

**Title of Intervention and Website:** The San Diego Medicare Preventive Health Project

**Intervention Strategies:** Individual Education, Supportive Relationships, Group Education

**Purpose of the Intervention:** To improve health for older adults through a health promotion component of a preventive services intervention for Medicare beneficiaries

**Population:** Medicare beneficiaries

**Setting:** San Diego communities; community-based

**Partners:** Not mentioned

**Intervention Description:**

- Individual Education: Health Risk Appraisals were conducted through a lifestyle assessment tool. Through individualized counseling, participants received feedback, set goals and discussed ways to reach goals. Participants received a comprehensive individualized report based on the results of the questionnaire, handouts that were relevant to their goal and two manuals that complemented the health program series.
- Supportive Relationships: Participants received phone counseling to monitor progress, problem solve and adjust goals (and 15 minutes in a face-to-face session). Participants signed a contract stating the details of their goal and were given a carbon copy. Participants received two follow up phone calls over the next year.
- Group Education: An 8-week health promotion series (2 hours per week) based on “Growing Younger” and “Growing Wiser” included topics such as memory, coping with life changes, choices for independent living, exercise, nutrition, relaxation and self care. Activities include warm-up, facilitator-presented information, group discussion and skill practice. Humor was emphasized and significant others were encouraged to attend. Participants received two manuals that emphasized program material.

**Theory:** Social Learning Theory and Kanfer's model of self-control and self-change

**Resources Required:**

- Staff/Volunteers: counselors, class facilitators
- Training: protocol training for counselors
- Technology: printer, computer
- Space: classrooms
- Budget: not mentioned
- Intervention: “Growing Younger” and “Growing Wiser” series developed by Healthwise, Inc. Boise, Idaho; goal contracts, handouts, manuals, phones
- Evaluation: Lifestyle Assessment Questionnaire – Series 65/165-SR, random xero sphygmomanometer

**Evaluation:**

- Design: Controlled Clinical Trial
- Methods and Measures:
  - Lifestyle Assessment Survey (series 65/165-SR) consisted of 215-items assessing health status and behavior related to nutrition, exercise, coping with stress and safety (used for Health Risk Appraisals).
  - Blood pressure measured with random xero sphygmomanometer.

**Outcomes:**

- Short Term Impact: not mentioned
- Long Term Impact: Intervention participants increased aerobic activity, stretching exercises and strength exercises significantly more than controls.

**Maintenance:** Not mentioned

**Lessons Learned:** Group wellness sessions and Health Risk Assessment counseling can be implemented on a large scale without sacrificing participant satisfaction. Exposure to the intervention resulted in a significant increase in physical activity which may positively predict future functional status and other health-related outcomes in older adults.

**Citation(s):**

Mayer, J. A., A. Jermanovich, et al. (1994). "Changes in health behaviors of older adults: the San Diego Medicare Preventive Health Project." *Prev Med* 23(2): 127-33.