



## Evaluation Study Overview

### Evidence and Broader Impact

Evidence-based results: OASIS offers several evidence-based programs. Each of these programs is described in plain language in the attached program overviews (Active Start Overview, Healthy Aging Overview, CATCH Healthy Habits Overview, and Connections Overview; Attachments A-D). Additionally, peer-reviewed research manuscripts are attached to support each program’s effectiveness. OASIS was directly involved in developing research supporting the effectiveness of Active Start, Active Living Every Day, CATCH Healthy Habits, and Connections. With regard to the remaining programs, OASIS has helped to disseminate evidence-based programs that were developed and researched by external organizations. For example, OASIS was the only national non-profit organization selected to disseminate Better Choices, Better Health as part of a community organization implementation pilot project.

Table 1. Evidence-based programs implemented by OASIS by type of research support.

Program	Experimental Design	Quasi-Experimental Design	Third-Party Evaluator	Other
<b>Active Start</b> (Attachment A, B, and E)		X	X	One group Pre-test and Post-test
<b>Active Living Every Day</b> (Attachment A, B, and F)		X	X	
<b>CATCH Healthy Habits</b> (formerly called <b>Active Generations</b> ) (Attachment C and G)				One group Pre-test and Post-test
<b>Connections</b> (Attachments D and H)	X		X	
<b>Chronic Disease Self-Management Program</b> (Attachment C)		X		One group Pre-test, Post-test, and Follow-up
<b>Diabetes Self-Management Program</b> (Attachment C)		X		One group Pre-test, Post-test, and Follow-up
<b>Better Choices, Better Health</b> (Attachments C, I, and J)	X			One group Pre-test, Post-test, and Follow-up
<b>A Matter of Balance</b> (Attachment C and K)	X		X	

Strategies for Expanding Impact: OASIS uses three general approaches to expand its impact: 1) work through and with organizational partners; 2) develop innovative but effective program financing models; and 3) advocacy.

With programs underway in 40 cities across 24 states, OASIS works with hundreds of organizational partners to implement its evidence-based or research-supported work. OASIS was recognized as a key organization in the aging network by the National Academy on an Aging Society. OASIS works within and makes connections across several sectors including public policy, government, foundations, media, business, non-profit, national aging organizations, research, and education. The breadth and depth of OASIS organizational partnerships increases the reach and sustainability of OASIS successful aging programs.

OASIS is currently exploring opportunities to expand ongoing support for evidence-based programs. OASIS is working with the National Council on Aging to study the feasibility of large self-insured employers and private insurance companies acting as payer sources for the Diabetes Self-Management Program (an evidence-based diabetes intervention program). Additionally, also in collaboration with the National Council on Aging, OASIS is exploring the possibility of Medicare reimbursement for the Diabetes Self-Management Program in Missouri. In partnership with the Centene Foundation, OASIS is planning a pilot of Active Start (an evidence-based physical activity program) in the Saint Louis Metropolitan area that will support OASIS' case for having Active Start reimbursable for dual eligible Medicaid-Medicare clients in the state of Missouri and beyond.

With regard to advocacy, OASIS was a founding member of Age4Action, a national organization that advocates on behalf of adults age 50 plus. Age4Action engages, informs, connects, and mobilizes organizations and networks to increase opportunities for people age 50+ to work, serve, learn, and lead. Marcia Kerz, President of the OASIS Institute, has served on the National Council of Aging Leadership Council and as a charter member of the Age4Action coalition. OASIS is also developing a model of intergenerational advocacy that aims to unite adults age 50 plus with early adolescents to promote positive changes to their communities' physical activity, healthy eating and active living policies and environments in order to reverse the obesity epidemic.

### **Programs Section: Program Elements**

Program Elements and Guidelines for Adaptations: The core program elements that remain constant across evidence-based programs implemented by OASIS include the production and distribution of standardized protocols and guidelines, systematic training, technical assistance from the program's developer, process and/or outcome evaluation, fidelity monitoring, and specification of appropriate participant populations.

Evidence-based programs typically include options for adaptation specifically built into their curriculum or more generally into replication toolkits. For example, OASIS has developed and periodically updates an Active Start Replication Toolkit that guides organizations through the process of planning, implementing, and evaluating Active Start (see Attachment L). Active Start includes various modification opportunities that range from adapting the physical activity intensity of the program's exercises to adjusting the length of the program's components (for example, organizations have the option of using a 12 or 20 week version of Active Living Every Day).

Standardization, Training, and Quality Control: OASIS implements various evidence-based programs, each with its own set of protocols and procedures. As an example of OASIS' program manuals, the manual for ExerStart is attached (see Attachment M). Half of Active Start is comprised of ExerStart.. ExerStart is a 20 week, moderately paced, beginning-level exercise program designed for sedentary or de-conditioned older adults to improve balance, endurance, flexibility, and muscle strength. In two, 45-minute weekly sessions, participants learn safe, enjoyable, and effective exercises, which improve their daily functioning. ExerStart and its manual were developed in partnership with Jessie Jones of California State University Fullerton. Dr. Jones is an expert in the area of older adult physical activity and is the Editor of the Journal of Aging and Physical Activity. The ExerStart manual guides lay leaders through the process of program facilitation.

OASIS uses various evaluation methods to assess its performance at a programmatic or organizational level. Program participants complete pre-program and post-program surveys to measure key constructs (for example, physical activity, disease management, and perceived health). In cases in which volunteers are involved in the program, either in direct service or capacity building roles, the number of volunteer hours and type of volunteer activity is entered into an online database. These hours are in some cases linked to Department of Labor and Statistics data to calculate the monetary value of volunteer work. More broadly, OASIS' database enables sites from across the United States to enter data into a centralized system. Beyond volunteer hours, class enrollment and participant identifiers can be entered remotely. Entering participants into the OASIS database enables follow-up with participants beyond the scope of any one specific program. Every other year, OASIS surveys thousands of its participants to develop a more general understanding of its impact.

OASIS also uses observational methods to evaluate program processes and outcomes. For example, in the CATCH Healthy Habits program, the System for Observing Fitness Instruction Time (SOFIT) is used to assess the proportion of time that participants spend in moderate to vigorous physical activity while engaged in the program (see Attachment N). Through the use of the SOFIT method, trained observers can collect valid and reliable data that correlates with heart rate monitor data. SOFIT collects information on program processes while participants are engaged in a program. OASIS also uses the Senior Fitness Test to measure changes in functional physical fitness prior to program participation and after program participation. Using the Senior Fitness Test, OASIS has objectively measured gains in mobility, strength, flexibility, and endurance of ExerStart and Active Start participants.

### **Organizational Strength and Capacity Section**

Strategy and Theory of Change: The organization's Theory of Change in promoting successful aging is based upon a three-pronged approach designed to overcome social isolation through group activity and volunteer engagement, stimulate the intellect through rigorous educational programs and maintain health and independence through developing and maintaining healthy lifestyle behavior. OASIS employed this comprehensive approach when it was in formation in the early eighties based on feedback from focus groups of older adults. This approach was validated in 1998 with the publication of the MacArthur Foundation Study of Aging in America, which is further detailed in attachment O: OASIS Five-Year Business Plan.

## **Attachments List**

- A. Active Start Overview
- B. OASIS Healthy Aging Overview
- C. CATCH Healthy Habits Overview
- D. Connections Overview
- E. Active Start Research Manuscript
- F. Active Living Every Day Research Manuscript
- G. CATCH Healthy Habits Research Manuscript
- H. Connections Research Manuscript
- I. Better Choices, Better Health—Chronic Disease (online CDSMP) Research Manuscript
- J. Better Choices, Better Health—Diabetes (online DSMP) Research Manuscript
- K. A Matter of Balance Research Manuscript
- L. Active Start Replication Toolkit
- M. ExerStart Manual
- N. SOFIT (as adapted for CATCH Healthy Habits) Manual