



Evidence-based Health Programs Web Resources

International Council on Active Aging (ICAA) - The ICAA supports adults, professionals, and aging organizations with education, information, resources, and tools for active, healthy aging.

Website: www.icaa.cc

Fit and Strong - Fit and Strong is an award winning multi-component evidence-based health program emphasizing physical activity for older adults.

Website: www.fitandstrong.org

Center for Healthy Aging - This website serves as a resources for aging service providers to implement healthy aging programs.

Website: www.healthyagingprograms.com

CDC Healthy Aging for Older Adults - This website under the Centers for Disease Control and Prevention provides educational materials, reports, and the latest news for professionals and adults on a multitude of issues affecting healthy aging.

Website: www.cdc.gov/aging

National Council on Aging (NCOA) Healthy Aging - NCOA works to promote and identify successful, proven programs that can help older Americans remain healthy and vital.

Website: www.ncoa.org