

Well Elderly II Clinical Trial Results: Effectiveness and Cost-Effectiveness of the Lifestyle Redesign[®] Intervention in Community Settings

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Introduction: The original Well Elderly Study demonstrated the efficacy and cost-effectiveness of the Lifestyle Redesign[®] intervention in forestalling declines associated with aging and in some domains, leading to positive gains in health or well-being in diverse elders living independently in Los Angeles. In this presentation, we will report on the results of a more comprehensive randomized clinical trial, Well Elderly II, which was conducted to test the intervention's effectiveness rather than efficacy. The goals of this study were to replicate the first study under more natural, real world conditions: a more heterogeneous sample, greater variability in age, ethnicity, and socio-economic status, and across a much larger number of community sites.

Methods: Ethnically diverse elders ranging in age from 60 - 95 ($n = 460$) and recruited from 21 sites throughout Los Angeles were assigned to the Lifestyle Redesign[®] group or to a no-treatment control group over a six-month experimental period. Participants in the intervention groups received the lifestyle intervention, involving weekly group meetings at one of the study sites, community outings, and up to 10 individualized consultations. The goal of the intervention was to enable the elders to develop a sustainable and customized healthy lifestyle in their daily life context.

Results: The intent-to-treat analysis revealed that participants evidenced more positive change, compared to the control participants, in the following domains: bodily pain, vitality, social functioning, mental health, composite mental functioning (SF-36v2), greater life satisfaction (LSI-Z) and less depression (CES-D), all p values $< .05$. Change scores on the cognitive measures revealed no intervention effect. The cost-effectiveness analysis estimating cost per QALY indicated the intervention was cost effective.

Conclusion and Contribution: The occupation-based Lifestyle Redesign[®] intervention has beneficial effects and is cost-effective for ethnically diverse older adults recruited from a wide array of community settings. Because the intervention is cost-effective and widely applicable, it has the ability to improve the health of diverse elders while reducing health care costs.