UNIVERSITY OF MINNESOTA
Driven to Discover℠

The Keys to Health & Wellbeing Program (KHW) for adults 50+ years of age

An eight-week, research-tested health & wellbeing educational program for adults over 50

IP Status: Copyrighted

Applications

- Wellbeing programs for senior communities
- Training of facilitators

Key Benefits & Differentiators

- **Research-based educational program:** rigorously tested as part of a large clinical trial targeted specifically for adults 50 years of age and older
- **Facilitator training guide:** includes a guide with detailed information for online and in-person implementation of the program
- **Video and audio** modules support effective training

Research-tested health & wellbeing educational program

Health & wellbeing educational programs are extremely valuable to help senior adults to maintain overall health. Research shows senior adults who participate in wellness programs experience significant improvements in their physical, mental and social wellbeing. However, currently available programs were not developed based on research of behavior change strategies nor targeted specifically to adults over 50 years of age. A research-tested program brings trust to the end user and is likely to increase the number of participants, and improve the overall outcome.

Professor Roni Evans at the University of Minnesota has developed an eight-week educational program called Keys to Health & Wellbeing (KHW). The KHW program was rigorously developed as part of a large-scale clinical trial funded by the National Institute of Health (NIH) targeted specifically to adults over 50 years of age. This research-tested program brings confidence to the facilitators and the participants, and helps increase their level of engagement and commitment to the program goals. This wellbeing program includes learning objectives and a summary of the content for each of the course sessions, video and audio modules, program working guide, and a facilitator training guide. The KHW program can be implemented online or in-person.

Phase of Development

TRL: 8-9
The KWH program is complete and is available for download.

Desired Partnerships

This technology is now available for license. Interested non-profit organizations please contact us to learn more.

Technology ID
2022-080

Category
Life Sciences/Human Health
Software & IT/Education & Training

Learn more

Researchers

- **Roni Evans, DC, MS, PhD** Associate Professor, Center for Spirituality and Healing