

## *Improving the Health and Quality of Life of Older Kansans through Targeted Education and Outreach*

### **The Situation**

The Adult Development and Aging Program Focus Team has identified the need to continue working to improve the health and wellness behaviors practiced by many Kansans that continue to adversely affect one's ability to age optimally. Though some Kansas counties have shown marked improvement in health outcomes in recent years, there continues to be the substantial need for education and community engagement in the area of adult health. This is particularly true for rural areas of Kansas where geographic, social, and economic disparities disproportionately affect one's ability to live healthfully. As such, we are committed to prioritizing effective strategies to address these needs.

### **Short-Term (Knowledge)**

Increased knowledge about healthy behaviors across the lifespan that will help influence optimal aging.

#### Indicators

We will measure participants' knowledge through program-specific evaluations. Successful indicators will include increased knowledge, awareness, and understating of various aging-related topics.

### **Medium-Term (Behavior)**

Through our existing programming, we expect that recipients of our programs and endeavors will continue or begin practicing healthy and safe behaviors that promote optimal aging.

#### Indicators

We will measure participants' behavior change through program-specific evaluations. Successful indicators will include an increased adoption of behaviors that promote a healthy and safe lifestyle.

### **Long-Term (Change in Condition)**

Through Adult Development and Aging Programming, recipients of our programming will engage in healthier and safe lifestyle behaviors which will reduce their risk for Chronic Diseases, falls, and other adverse health outcomes while working to preserve their ability to live independently.

#### Indicators

We will measure long-term outcomes through program-specific evaluations, success stories, anecdotal evidence and stories, and trends in health factors and outcomes across Kansas.

## **Public Value**

K-State Research and Extension provides research- and evidence-based educational programming and is involved in meaningful community initiatives that improve the lives of aging Kansans, their families, and communities.

## **Outputs**

- Continue presenting Adult Development and Aging Core Curricula, including: Advance Health Care Planning in Kansas, Alzheimer's 101, Elder Abuse and Neglect: What You Should Know, Gray for a Day, Keys to Embracing Aging, and Powerful Tools for Caregivers.
- Develop and implement a needs assessment for Kansas Extension professionals regarding aging-related community needs, desired professional development, and future directions for the Adult Development and Aging Program Focus Team.
- Develop and implement a needs assessment for aging Kansans and their families related to their distinct needs for education and services in their local community.
- Develop a collaborative platform for Aging Expos across Kansas, create an Aging Expo guide utilizing input from existing successful expos, and promote the implementation of expos in underserved areas of the state.