Vision
Our vision is to create a national Center of Excellence for promoting population health and successful aging designed to improve the lives of Texas and other throughout the nation for the entirety of their life course.

About the Center
The Texas A&M Center for Population Health and Aging (CPHA) was formally recognized as a Texas A&M Board of Regents Center on November 9th, 2016, building upon more than a decade of aging-related research, education, and practice projects under the predecessor Program on Healthy Aging. CPHA addresses complex issues facing our aging Nation with measurable, replicable, and cost-effective solutions achieved through a multi-sectorial public health and aging approach. Our collaborative strategy includes attention to campus, community, clinical, and corporate (C4) perspectives. This C4 collaborative approach breaks down typically ‘silied’ sectors to promote meaningful, ongoing partnerships that reach and engage the public with needed programs, services, and resources.

With a goal of making healthy aging the ‘new normal,’ CPHA provides a centralized hub to address the challenges and opportunities of a rapidly aging world. We strive to change stereotypes about aging and encourage a paradigm shift so that healthcare institutions view aging as more than inevitable sickness and healthy aging as commonplace. Building upon evidence-based practices, CPHA activities have focused on social, behavioral, economic, policy, environmental, and technological innovations that positively affect aging individuals, their families, healthcare professionals, and communities.

Mission
To promote population health and successful aging through research, education, and proven practices that investigate social, clinical, behavioral, environmental, and technological solutions by connecting academic, collegiate, community, and health-care settings together.

Goals
- Identify and solve research problems and associated factors affecting the lives of older Americans
- Test and disseminate best practices on innovative programs and healthy environments for older adults
- Build coalitions with community, state and national partners who can help identify problems and serve as partners in addressing the needs of older adults
- Conduct interdisciplinary programs of gerontological education and practice
- Become a Center for Excellence and dissemination unit for best practices to enhance health across the life course.

Center Focal Areas

- Technical assistance
- Community & worksite wellness
- Geriatric care
- Healthy communities
- Mobile health technologies
- Economics & policy
With over $50,000,000 in research expenditures, the Center for Population Health and Aging has engaged in over 50 projects since 2001. Leadership is continuously seeking new funding and partnership opportunities. Given the majority of health happens outside of clinical settings, CPHA recognizes the need to incorporate and leverage community-based efforts and initiatives with existing medical practice. By establishing referral patterns and multi-faceted communities of care, we can provide the public with multiple ‘touch points’ to empower them to appropriately avoid risk, self-manage their health, make positive lifestyle choices, and advocate for healthier communities. We are rethinking healthcare to develop networks and systems to support effective programming beyond its traditional boundaries.

Select Key Programs

**Active for Life® Program**
- The Active for Life® Program is the umbrella compilation of evidence-based and evidence-driven programs and interventions to improve the health and wellbeing of older Texans. These efforts bring together partners and stakeholders to create coordinated and seamless linkages between clinical and community encounters, which can help older adults become more active members of their healthcare team.

**Texas Active for Life® Coalition**
- The Texas Active for Life® Coalition (TALC) is a statewide coalition with an overarching mission to keep Texans “Active for Life.” TALC is committed to expanding and promoting evidence-based programming, influencing policy change, and unifying partners and efforts across the state.

**Evidence-Based Disease Self-Management Programming**
- CPHA engages national, state and local partners in program implementation, dissemination, and evaluation. Serving as the national evaluation for the Chronic Disease Self-Management Program, CPHA demonstrated that evidence-based programs for older adults could result in the triple aims of better health, better health care, and better value. As part of this activity, we have developed a health savings cost calculator (ebp-savings.info) to estimate cost savings based on different participant and program characteristics.

**Texercise Select**
- This serves as an example of a statewide health promotion that was standardized with collaborative efforts between the Texas Department of Aging and Disability Services and CPHA. Our research demonstrates that Texercise Select effectively improves mobility, physical activity, nutritional habits, and overall quality of life. Additional cost analyses estimated annual healthcare expenditure savings associated with movement toward higher levels of physical activity.

**Making Moves with Diabetes**
- This is an example of a regional initiative that serves as the signature program for a diabetes community of care approach we are delivering locally in partnership with CHI St Joseph’s Health. Initially developed by the Coastal Bend Health Education Program as part of the Healthy South Texas initiative, health educators who specialize in diabetes teach what diabetes is, how to monitor blood glucose, proper nutrition, exercise, medications, goal setting and stress management.

CPHA Leadership Team

- Marcia Ory, Founding Director
- Matthew Lee Smith, Co-Director
- Ashley McKinley, Assistant Director
- Tiffany Bond, Operations Manager
- Tiffany Sodolak, Program Coordinator
- Cindy Quinn, Active for Life® Program Manager
- Jill Crouch, Senior Education & Training Specialist
- Wendy Creighton, Making Moves With Diabetes Instructor
- Daunte Cauley, Active for Life® Program Coordinator
- Katharine Tuck, Program Coordinator
- Sayah Lee, Research Assistant
- Shin Duk Lee, Postdoctoral Research Associate
- Aya Yoshikawa, Postdoctoral Research Associate
- Chinelo Nsobundu, SPH Health and Wellness Coordinator