

SPECIFIC AIMS

- To evaluate the effectiveness of the Enhance Fitness program (EF) in community-based settings of South Florida.
- To report on participant outcome measures.

BACKGROUND

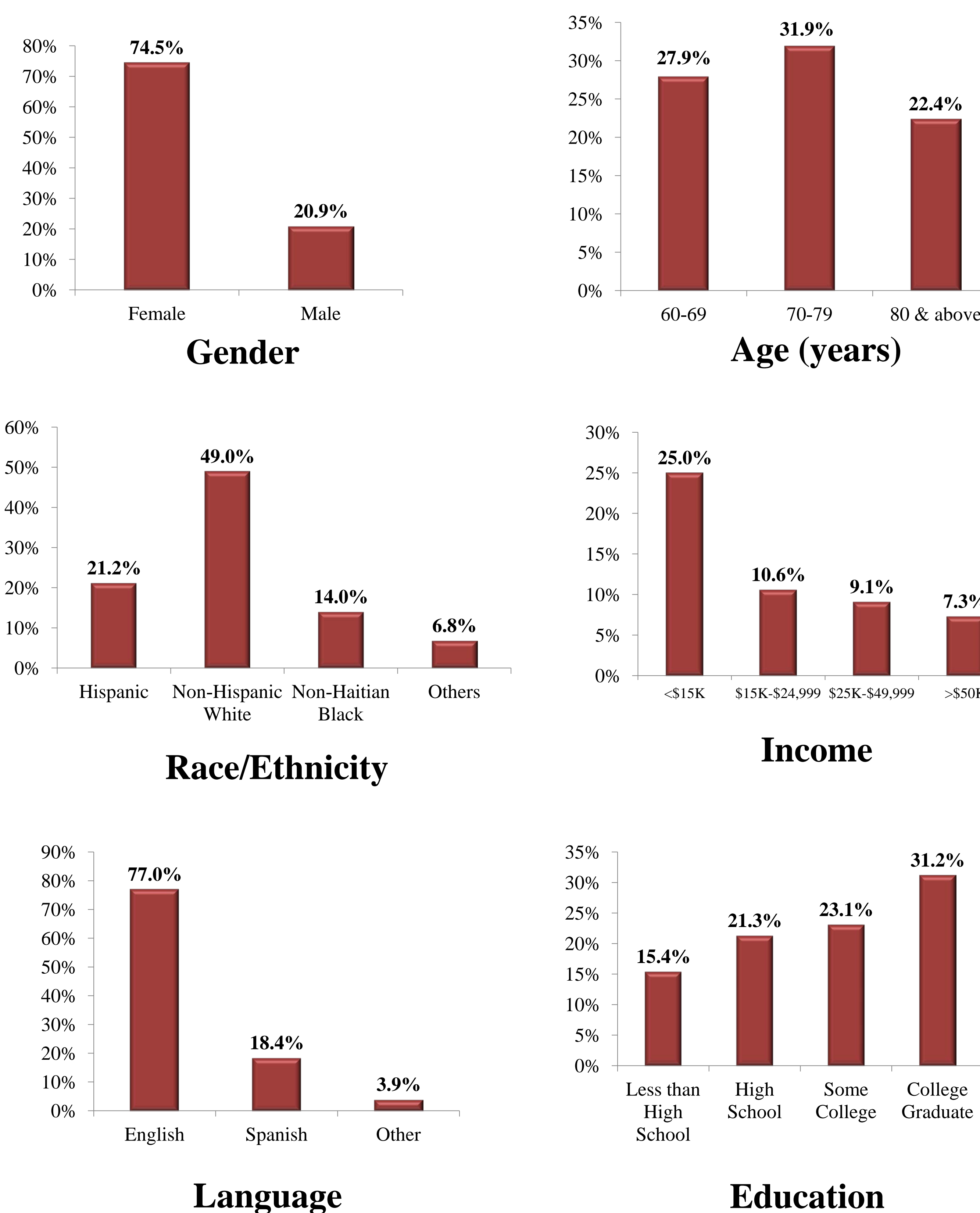
- According to US Census 2000 data, older adults make up 22.2% of South Florida's population (n = 800,000).
- Physical activity has proven benefits for older adults, and the CDC recommends at least 2.5 hours of moderate exercise per week.
- The Healthy Aging Regional Collaborative (HARC) began in 2008 with funding from the Health Foundation of South Florida.
- The goal of EF is to help older adults become more active, energized and empowered to sustain independent lives.
- The intervention included 3,073 individuals from 10/01/2008 to 12/31/2010.

METHODS

- Qualified participants were individuals 60 or older.
- A total of eight area agencies offered 174 classes at 63 sites.
- Participants attended three, one-hour classes per week.
- The physical (PCS-12) and mental (MCS-12) sections from the Short Form-12 (SF-12) Health Survey were used to measure perceived health status.
- The Functional Fitness Test (FFT) was used to measure participant performance at baseline and 16 weeks.
- The FFT consists of seven questions that measure strength, flexibility, endurance, and functional mobility.
- The General Linear Model was used to test for pre/post differences across outcome measures, while controlling for potential site effects.

RESULTS

Demographics (N=3,073)



- Seven hundred sixty participants (25%) completed 32 sessions within 16 weeks.
- Six hundred and seventy-five participants (22%) had baseline and second fitness check within 14-18 weeks.
- Participants reported significant change at $p < 0.001$ in both self-reported health status ($\Delta=.14$) and physical activity ($\Delta=.16$).
- Participants also reported a reduction in number of falls, although this change was not significant.
- Participant evaluations revealed high levels of satisfaction with the amount of individual attention in class, challenge of exercises and instructors ability to make class enjoyable.

CONCLUSIONS

- Successful implementation of EF through HARC demonstrated that local capacity could be established to offer a low-impact aerobic program to older adults in community-based settings.
- The model used by HARC can be replicated by other communities.
- Results suggest that participation in EF classes significantly improves measured outcomes for participants.
- Results support that, when trained properly, lay leaders can implement evidence-based programs effectively, which opens the possibility of implementing such programs on a wider scale, and with less cost, in many locations throughout the United States.

Funding was provided by the Health Foundation of South Florida.

Functional Fitness Test Outcomes

Variable	n	Mean (Pre)	Mean (Post)	Change
Number of chair stands in 30 seconds	1,515	12.12	14.42	2.30 *
Number of arm curls in 30 seconds	1,534	16.96	19.74	2.78 *
Number of seconds to complete one circuit of 8 foot up and go	1,489	9.26	8.51	0.75 *

*Significant at $p < 0.001$