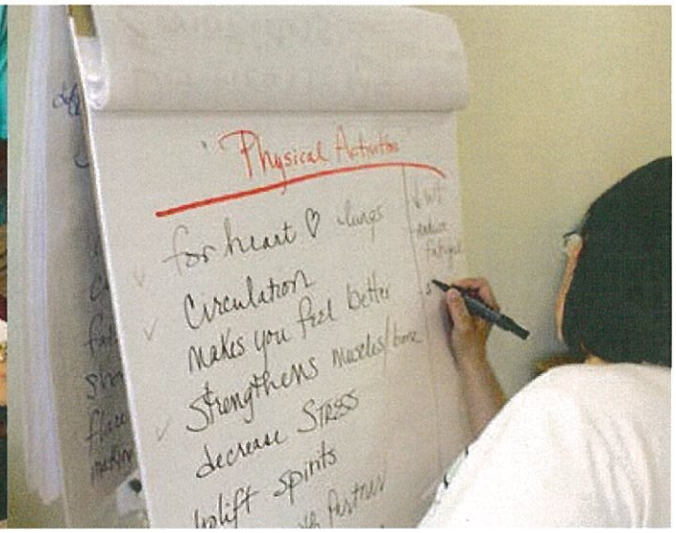
The university pilots the program in a few senior centers (with an intervention group and a control group). The positive outcomes of the pilot study are published in a peer-reviewed journal.

This IS a highest level evidence-based program!

What Makes Something a "Program"?

- An program should have:
  - Resources for the leader/organization to guide implementation
  - Dissemination materials for program participants





Examples of Evidence-Based Programs

A wide range of programs can be implemented with Title IIID funds, as long as they meet the criteria.

- Common program types include:
  - Class-based physical activity programs
  - Falls prevention programs (classes or one-on-one)
  - Self-management programs
  - One-on-one health interventions within the home