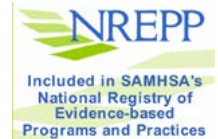


## Wellness Initiative for Senior Education (WISE) Program: Key Evaluation Findings



The WISE program went through a rigorous evaluation conducted by the Institute for Families at Rutgers School of Social Work over the course of several years. It has been recognized as an evidence-based prevention program by the National Registry of Evidence-based Programs and Practices (NREPP) and Aging and Disability Evidence-Based Programs and Practices (ADEPP).

### After participating in the WISE program:

- Participants improved health behaviors related to lifestyle choices, healthcare empowerment, and use of prescription and over-the-counter medications.
- Participants knew more about how their bodies age, how the aging process affects their ability to metabolize alcohol and medications, and how to recognize early signs and symptoms of depression.
- Participants reported a greater sense of social guidance and social integration.
- More than 84% of participants made a positive behavior change within six weeks of beginning the WISE program to promote a healthier lifestyle.
- On average, participants who made behavior changes reported changing seven different behaviors to improve their health, including:
  - ▶ Reducing or eliminating the use of alcohol
  - ▶ Reducing or eliminating the use of tobacco products
  - ▶ Changing doctors
  - ▶ Asking their doctor questions
  - ▶ Bringing a friend or family member to a medical appointment
  - ▶ Using a pill box to organize medication
  - ▶ Keeping a list of all medications in their purse or wallet
  - ▶ Speaking to a friend or counselor when they were feeling down
  - ▶ Improving their diet
  - ▶ Exercising or increasing their amount of exercise



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