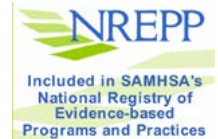


## Wellness Initiative for Senior Education (WISE) Program: Key Evaluation Findings



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:

- WISE participants improved health behaviors related to lifestyle choices, healthcare empowerment, and use of prescription and over-the-counter medications.
- WISE 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.
- WISE participants reported a greater sense of social guidance and social integration.
- More than 84% of WISE Program participants made a 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 they were feeling down
  - ▶ Improving their diet
  - ▶ Exercising or increasing their amount of exercise



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