

## Goals and Strategies

The goals and strategies listed in this section of the Aging Plan are informed by the quantitative and qualitative data gathered during the plan development process as well as meet the focus areas identified by the State Office on Aging and Aging Network values. The focus areas are broken out into OAA Title III Programs and Network Values. The following describes the make-up of the seven focus areas:

### OAA Title III Program Focus Areas

At least one goal is required to address an emerging need, a quality issue, or a gap in the services system in each of the following program areas:

1. Title III-B Supportive Services
2. Title III-C Senior Nutrition Program
3. Title III-D Disease Prevention and Health Promotion Program
4. Title III-E National Family Caregiver Support Program

### Network Value Focus Areas

In addition, there are three aging network values: person centeredness, equity, and advocacy. At least one goal is required to address each of these, either as a stand-alone goal or within one of the OAA Title III program areas mentioned above.

In addition to these focus areas, Dane County AAA identified several other areas of focus that helped inform additional goals and strategies listed in this section.

The following is a list of goals broken out by the State- and Dane County AAA-identified focus areas. Some goals fall under multiple focus areas.

### Title III C: Senior Nutrition Program and Title III D: Disease Prevention and Health Promotion Program

Title IIIC Senior Nutrition Program: The Older Americans Act (OAA) Title III C Senior Nutrition Program (SNP) plays an important role in the health of older adults that participate in the program. The main purposes of the SNP are to: reduce hunger and food insecurity, promote socialization of older individuals and promote health and well-being of older individuals by helping them access services that encourage proper nutrition, prevent disease and promote health. The program provides meals, nutrition education, nutrition risk-screening and nutrition counseling to older adults.

Title IIID Disease Prevention and Health Promotion Program: The OAA Title III D Disease Prevention and Health Promotion Program provides evidence-based disease prevention and health promotion services. Title III D supports services that assist older adults in preventing illness and managing chronic conditions. Evidence-based health promotion services include programs focused on alcohol and substance abuse reduction, smoking cessation, weight loss and control, stress management, falls prevention, physical activity and improved nutrition.

Fifty percent of *Stepping Up Your Nutrition (SUYN)* attendees AND fifty percent of Senior Nutrition Program participants are found to be at risk for malnutrition. Malnutrition, dehydration, and falls are known to cause frequent emergency room visits and hospital admissions each year. Equipping older adults with information on how to best prevent all three risk factors can lead to better health outcomes. Awareness and information are powerful for prevention. This goal aims to combine two health promotion programs (*Stepping On and Stepping Up Your Nutrition*) so that older adults attending the classes benefit from receiving the information in a coordinated manner and is more efficient in terms of delivering these classes in the community.

<b>Choose an OAA Program Focus for this goal:</b> <input type="checkbox"/> IIIB <input checked="" type="checkbox"/> IIIC Nutrition <input checked="" type="checkbox"/> IIID Disease prevention and health promotion <input type="checkbox"/> IIIE	<b>Choose at least one value that informs this goal (can choose more than one):</b> <input checked="" type="checkbox"/> Person centeredness <input type="checkbox"/> Equity <input type="checkbox"/> Advocacy
<b>Goal statement:</b> Offer the evidence-based health promotion program, <i>Stepping On</i> , along with an evidence-informed nutrition education class, <i>Stepping Up Your Nutrition (SUYN)</i> , at least 75% of the time to reduce falls, dehydration, and malnutrition risks.	
<b>Action Plan or Strategy:</b> <ul style="list-style-type: none"><li>• <i>Stepping On</i> consists of a 2-hour session per week, for 7 weeks. Add <i>SUYN</i>'s 2-hour session onto the tail-end of the 7-week series lengthening it to 8-weeks total. Plan at least 75% of Dane County <i>Stepping On</i> classes to include <i>SUYN</i> as the 8th week session. (2026 -2027).</li><li>• Expand the reach of offering <i>SUYN +Stepping On</i> combination workshop by training <i>Stepping On</i> facilitators on the <i>SUYN</i> material - Train the trainer model (2027).</li></ul>	
<b>Documenting efforts and tools:</b> <b>Documenting how much has been done:</b> <ul style="list-style-type: none"><li>• We will track in PeerPlace and have counts of participants attending the combination class.</li><li>• Run WellSky/Peer Place report showing total amount of individuals impacted, comparing to participation in program years prior to the combined class offering.</li></ul> <b>Documenting how well it has been done:</b>	

- Combination classes are up and running and participation is higher compared to separate classes gathered via PeerPlace data.
- Trainers show interest in teaching the combination classes and a train the trainer model is implemented.

**Assessing whether anyone is better off:**

- We may anticipate doing a pre/post survey. Send a 3-month post workshop survey focusing on the changes or improvements they've made since attending the workshop: Eating more protein, drinking more fluid, eating more fruits and vegetables, eating at least 3 meals a day, talking with health professional about their nutrition, hydration, or fall concerns, etc.
- Better coordination and less time spent by the consumer end point = more education in less time. It's more efficient for all and a much better way to get all the needed falls and malnutrition prevention information in one place.

### Title IIID: Disease Prevention and Health Promotion Program

The OAA Title III D Disease Prevention and Health Promotion Program provides evidence-based disease prevention and health promotion services. Title III D supports services that assist older adults in preventing illness and managing chronic conditions. Evidence-based health promotion services include programs focused on alcohol and substance abuse reduction, smoking cessation, weight loss and control, stress management, falls prevention, physical activity and improved nutrition.

Falls is the leading cause of death among older adults in Dane County and is a significant public health burden locally and nationally. The leading cause of injury-related hospitalization for older adults in Dane county is related to falls. Although, there is great evidence that Stepping On, an evidence-based falls prevention program has been widely studied and offered to the majority population, it's culturally and linguistically tailored version - *Pisando Fuerte (Stepping On - Spanish)* has not been offered to Hispanic older adults in Dane county. *Pisando Fuerte* is a multifaceted community-based program that is provided in a small-group learning environment to improve falls prevention self-efficacy, encourage adoption of preventive behaviors, and provide strength and balance exercises for older adults whose primary language is Spanish. We feel offering this program to the Hispanic community will improve health outcomes and awareness related to falls in older adults and is our commitment to provide culturally and linguistically appropriate services to older adults in our community.

<b>Choose an OAA Program Focus for this goal:</b> <input type="checkbox"/> IIIB <input type="checkbox"/> IIIC <input checked="" type="checkbox"/> IIID Disease prevention and health promotion <input type="checkbox"/> IIIE	<b>Choose at least one value that informs this goal (can choose more than one):</b> <input type="checkbox"/> Person centeredness <input checked="" type="checkbox"/> Equity <input type="checkbox"/> Advocacy
<b>Goal statement:</b> Offer the culturally and linguistically appropriate falls prevention workshop ( <i>Pisando Fuerte</i> ) to improve health outcomes and awareness, related to falls, in Hispanic older adults in Dane County by December 2027.	
<b>Action Plan or Strategy:</b> <ul style="list-style-type: none"><li>• We will partner with Safer Communities to train 2 <i>Pisando Fuerte</i> instructors via WIHA (2026-2027).</li><li>• The trained instructors will offer at least 3 classes by Dec 2027.</li></ul>	
<b>Documenting efforts and tools</b> <b>Documenting how much has been done:</b> <ul style="list-style-type: none"><li>• Track the number of classes offered and the number of Hispanic older adults that have successfully completed (4 out of 6 sessions) the workshop in PeerPlace.</li></ul> <b>Documenting how well it has been done:</b> <ul style="list-style-type: none"><li>• We were able to mitigate past issues that prevented holding the workshops with the Hispanic community. Being able to offer the workshop to Hispanic older adults AND also getting them to attend is a success! Better outreach and communication will help connect the participants with enrolling the minimum 10 people required to hold the workshop.</li></ul> <b>Assessing whether is anyone is better off:</b> <ul style="list-style-type: none"><li>• Qualitative feedback via focus group or pre/post survey of the participants will reveal their health outcomes/awareness of the falls prevention strategies have improved. Older adults in the Hispanic community feel they were able to engage in a class that is meaningful and appropriate to improve their health and wellbeing.</li></ul>	