

# CDC Prevention Research Centers Healthy Aging Research Network Logic Model Narrative

## The HAN Network

### **Mission**

The mission of the Prevention Research Centers (PRC) Healthy Aging Research Network (HAN) is to better understand the determinants of healthy aging in older adult populations; to identify interventions that promote healthy aging; and to assist in the translation of such research into sustainable community-based programs throughout the nation.

Healthy aging is the development and maintenance of optimal physical, mental and social well-being and function in older adults. It is most likely to be achieved when physical environments and communities are safe, and support the adoption and maintenance by individuals of attitudes and behaviors known to promote health and well-being; and by the effective use of health services and community programs to prevent or minimize the impact of acute and chronic disease on function.

PRC-HAN strives to:

1. Expand prevention research for older adults and their communities
2. Promote the translation and dissemination of findings to key stakeholders
3. Strengthen PRC-HAN capacity through partnerships and expanding funding
4. Stimulate the adoption of policies and programs by engaging policymakers, planners, and practitioners.

Four underlying goals of the PRC-HAN include:

1. Foster a strong sense of local program ownership by drawing on the PRC's established community relationship to collaboratively develop a healthy aging research agenda;
2. Facilitate partnerships among PRCs to strengthen the focus, cohesiveness, and collaboration of aging research;
3. Combine the diverse perspectives of network members and establish new national linkages resulting in the potential to develop and promote interventions at individual, organizational, environmental, and policy levels; and
4. Link the Healthy Aging Program to a greater number of prevention researchers outside of CDC.

The purpose of this narrative is to provide context and explanation to the Prevention Research Center's Health Aging Network (PRC-HAN) logic model components. The logic model identifies and documents the unique contribution of the PRC-HAN and how the partnerships and collaborations produce desired outcomes. Each component of the columns (i.e., inputs, outputs, etc.) is described.

The PRC-HAN logic model was developed as a first step in preparation for an internal evaluation of the network. The goals of the evaluation will be to identify the communities who make up the network, better define the network's contributions to healthy aging, formalize

internal processes, and better equip the PRC HAN to serve as a model for other CDC PRC thematic networks.

## Diagram Notes

- The logic model is organized into columns that read from left to right.
- The size of the boxes in the diagram depends on the amount of text in each box and does not denote the relative importance of a specific element.
- Arrows designate the flow of concepts from one column's boxes to the next.
- Although the boxes of the framework are shown in a linear fashion, the relationships among them are expected to be complex, interactive, and recursive over time.
- A set of dotted lines in the Input column groups the boxes related to capacity. This grouping shows the potential relationships to other components that allow PRC-HAN to work in unique and diverse communities and across multidisciplinary member centers to create synergy.

## Logic Model Components

### Inputs

The first column of the logic model describes Inputs. Inputs are the fundamental resources available to the PRC-HAN and represent the infrastructure that must be in place in order for an Organizing and/or Network Activity to be implemented. The six logic model Inputs are described below.

CDC's Recognition of PRC- HAN	The PRC-HAN extends CDC's ability to realize its strategic agenda for promoting health aging and eliminating health disparities among older adults. The network is recognized as an important partner in advancing science-based health promotion for older adults and is given the task of developing and implementing a research agenda with an emphasis on translational research at the community level and is formally reviewed and sanctioned within the PRC system.
Infrastructure Funding	The CDC Healthy Aging Program funds the infrastructure of the PRC-HAN. The PRC-HAN then develops sustained funding and organizational linkages with private foundations and agencies to support the network and create additional opportunities for funding.
Member-Center (Academic/ Community Partnership) Capacity	PRC-HAN members have invested and committed to healthy aging and conduct healthy aging activities within their communities that contribute to overall PRC-HAN capacity. Additionally, the research dissemination and practice workgroup helps to facilitate local, state, and national community partnerships to build capacity and infrastructure in the public health and aging services networks.

Lead Center Capacity	Lead Center Capacity is the support provided by the University of Washington Health Promotion Research Center (UWHPRC). UWHPRC receives additional funds from CDC to support expertise for network coordination and facilitation activities.
HAN Organizational Structure	The PRC-HAN is organized to serve CDC's strategic goals while following PRC research principles and incorporating the values of the PRC Program. The network structure allows additional research expertise and community capacity to be brought in from outside the network membership to help investigate new topics as they arise.
PRC Network	The Prevention Research Center Program comprises 33 academic-community partnerships. The PRC network's strength derives from the linkage between academic groups with strong prevention research and evaluative expertise and community-based partners representing diverse geographic locations and ethnic and socio-economic backgrounds.
SYNERGY	A set of dotted lines group the Member-Center Capacity, Lead Center Capacity, and HAN Organizational Structure boxes related to capacity. This grouping shows the potential relationships to other components that allow the PRC-HAN to work in unique and diverse communities and across multidisciplinary member centers to create synergy.

## Organizing Activities

Building on the Inputs, PRC-HAN pursues the Organizing Activities (and the Network Activities) to achieve the Network Outcomes. The Activities are processes, strategies, methods, and products that result from the six Inputs. Organizing activities are activities undertaken to organize and maintain the network itself. The six Organizing Activities are described below.

HAN Functioning	<p>The PRC-HAN was created in 2001 to help develop partnerships and create a research agenda that promotes healthy aging. HAN activities include the synthesis of scientific information on the determinants of healthy aging, intervention research, and/or translation research for programs in healthy aging.</p> <p>The PRC-HAN:</p> <ul style="list-style-type: none"> <li>■ Conducts many of its activities through workgroups</li> <li>■ Engages outside experts as necessary</li> <li>■ Links back to local communities</li> <li>■ Establish and Implement Evaluation Activities</li> </ul>
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Develop Community-Based Research Agenda	The PRC-HAN has developed by consensus a research agenda that addresses community-level health-promoting skills and behaviors, disease and syndrome topics, and knowledge domains. In order to pursue the research agenda, PRC-HAN seeks additional research funding. A description of the research agenda can be found at <a href="http://www.cdc.gov/prc/research_projects/aging.htm#4">http://www.cdc.gov/prc/research_projects/aging.htm#4</a>
Establish Evidence Based Research & Health Priorities	The network engages stakeholders to identify research priorities and select research projects. The diseases and conditions that the agenda addresses are leading causes of illness and death among older adults. These are addressed by identifying risk factors, their impact on health and well-being, and behavioral, social, and environmental strategies to reduce them. Through a consensus process, the network chose physical activity among older adults for its initial research focus. Since its original efforts, the network has additionally directed its attention to depression, Alzheimer's disease, and nutrition.
Establish Dissemination Plan	The PRC-HAN develops mechanisms to disseminate evidence-based interventions and training products for the public health and aging networks.
Establish Marketing Plan	The PRC-HAN will develop a marketing plan to effectively promote the network as a leader in healthy aging research.

## Network Activities

In addition to the Organizing Activities, there are four Network Activities that contribute to the Network Outcomes. Network activities are activities conducted by the network to advance the healthy aging research agenda and increase the capacity of communities to support healthy aging. These Network Activities are grounded in the philosophy of participatory research and collaboration and are described below.

Strengthen HAN Capacity	Key components of PRC-HAN capacity include partnership, shared responsibility, and broad expertise. The PRC-HAN works to maximize relationships with partners and obtain additional sources of funds for PRC-HAN priorities (see first three Network Outcomes).
Conduct Community-Based Aging and Public Health Research Programs/ Interventions	The PRC-HAN conducts research based on its research agenda, using sound research methods that further the field of healthy aging. In addition, the research should result in a demonstrated change in local communities. Consistent with the research agenda, public and professional awareness and training activities have been developed to support those interventions derived from research activities.

<p>Translate and Disseminate Findings and Work Products</p>	<p>The PRC-HAN shares findings from research with community partners and the academic community. These findings may be published in peer-reviewed journals, books, and technical reports. In addition, findings from research conducted with a community are shared with community partners. Efforts are aimed at developing mechanisms to inform public health practitioners, community members, and policymakers.</p>
<p>Engage Policy Makers, Students, Planners &amp; Practitioners</p>	<p>PRC-HAN stimulates the adoption of policies and programs by engaging policymakers, program planners, and public health and aging practitioners in our network activities.</p>

**Network Outcomes**

The last two columns of the conceptual framework are Outcomes, or the intended effects of HAN activities. There are eight Network Outcomes to be accomplished as a direct result of the Network Activities. The first three Network Outcomes have a reciprocal relationship with “Strengthen HAN Capacity” Network Activity.

<p>Optimized Relationships with Partners</p>	<p>Partners in the PRC-HAN’s efforts include CDC, the Chronic Disease Directors (CDD), the Administration on Aging (AoA), the National Council on Aging (NCOA), the National Association of State Units on Aging (NASUA), and the Agency for Health Care Research and Quality. Member Community Advisory Boards (CABs) or teams and local partnerships play a critical role in all network processes. The PRC-HAN seeks to optimize its relationships with these partners to further an agenda for promoting healthy aging and eliminating health disparities. This is accomplished by 1) including partner participation through affiliate memberships; 2) including partners in mutually relevant workgroups and projects; 3) establishing formal liaison relationships; and 4) providing technical assistance.</p>
<p>New Scientific Partners</p>	<p>New scientific partners enhance PRC-HAN’s efforts. One example is the network’s contribution to NCOA’s development of a Technical Assistance and Resource Center for AoA’s evidence-based grants by developing and disseminating technical assistance topic papers for the AoA grantees. The additional partners to the network have increased the diversity of HAN’s expertise and provide new outlets for its products.</p>
<p>New Funding Opportunities for HAN Priorities</p>	<p>The network pools together resources along with partner resources to generate funding for PRC-HAN priorities.</p>

Improved Community-based Aging and Public Health Research	Through PRCs' working together to conduct research on healthy aging and disseminating the results, the quality of community-based aging and public health research should improve. Through collaboration, shared responsibility, and broad expertise the PRC-HAN has been able to increase its resources and engage in new project areas.
Demonstrated Change in Local Communities	PRC-HAN community-based and collaborative aging and public health research should lead to demonstrated change at the local level.
Uptake of Research Findings	Successful PRC-HAN activities will lead to uptake of research that results in changes to public health and aging services policy and practices. The research conducted is expected to be translated into community practice, policy, and programs.
Policy and Program Uptake by:	<ul style="list-style-type: none"> <li>■ Public Health</li> <li>■ Aging Services</li> <li>■ Government Policies</li> <li>■ Research Communities</li> <li>■ Academics</li> </ul>
Increase Workforce Capacity	As a result of its research and dissemination activities, the PRC-HAN will help increase the capacity through training and education of the public health and aging services workforce to implement evidence-based programs and/or improve health outcomes.

**Long-Term and Distal Outcomes**

The cumulative effects of the PRC-HAN's eight Network Outcomes contribute to the projected Long-Term Outcomes outlined below. These outcomes reflect the PRC-HAN's ultimate goal of achieving and maintaining "Optimal Physical, Mental, And Social Functioning, Equitably Distributed among All Older Adults" as depicted in the HAN's right-most box

Health Promotion Behavior Skills	PRC-HAN aims efforts toward improved and maintained health behaviors through effective research-based health promotion at all levels of the ecological model.
Social, Community, and Environmental Benefits	PRC-HAN intends that activities will lead to enhanced community capacity for prevention, at social, physical, and policy levels of communities' environments. Enhanced capacity includes an improved ability on the part of agencies and organizations to implement well-reasoned and effective health promotion programs and services.

Optimal Health Promotion Policies	Findings from PRC-HAN's research will contribute to the development of policies and interventions demonstrated as effective in promoting health and reducing health disparities among older adults. The HAN will help stimulate the adoption of policies and programs by engaging policymakers, planners, and practitioners.
Institutional Linkages	Creating and improving institutional linkages to strengthen public health efforts around older adults is an expected outcome of the PRC-HAN thematic research network. Institutional linkages that result from PRC-HAN's activities include the alignment of community-based public health and aging services, as well as linkages with the health care system. Combining the diverse perspectives of network members and establishing new national linkages contribute to the capacity to develop and promote interventions at individual, organizational, environmental, and policy levels.

**Contextual Factors & Synergistic Relationship**

Horizontally across the bottom of the logic model columns are Contextual Factors and Synergistic Relationship. The contextual factors include factors external to the PRC-HAN that may not be within its control but that may influence the implementation of activities and achievement of outcomes. Note that these conditions may relate to any or all components of the framework and may include the policy environment, social disparities, and health priorities. The PRC-HAN focuses its research activities on the health issues of high priority to the defined community. The synergistic relationship refers to the relationships that allow the PRC-HAN to uniquely work and create synergy across components.

Across the top of the logic model is a Feedback Loop. This loop illustrates how the Outcomes relate to the inputs to inform the network's activities.