

# Texas Healthy Aging Research Network Collaborating Center (TxHAN)

## Project Summary & Goals

As a Collaborating Center of the Healthy Aging Research Network (HAN), the TxHAN worked with network colleagues in efforts to better understand the determinants of healthy aging in older adult populations; to identify interventions that promote healthy aging; and to assist in the translation of such research into sustainable community-based programs throughout the nation. TxHAN's overriding goal was to work with local, county, state, and national partners to advance the translation of prevention research to community-based practice relevant to an aging population. Our community partners represent geographically and culturally diverse populations.

Project goals were:

- To increase understanding of determinants of healthy aging in older adult populations
- To identify interventions that promote healthy aging
- To assist in the translation of research into sustainable community-based programs

## Principal Investigators

Joseph R. Sharkey, Ph.D., M.P.H., R.D.

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## Project Dates

2004-2009

## Partners

Brazos Valley Health Partnership

Regional Advisory Council on Aging to Brazos Valley Council of Governments

Brazos Valley Area Agency on Aging

## Funder

Centers for Disease Control and Prevention

## Outcomes

- TxHAN worked with the HAN Promoting Cognitive Health Workgroup to engage area seniors in focus groups about their beliefs regarding maintaining brain health.
- TxHAN worked with the Brazos Valley Food Environment Project to highlight rural seniors' concerns for access to healthy foods.
- TxHAN worked with the Texas Department of Aging and Disability Services and the Brazos Valley Area Agency on Aging to support programs on maintaining balance and preventing falls.