

# WISCONSIN INSTITUTE FOR HEALTHY AGING

est. 2008

WIHA

## MISSION STATEMENT

"Improve the health and well-being of older adults in Wisconsin by administering high-level evidence-based health promotion programs and building partnerships to spread healthy aging programs that help older people live longer, and live better"



## HOW COVID 19 IMPACTED WIHA

There were a few changes that occurred due to COVID 19. The major change was all of our in-person workshops were no longer able to take place. This is an issue for WIHA as the programs are only evidence based when in person. If there are no workshops taking place, then there is no data being collected. This can cause issues with reporting for grant funded projects. Due to Safer in Place orders, facilitator trainings have also been canceled. Also WIHA hosts a Healthy Aging Summit every two years and unfortunately had to cancel the summit this year.

## EVIDENCE-BASED PROGRAMS

Living Well with Chronic Conditions, the Spanish-language version; Tomando Control de su Salud, Healthy Living with Diabetes, the Spanish-language version; Vivir Saludable con Diabetes, Healthy Living with Chronic Pain, Mind Over Matter- Healthy Bowels, Healthy Bladder, Stepping On, Powerful Tools for Caregivers, Powerful Tools for Caregivers of Children with Special Needs, Physical Activity of Lifelong Success (PALS), and Walk With Ease.

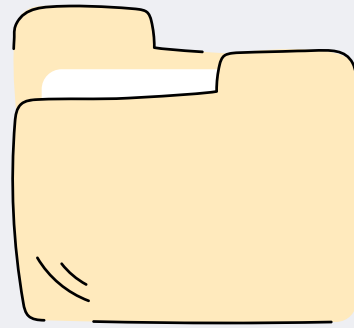
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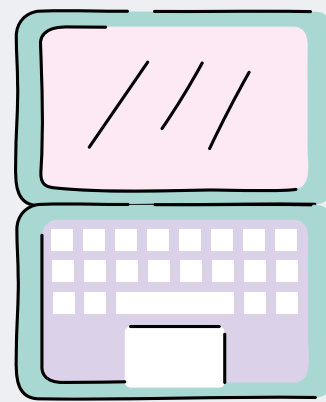
# WHAT I WAS INVOLVED IN

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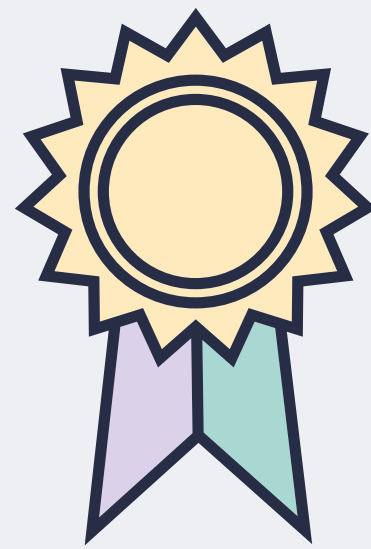
- Workshop data entry and management for all the evidence based programs



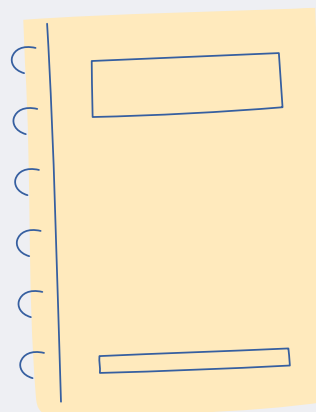
- Created a Microsoft Access database for MOM to be shared with the UW Obstetrics & Gynecology department



- Certified in two programs: Physical Activity for Lifelong Success (PALS) and Mind Over Matter- Healthy Bowels, Healthy Bladder



- Assisting in putting together materials for training workshops



- Applying for our Healthy Aging Summit to be able to be a source for CHES/MCHES Continuing Education Hours



- Follow up phone calls with participant from workshops



## Connections to the Seven Areas of Responsibility:

Area 3- Implement Health Education/ Promotion

Area 4- Conduct Evaluation and Research Related to Health Education/ Promotion

Area 5- Administer and Manage Health Education/ Promotion

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*"From Research, to Practice, to People"*