

Using National Networks to Tackle Chronic Disease

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The OASIS approach to successful aging

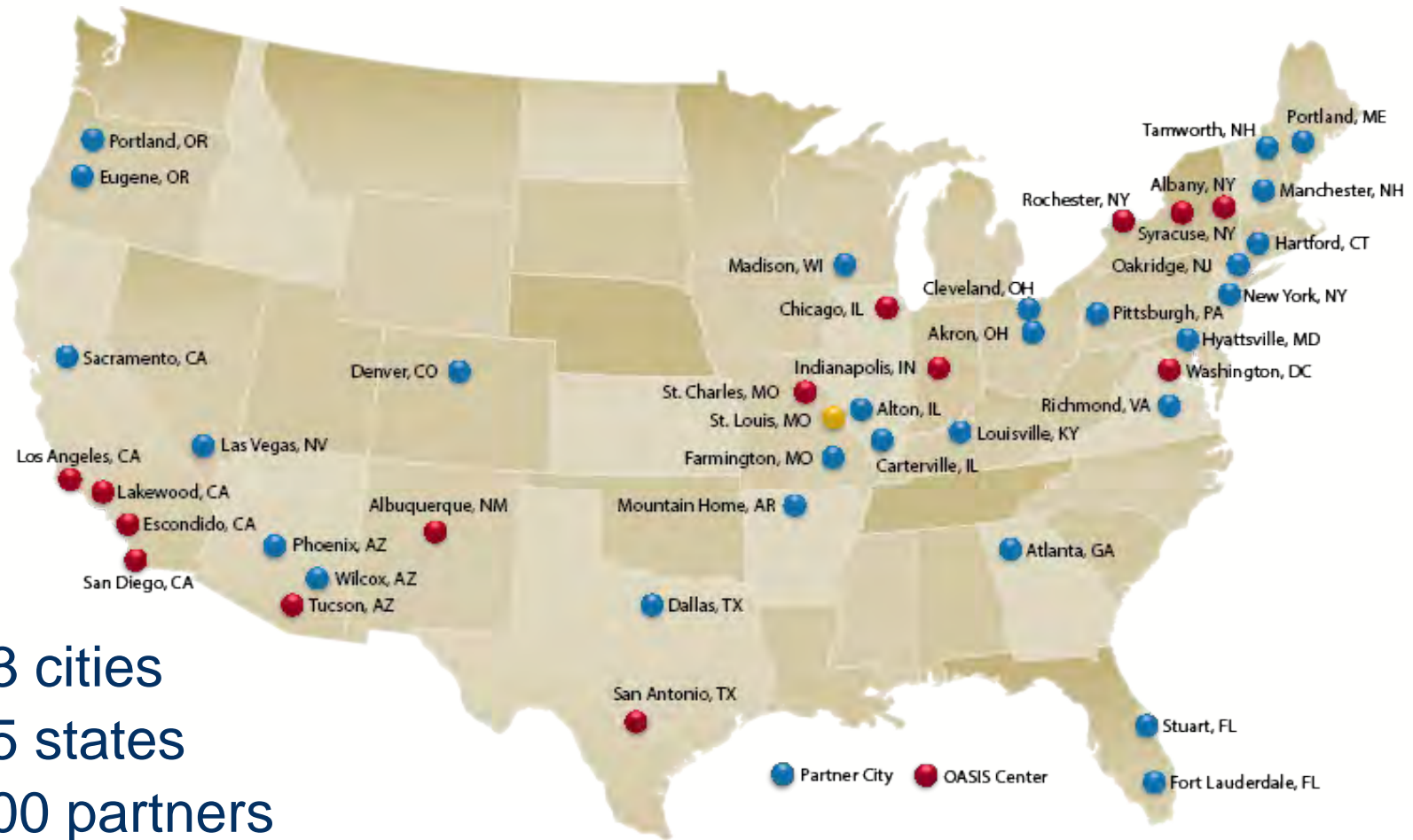


Evidence-based programs support health and well-being

- **CATCH Healthy Habits**
- Stanford Diabetes Self-Management
- Chronic Disease Self-Management
- Matter of Balance
- Active Living Every Day



Scaling through partnerships



43 cities

25 states

700 partners

59,000 participants annually

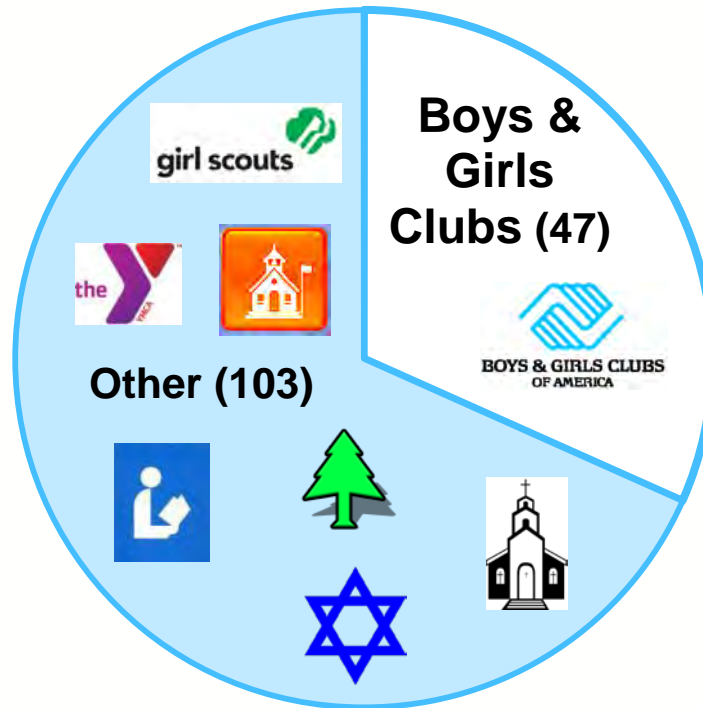
Why CATCH Healthy Habits?

- Intergenerational, evidence-based physical activity and nutrition program
- Adaptation of evidence-based CATCH program
- Benefits to volunteers
- Measureable outcomes
- Funding



Dissemination through local & national partnerships

150 Program Sites



Over 400 Partnerships



Scaling evidence-based work

- Outcomes-focused
- Detailed MOUs
- Evaluation capacity
- Expert training & technical support
- Volunteer engagement & program ownership



Accomplishments

- National scale 19 cities
- Exceeded goals 7,000 participants, improved health behavior
- Broad reach of message 28 million
- Demonstrated value of volunteer engagement 32,000 hours, \$580,000 value

- Award winning



Challenges

- Economic condition of local organizations
- Engaging partner leadership
- Program staff turn-over
- Implementing sustainability planning
- Financing growth for further scaling



Role of Philanthropy in Scaling

- Robert Wood Johnson Foundation
- WellPoint Foundation
- Missouri Foundation for Health
- Bristol Myers Squibb Foundation
- California Endowment
- Atlantic Philanthropies
- Retirement Research Foundation
- AARP Foundation

Thank you

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