

The following are measurement tools and evidence-based programs that have been validated by outside research. This is not meant to be an exhaustive list. It is designed to give you a starting point and some options when creating a plan to measure your work. *The MetroWest Health Foundation does not endorse the use of one tool or program/method over another. It is up to you to decide which tools and methods are best for your program.*

General Program Planning and Evaluation Resources

- Centers for Disease Control Framework for Program Evaluation (overview of public health evaluation methodology): <http://www.cdc.gov/eval/framework/>
- Re-Aim Framework (framework for planning, implementing and evaluating public health programs): http://www.re-aim.org/about_re-aim/what_is_re-aim/index.html
- Kellogg Foundation Logic Model Development Guide (framework for developing program logic models): <http://www.wkkf.org/resource-directory/resource/2006/02/wk-kellogg-foundation-logic-model-development-guide>
- The Logic Behind Logic Models (Healthcare Georgia Foundation framework for logic model development): http://www.healthcaregeorgia.org/uploads/publications/The_Logic_Behind_Logic_Models.pdf

Healthy Aging

General Resources

- National Council on Health Aging: Center for Healthy Aging (lists of evidence-based programs and how to access them): <http://www.ncoa.org/improve-health/center-for-healthy-aging/where-to-find-evidence-based.html>
- LGBT Aging Project (resources, information, and programming focused on aging in the LGBT community): <http://www.lgbtagingproject.org/about-us/>
- Stanford School of Medicine Patient Education (numerous evidence-based assessment tools): <http://patienteducation.stanford.edu/research/>
- Re-Aim Framework applied to physical activity programs for older adults: http://www.cdc.gov/aging/pdf/community-based_physical_activity_programs_for_older_adults.pdf

Caregiver Support Measurement Tools

Tool	What it Measures	How it is Administered	How to Access
Zarit Burden Interview	Caregiver Stress	Caregiver completes	Description of Scale: http://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/zarit.aspx Complete Scale: http://www.rgpc.ca/best/GiiC%20Resources/GiiC/pdfs/3%20Caregiver%20Support%20-%20The%20Zarit%20Burden%20Interview.pdf
SF-12	Perceived health status	Caregiver completes or professional interview	Description of Scale: http://www.qualitymetric.com/WhatWeDo/GenericHealthSurveys/SF12v2HealthSurvey/tabid/186/Default.aspx <i>*There is a fee associated with this scale</i>
Patient Health Questionnaire	Depression symptoms	Caregiver completes	Complete Scale: http://www.phqscreeners.com/pdfs/02_PHQ-9/English.pdf Description and reliability/validity information: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1495268/

Revised Memory and Behavior Checklist	Observed behavior problems in patients with dementia and perceived caregiver burden or distress	Caregiver completes	Description of Scale: https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/memory-behavior.aspx Complete Scale: http://www.alz.org/national/documents/c_assess-revisedmemoryandbehcheck.pdf
Caregiver Self-Assessment Questionnaire	Stress levels of caregivers	Caregiver completes	Description of Scale: https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/self-assessment.aspx Complete Scale: http://www.caregiving.org/wp-content/uploads/2010/11/caregiverselfassessment_english.pdf

Caregiver Support Evidence-based Practices and Resources

- American Psychological Association (Caregiver assessment tools and best practices in intervention): <https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/index.aspx>
- Family Caregiver Alliance: Selected Caregiver Assessment Measures (a description of many other measurement tools): http://caregiver.org/caregiver/jsp/content/pdfs/SelCGAssmtMeas_ResInv_FINAL_12.10.12.pdf
- Assuring Healthy Caregivers (CDC): The Re-Aim Framework: http://www.cdc.gov/aging/pdf/caregiving_monograph.pdf
- New York University Caregiver Intervention (designed for spouse caregivers): <http://nrepp.samhsa.gov/ViewIntervention.aspx?id=74>
- Powerful Tools for Caregivers (6 session course focusing on caregiver self-care and communication): <http://www.powerfultoolsforcaregivers.org/>
- Stress Busting Program for Family Caregivers (9 week program designed for caregivers of those with Alzheimer’s disease and dementia): <http://www.caregiverstressbusters.org/>
- Savvy Caregiver Program (12 week course for caregivers of those with Alzheimer’s disease): http://www.rosalynncarter.org/caregiver_intervention_database/dementia/savvy_caregiver/

Social Isolation Measurement Tools

Tool	What it Measures	How it is Administered	How to Access
De Jong Gierveld Loneliness Scale	Perceived loneliness	Consumer fills out; via phone; or via personal interview	Validation research and survey questions: http://home.planet.nl/~gierv005/ResonAging.pdf .
Lubben Social Network Scale	Size of social network and perceived support	Consumer fills out	Description of scale and links to complete scale: https://www.bc.edu/content/bc/schools/gssw/lubben/description_of_thelsns.html
Multi-dimensional Scale of Perceived Social Support	Perceived social support	Consumer fills or via telephone	Information: http://www.outcomesdatabase.org/node/666 Complete Scale: http://www.yorku.ca/rokada/psyctest/socsupp.pdf
UCLA Loneliness Sale	Perceived social support	Consumer fills out	Validation Study: http://www.tandfonline.com/doi/abs/10.1207/s15327752jpa6601_2 Complete Scale: http://www.fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Self Measures for Loneliness and Interpersonal Problems V ERSION 3 UCLA LONELINESS.pdf

Social Isolation Prevention Resources

- AARP Framework for Isolation in Adults Over 50:
http://www.aarp.org/content/dam/aarp/aarp_foundation/2012_PDFs/AARP-Foundation-Isolation-Framework-Report.pdf

Chronic Disease Management and Wellness Measurement Tools

Tool	What it Measures	How it is Administered	How to Access
Mini Nutritional Assessment	Presence of malnutrition in seniors	Self-report or caregiver completes	Description and scale: http://mna-elderly.com/mna_forms.html
Patient Assessment of Care for Chronic Conditions (PACIC) Survey	Quality of care of patients with chronic disease receive	Patient completes	Description and scale: http://www.improvingchroniccare.org/index.php?p=PACIC_Survey&s=36
Assessment of Primary Care Resources and Supports for Chronic Disease Self-Management (PCRS)	Level of support for self-management of chronic disease in primary care	Medical professionals	Description and scale: http://www.improveselfmanagement.org/index.aspx
Chronic Disease Self-Efficacy Scale	Patient confidence in managing their disease	Patient completes	Scale and links to validation data: http://patienteducation.stanford.edu/research/secd32.html
Rapid Assessment of Physical Activity (RAPA)	Physical activity levels in older adults	Consumer completes or telephone interview (different version of scale)	Description and Scale (the scale is free to use but you need to register on the site): http://depts.washington.edu/hprc/rapa

Chronic Disease and Wellness Evidence-based Programs and Resources

**Most of these programs have measurement tools as part of them*

- My Life, My Health (chronic disease self-management program):
<http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/health-disability/healthy-aging/programs-workshops/my-life-my-health-living-with-chronic-conditions.html>
- Healthy Eating for Successful Living in Older Adults (education course to improve knowledge of nutrition and exercise):
<http://www.ncoa.org/improve-health/center-for-healthy-aging/healthy-eating-for-successful.html>
- Walk with Ease (Arthritis Foundation program that promotes walking and exercise):
<http://www.arthritis.org/resources/community-programs/walk-with-ease/>
- Healthy IDEAS (integrates depression screening and management into existing case managements services):
<http://careforelders.org/default.aspx?menugroup=healthyideas>
- A Matter of Balance (fall prevention workshop): <http://www.ncoa.org/improve-health/center-for-healthy-aging/a-matter-of-balance.html>
- Enhance Fitness (exercise program for older adults): <http://www.projectenhance.org/EnhanceFitness.aspx>
- Stanford University Chronic Disease Self-Management Program: <http://patienteducation.stanford.edu/programs/cdsmp.html>
- BRITE-Brief Intervention and Treatment for Elders (Substance use screening and brief intervention):
<http://brite.fmhi.usf.edu/BRITE.htm>
- Community Healthy Activity Program for Seniors – CHAMPS (physical activity program for seniors):
<http://dne2.ucsf.edu/public/champs/>

Access to Care

Tool	What it Measures	How it is Administered	How to Access
Behavioral Risk Factor Surveillance System (BRFSS) Survey	A number of health indicators including insurance enrollment and primary care visits	CDC administers via telephone to a random sample	Massachusetts results available at www.mass.gov (search for BRFSS) A Profile of Health Among Massachusetts Adults, 2011 (summary of 2011 results): http://www.mass.gov/eohhs/docs/dph/behavioral-risk/report-2011.pdf

Evidence-based Resources

- Health Literacy Universal Precautions Toolkit (guide on how practitioners can improve patient health literacy): <http://www.ahrq.gov/professionals/quality-patient-safety/quality-resources/tools/literacy-toolkit/healthliteracytoolkit.pdf>
- Agency for Health Care Research and Quality (U.S. Dept. of Human Service site-various tools and fact sheets): <http://www.ahrq.gov/research/findings/factsheets/tools/toolsria/index.html>

Adolescent Mental Health

Resources

- SAMHSA’s National Registry of Evidence-based Programs (list of evidence-based mental health programs): <http://www.nrepp.samhsa.gov/Index.aspx>
- Mass General Hospital School of Psychiatry (list of tools that measure individual level mental health issues): http://www2.massgeneral.org/schoolpsychiatry/screeningtools_table.asp
- Bright Futures at Georgetown University (various tools and resources on child and youth mental health): <http://www.brightfutures.org/mentalhealth/pdf/tools.html>
- Maine Health (various adolescent mental health assessment tools): http://www.mainehealth.org/mh_body.cfm?id=3018
- National Assembly on School Based Health Care (list of organizational assessment tools for capacity building around mental health): <http://csmh.umaryland.edu/Resources/smhcapacitybuilding/tools.pdf>

Tool	What it Measures	How it is Administered	How to Access
MetroWest Adolescent Health Survey	A number of health indicators, including mental health	Middle and High School students complete the survey in school every 2 years	Results can be found under the Adolescent Health Tab at: http://www.mwhealth.org/PublicationsampMedia/Reports/tabid/192/Default.aspx?CSSTabID=2
Center for Epidemiological Studies Depression Scale for Children	Depression symptoms	Youth completes	Survey: http://www.brightfutures.org/mentalhealth/pdf/professionals/bridges/ces_dc.pdf Description: http://www2.massgeneral.org/schoolpsychiatry/screening_depression.asp#CES-DC
Patient Health Questionnaire (PHQ-9)	Presence & severity of depression	Youth completes	Survey: http://www.mainehealth.org/workfiles/depression/PHQ9_06.09.pdf

CRAFFT Adolescent Alcohol/ Substance Abuse Screening	Alcohol and/or substance abuse	Youth completes	Survey: http://www.mainehealth.org/workfiles/depression/CRAFFT_06.09.pdf
CDC's Measuring Bullying Victimization, Perpetration and Bystander Experiences	A number of tools that measure frequency and type of bullying	Different tools are administered differently-most are completed by youth	Surveys and background: http://www.cdc.gov/violenceprevention/pdf/bullycompendium-a.pdf

Evidence-based Programs and Resources: Bullying Prevention

- Second Step Curriculum (violence prevention curriculum for k-8th grade students): <http://www.secondstep.org/>
- Steps to Respect (school-wide approach to bullying prevention): <http://www.cfchildren.org/steps-to-respect.aspx>
- Stop Bullying. Gov (resource for curriculum and information on bullying prevention): <http://www.stopbullying.gov/index.html>

Evidence-based Programs: Mental and Social-emotional Health

- Brookline Resilient Youth Team (program for high school youth re-entering school after psychiatric hospitalizations): <http://www.brooklinecenter.org/bryt>
- Open Circle (classroom curriculum led by teachers designed to give children (k-5) skills in managing emotions, building positive relationships, and handling challenging social situations): <http://www.open-circle.org/>
- Signs of Suicide (program for middle and high school youth that shows them how to identify symptoms of depression and suicide in themselves and friends): <http://www.mentalhealthscreening.org/programs/youth-prevention-programs/sos/>
- Positive Behavioral Intervention and Supports-PBIS (school-level intervention that promotes positive behavior instead of reacting to negative behavior-it has three tiers of intervention-universal; at-risk students; high needs students): <http://www.pbis.org/default.aspx>