



Research, Best Practices & Logic Model – QUALITY of LIFE

Research says: The ability to complete basic daily activities may decrease if illness, chronic disease, or injury limits physical or mental abilities of older adults. Each year, 1 out of 3 older adults falls (1, 2). Falls often cause severe disability among survivors (3). Injuries from falls lead to:

- fear of falling
 - sedentary behavior
 - impaired function
 - lower quality of life
- An NIH-supported study demonstrated that exercise can prevent disability, even in frail older adults, and is first to demonstrate exercise as a disability prevention strategy (4). The LIFE (Lifestyle Interventions and Independence for Elders) trial showed that a carefully structured, moderate-intensity physical activity program can reduce risk of losing the ability to walk without assistance, perhaps the single most important factor in whether vulnerable older people can maintain their independence (5).
 - Health and Veterinary Research Suggests there are a number of health benefits to owning a pet. Factors contributing to the well-being of individuals include (6,7,8):
 - Lower Blood Pressure
 - Lessen Anxiety
 - Pediatric exposure to pets reduces risk of allergies and asthma
 - Reduces social isolation and shyness
 - Programs that offer an opportunity for persons to learn about their conditions & disabilities, develop relationships with others with the same diagnoses, and develop skills to be successful in managing their conditions can foster better outcomes and increased independence (9).

- (1) Hornbrook MC, Stevens VJ, Wingfield DJ, et al. Preventing falls among community-dwelling older persons: Results from a randomized trial. *Gerontologist*. 1994 Feb;34(1):16-23.
- (2) Hausdorff JM, Rios DA, Edelberg HK. Gait variability and fall risk in community-living older adults: A one-year prospective study. *Arch Phys Med Rehabil*. 2001 Aug;82(8):1050-6.
- (3) Centers for Disease Control and Prevention (CDC), National Center for Injury Control and Prevention Web-based injury statistics query and reporting system (WISQRS) [Internet]. Atlanta: CDC; 2010 [cited 2010 April 8]. Available from: <http://www.cdc.gov/injury/wisqars/index.html>
- (4) Cire Barbara, NIH 5/27/2014, [Structured physical activity program can help maintain mobility in vulnerable older people](#).
- (5) Lifestyle Interventions & Independence for Elders (LIFE) Trial (<https://www.thelifestudy.org/public/index.cfm>).
- (6) James E. Gern, MD, pediatrician at the University of Wisconsin Madison, in the *Journal of Allergy and Clinical Immunology*
- (7) Nadine Kaslow, PhD, professor of psychiatry and behavioral sciences at Emory University in Atlanta, Georgia
- (8) Lynel Hart, PhD, associate professor at the University of California at Davis School of Veterinary Medicine
- (9) Geist, Grdisa, & Otley, 2003; Hughes, Wood & Smith, 2009; Michalski, Mishna, Worthington, & Cummings, 2003

Best Practices: HALE estimates in this evaluation weight years according to health status.

- Years lived in good health are given higher weights than those in poor health – meaning, years of good health “count for more” (1).
 - Because of this weighting, the HALE is sensitive to changes in the severity of disability and morbidity in a population (2).
 - It’s not enough to do just one type of activity. Promote all four types of exercise activities — **endurance**, **strength**, **balance**, and flexibility (3).
 - Incorporate exercise & physical activity into organizations and programs to affect individually-adapted health behavior changes (4)(5).
 - ‘Fall Proofing Your Home’ outreach campaigns for seniors & disabled (6).
 - For example: Based on research the following actions may contribute to positive health and well-being (7-11):
 - Enhance community health by promoting pet adoptions
 - Educate the public on proper pet care, bite prevention and the benefits of pet ownership



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- Collaborate with organizations to provide pet adoptions to active and retired military families
 - Provide support services to keep companion pets, owners, and the public safe and healthy
- Programs & centers for independent living that are designed and operated within a local community by individuals with disabilities provide an array of independent living services, including the core services of information and referral, independent living skills training, peer counseling, and individual and systems advocacy. These programs maximize the leadership, empowerment, independence, and productivity of individuals with disabilities and help to integrate these individuals into the mainstream of American society (11).
 1. Wolfson, Michael C. "Health-adjusted life expectancy." Health Reports-Statistics Canada 8 (1996): 41-45
 2. Manuel, D G, V Goel, J I Williams, and P Corey. "Health-adjusted Life Expectancy at the Local Level in Ontario." Chronic Dis Can, 21.2 (2000): 73-80.
 3. NIH/NIA, Go4Life Campaign, http://go4life.nia.nih.gov/exercises_campaign.
 4. CDC, Workplace Health Promotion: Physical Activity - <http://www.cdc.gov/workplacehealthpromotion/implementation/topics/physical-activity.html>.
 5. Quintiliani, Lisa; Sattelmar, Jacob; Sorensen, Glorian: WHO/WEF – ‘[The workplace as a setting for interventions to improve diet and promote physical activity \(September 2007\)](#)’.
 6. NIH/NIA, Go4Life Campaign, <http://go4life.nia.nih.gov/sites/default/files/FallProofingYourHome.pdf>.
 7. Utilize various media, technology and communication strategies to promote benefits of pet ownership.
 8. Increase partnerships such as Pets For Patriots to promote adoptions.
 9. Develop and increase community awareness programs regarding responsible pet ownership and public safety.
 10. Promote services regarding pet health and protection.
 11. <http://www2.ed.gov/programs/cil/index.html>

Logic Model:

