



The OASIS commitment to healthy lifestyles

Preventing chronic illness

Many chronic diseases that impact the lives of older adults are preventable.

Without increased dedication to prevention, chronic diseases such as diabetes, heart disease and hypertension will increase by 30 to 40 percent over the next 15 years, and four out of ten adults living in the U.S. will be obese.

OASIS solutions to help combat chronic illness

OASIS has a strong commitment to health promotion programs for adults age 50 and older across the United States. Since 2003, OASIS has implemented several evidence-based and theory-based health programs, including:

Active Living Every Day (ALED)

A 12- or 20-week course adopted by the Robert Wood Johnson Foundation Active for Life program and recognized by the American Public Health Association's "Award of Excellence in Program Innovation," ALED was designed to help older adults become and stay physically active. It is not an exercise class; a trained leader helps participants find realistic ways to add physical activity into their daily schedules.

Active Start

Winner of a 2006 U.S. Department of Health and Human Services Innovation in Prevention Award, this class combines ALED and ExerStart for Lay Leaders, a low-impact exercise program. During this 20- to 24-



"I see OASIS as part of my family."

Gloria Mabie, OASIS Participant

week class, participants meet once a week for ALED. ExerStart classes are incorporated during the 5th week. The combination of behavior change strategies and safe exercises gives participants the confidence and skills to stay active while at home, on vacation, or when facing new health challenges.

Living a Healthy Life (Chronic Disease Self Management Program—CDSMP)

This six-week class, recognized by the U.S. Administration on Aging and the U.S. Centers for Disease Control and Prevention, enhances regular treatment and disease-specific education, helping adults learn skills to cope with the common symptoms and frustrations of living with a chronic illness.

Better Choices, Better Health (BCBH)

The online version of CDSMP was developed through a partnership with Stanford University and the National Council on Aging. Research cites that BCBH is as effective as the traditional classroom CDSMP and is a convenient option for people who are employed and are comfortable with web-based learning.

CATCH Healthy Habits

The intergenerational program unites older adults with children in grades K-5 to promote good nutrition and physical activity. An adaptation of the evidence-based CATCH (Coordinated Approach to Child Health) curriculum, the program received the 2010 American Society on Aging MindAlert Award.

Diabetes Self-Management Program

Facilitated by trained leaders, this six-week workshop includes topics on medication use, nutrition, glucose management, fatigue, frustration and isolation. The workshop also focuses on exercise for maintaining and improving strength, flexibility and endurance.

Matter of Balance

This four- or eight-week program is designed to reduce the fear of falling and increase activity levels among older adults. The program received the “Archstone Foundation Award for Excellence in Program Innovation” in 1998.

Free From Falls

A comprehensive approach to fall prevention, Free from Falls combines Fall Prevention and You, Safe at Home, Better Balance and Matter of Balance.

Healthy Living Online

A class to help adults age 50-plus navigate health information on the internet. Healthy Living Online teaches participants how to locate and evaluate websites for information that will help them understand and manage their health conditions with confidence.

Additional health and fitness programs

OASIS offers a broad range of physical activity, health education, and nutrition classes. Fitness classes include Gentle Yoga, Water Aerobics, Tai Chi, Strength Training, Everyday Fitness and Dance. Classes are also offered on specific health topics such as heart disease, diabetes, medication management and healthy eating.

Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)

PEARLS helps older adults with mild depression or dysthymia through eight in-home counseling sessions followed by monthly phone calls. A depression care manager teaches participants to recognize symptoms of depression and how to solve problems that cause it. PEARLS also encourages social engagement and physical activity.

For more information, contact us:

The OASIS Institute

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OASIS is a national non-profit organization that promotes successful aging through lifelong learning, health programs and volunteer engagement. The OASIS vision is to see that adults age 50-plus across the country have opportunities to pursue vibrant, healthy, productive and meaningful lives. Founded in 1982, OASIS serves more than 370,000 adults through partnerships in 40 cities. The OASIS Institute in St. Louis is the national headquarters.