

# National Blueprint Mini-Grant Program Outcomes Report



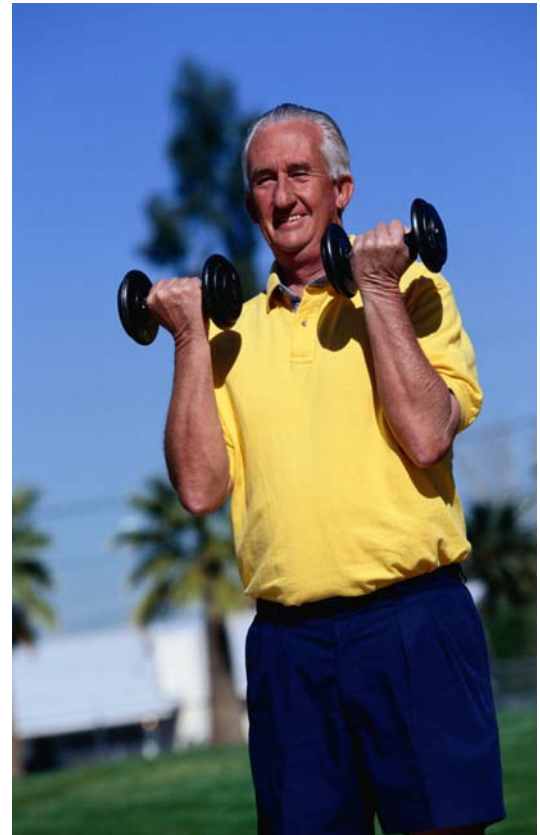




## BACKGROUND

Regular physical activity provides significant health benefits for people of all ages and abilities. Although physical activity has been widely promoted for young people, research shows that midlife and older adults too, benefit from physically active lifestyles. In fact, physical activity can prevent disease and promote independence and well-being for a healthier, more satisfying late life.

Yet, despite the health benefits of physical activity, few older adults lead active lifestyles. Disseminating information about physical activity is insufficient to motivate older adults to become more active. Numerous complex barriers, such as safety and transportation issues, lack of guidance and guidelines for older adults, health issues, and many other obstacles prohibit many adults from increasing their physical activity levels.



In 2001, nearly 50 of America's top national organizations that promote physical activity and health developed a National Blueprint to increase physical activity among adults age 50 and older. The National Blueprint outlines barriers to physical activity and many strategies to eliminate these obstacles. Partner organizations also formed a unified coalition with a goal to influence participation levels at every level of society by systematically addressing physical activity and older adults. A national program office for the Blueprint coalition was initiated at the University of Illinois at Urbana-Champaign.

## STRATEGIC PRIORITIES

National Blueprint partner organizations analyzed the barriers in the initial Blueprint and identified 18 feasible, short-term priority strategies that could be implemented in the areas of home and community, marketing, medical systems, research, and public policy. A few of the strategies and accomplishments from 2003-2005 include the following:

*Identify professionals in the community who can serve as resources for information and assistance to programs and groups working in the area of physical activity.*

The American College of Sports Medicine developed a web-based directory of more than 800 experts who can provide advice to individuals and groups with questions about aging and physical activity. (ProFinder on ACSM website: [www.acsm.org](http://www.acsm.org))

*Provide community organizations with a template for good physical activity programs.*

National Council on the Aging conducted a Best Practices in Physical Activity Programming for Older Adults competition. This effort resulted in a wealth of information regarding the development and maintenance of successful physical activity programs that can be used as a template for local organizations.

*Develop a national program that would provide incentives for communities to increase physical activity levels among the age 50+ population.*

The Administration on Aging launched a national You Can! Steps to Healthier Aging campaign providing a kit of activity guides and publicity templates to participating local organizations. To date, the campaign has signed over 1,700 participants.

*Develop resources for clinicians to use in making personalized physical activity recommendations/prescriptions for their patients.*

The American Geriatrics Society, the American Academy of Family Physicians, the American College of Sports Medicine, the National Center on Physical Activity and Disability, and Thera-Band Corporation developed an Active Aging Toolkit designed to help healthcare providers prescribe physical activity programs for their patients.

*Establish and provide technical assistance to national, regional, and local partnerships among health, aging, urban/community planning, transportation, environmental, recreation, social service, and private sector organizations.*

The National Blueprint Office provided mini-grants to 20 local organizations/partnerships to provide interventions for older adults.



## NATIONAL BLUEPRINT MINI-GRANTS

A key priority for the National Blueprint coalition is to support local partnerships among community organizations and private sector agencies in the areas of health, environment, transportation, and social services. In 2003, the Robert Wood Johnson Foundation provided funding to the National Blueprint Office to award 20 mini-grants of up to \$25,000 to community coalitions across the United States. Nearly 460 coalitions nationwide submitted proposals.

A 13-member advisory committee of Blueprint partners reviewed the applications using a rating system based on feasibility, sustainability, and overall impact. The committee was searching for local community efforts designed to deliver physical activity interventions for adults age 50 and over that target culturally diverse audiences, promote intergenerational outreach, or address multi-level barriers. The committee selected 20 innovative programs in 16 states to provide physical activity interventions for a period of 15 months.

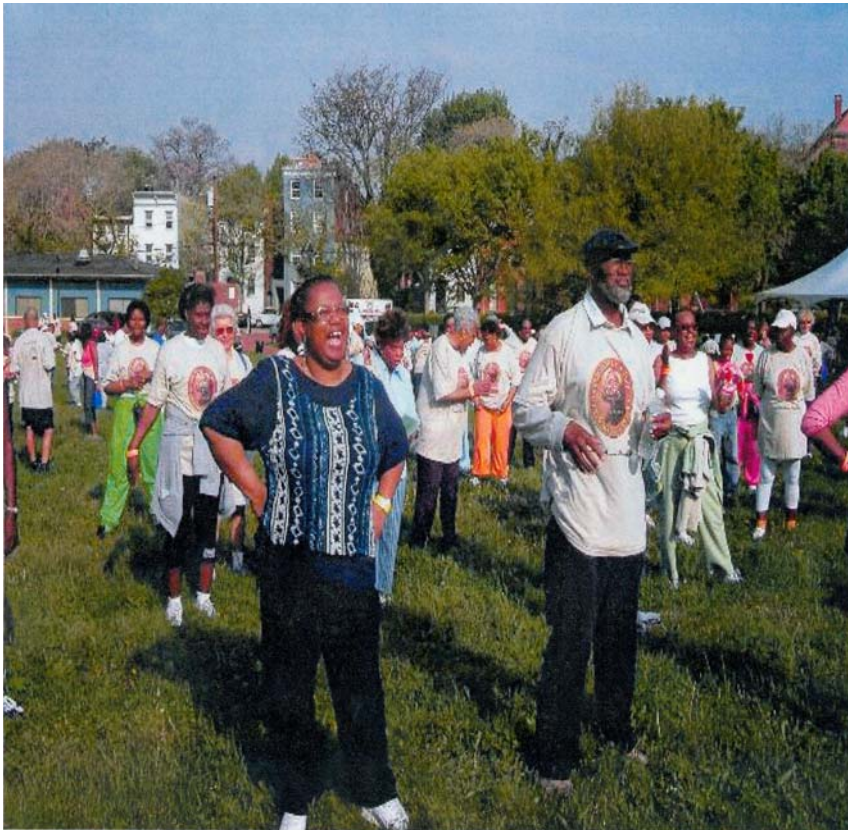
The following pages describe the 20 programs' goals, outcomes, impact, and sustainability. Many programs provide targeted interventions for specific segments of the older adult population, such as minorities, low-income adults, or the frail elderly. Other programs provide an intergenerational component or creative incentives to motivate midlife and older adults to increase their physical activity levels. All awarded programs have partnerships with local organizations and agencies to cost-share programs and promote sustainability. The 20 Mini-Grant programs can serve as models of best practices providing successful physical activity interventions for older adults in their communities.

**In total, the Mini-Grant programs reached nearly 10,000 adults age 50 and over.**

## MINI-GRANT PROGRAMS

Arthritis Foundation, Maryland Chapter, Owings Mills, MD  
Arthritis Foundation, New York Chapter, New York, NY  
Blue Cross and Blue Shield of Rhode Island, Providence, RI  
Cabarrus County Department of Aging, Concord, NC  
Comprehensive Health Education Foundation, Seattle, WA  
East Central Illinois Rural Health Network, Mattoon, IL  
Fairfield University School of Nursing, Fairfield, CT  
Greater Lafayette Coalition for Living Well After 50, West Lafayette, IN  
Greater Southern Brooklyn Health Coalition, Brooklyn, NY  
Harford County Office on Aging, Bel Air, MD  
Health Research, Inc./ New York State Dept. of Health, Rensselaer, NY  
Hennepin County, Minneapolis, MN  
Ho-Chunk Nation Division of Health, Black River Falls, WI  
Palmetto Conservation Foundation, Spartanburg, SC  
Partners in Care Foundation, Burbank, CA  
Paterson YMCA, Paterson, NJ  
Supporters of Doelger Senior Center, Daly City, CA  
Terwilliger Plaza, Portland, OR  
Texas Cooperative Extension – Dallas County, Dallas, TX  
Tufts University, Center for Physical Activity and Nutrition, Boston, MA





**HEALTH FREEDOM WALK:  
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**May 1, 2004  
6-K Walk**

Registration - 8:00 a.m.  
Walk begins - 9:00 a.m.

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Monitoring Program

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# **Arthritis Foundation, Maryland Chapter**

## **Partners for Active Living**

### **Owings Mills, MD**

#### **Project Overview**

The Arthritis Foundation partnered with the Community Health Awareness and Monitoring Program (CHAMP) in 2002 to initiate the program, Health Freedom Walk: A Path to Wellness, in Baltimore City, MD, using Baltimore's integral role in the Underground Railroad. Each year participants walk the 5-K route their ancestors traveled in a quest for freedom. Walking clubs were established in accessible locations throughout the city to help walkers train for the annual event. The Arthritis Foundation's Walk with EASE and People with Arthritis Can Exercise (PACE) programs were used for the project.

#### **Goals**

- Increase the number of walkers participating in the 2004 Health Freedom Walk and increase the number of training sites.
- Offer PACE and CHAMP classes in new sites to give walkers additional physical activity options.
- Recruit volunteers and nurses through area churches to train as PACE leaders.
- Provide physicians and other health care professionals with physical activity materials.

#### **Outcomes**

In spring 2004, 210 people participated in the six-week pre-training sessions at 14 sites, and 400 people, average age 55 years, participated in the 5-K Health Freedom Walk. The number of participants in the training sessions and walk increased by 100 from the previous year. A survey of participants showed that 60 percent increased their physical activity levels following the training sessions and walking event.

The PACE program recruited and trained 17 leaders from five Baltimore City African American churches to lead physical activity programs for 35 older adults.

Packets of physical activity educational materials were sent to 150 nurses, primary care physicians, and other health care providers to encourage their patients' participation in physical activity. The packet contained fact sheets discussing various arthritis treatment options and a prescription pad for providers to write a physical activity prescription or referrals to Arthritis Foundation programs.

#### **Impact**

The project informed older adults in the Baltimore City area about the link between physical inactivity, obesity, and arthritis, and gentle exercise options that increase joint flexibility and muscle strength.

#### **Sustainability**

The Health Freedom Walk will continue in 2005 with support from managed care organizations, pharmaceutical companies, hospitals, and area health departments. PACE has been an integral component of the Arthritis Foundation programs and will be offered at additional sites in African American communities in 2005.

NEW YORK CHAPTER



# Póngase en movimiento... y controle su artritis



## Permaneciendo Activos Con Ejercicios (PACE)

Hoy día, tanto los doctores como los terapeutas están conscientes de que el ejercicio físico puede mejorar la salud sin causar daño a las articulaciones. Teniendo esto en cuenta, la Fundación Contra la Artritis ha desarrollado el programa *Permaneciendo Activos Con Ejercicios (PACE)*.

*Este folleto es subvencionado  
por una beca educativa otorgada por*

**The National Blueprint Office**

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# **Arthritis Foundation, New York Chapter**

## **Spanish People With Arthritis Can Exercise**

**New York, NY**

### **Project Overview**

The New York Chapter of the Arthritis Foundation has established a Hispanic coalition in the Bronx comprised of 200 Spanish-speaking community leaders representing agencies, hospitals, churches, senior centers, and other organizations that serve Hispanic clients. Spanish People with Arthritis Can Exercise (PACE) was created specifically for Hispanic people with arthritis to engage in non-clinical group exercise to improve their sense of physical and mental well-being.

### **Goals**

- Increase access for Hispanics to comprehensive arthritis exercise programs. The Spanish PACE program materials and classes are conducted in Spanish and provided at convenient community sites.
- Survey program participants to assess overall health, arthritis symptoms, limitations in activities of daily living, self-care behaviors, and knowledge about arthritis.
- Develop a marketing campaign empowering Hispanics to take an active role in their health care.

### **Outcomes**

Four Spanish PACE programs were piloted in the Bronx to provide opportunities for endurance-building activities, games, relaxation techniques, and discussions on health education. A total of 60 older adults participated in an eight-week program and an additional 500 were contacted through promotional mailings and health fair outreach efforts.

Of the 60 course attendees, 37 completed pre-and post-course questionnaires. Surveys showed that the older adults experienced improvements in all outcome areas measured: daily activities, arthritis symptoms, knowledge, self-efficacy, and depression. Most significant was the improvement in severity of arthritis symptoms, which increased from 27 percent in the pre-test to 89 percent in the post-test. Following the Spanish PACE program, participants experienced increased joint flexibility, increased range of motion, and increased overall stamina.

Marketing cards and posters were developed to emphasize the importance of physical activity in managing arthritis and maintaining overall physical health. Program participants received literature on arthritis and incentive gifts and certificates that provided positive reinforcement to encourage older adults to maintain the self-care behaviors and skills learned during the program.

### **Impact**

The program was successful, based on the feedback from participants and the Foundation's community partners. Survey respondents indicated that participation positively impacted the quality of their arthritis symptoms and overall health. Many were excited to have a free exercise course in the community and they encouraged family members and friends to attend the program.

### **Sustainability**

Following the completion of this pilot project, this exercise resource will be a part of the Foundation's plan of work. The next phase will involve training new instructors to sustain Spanish PACE in the Bronx.



A BluePrint for Life<sup>SM</sup> Program



Fitness Campaign 2003



*Your Guide to Physical Activity in Rhode Island*



# **Blue Cross & Blue Shield of Rhode Island**

## **Look Up to Fitness**

### **Providence, RI**

#### **Project Overview**

Project partners include the Rhode Island Department of Environmental Management, Senior Citizens Center, The Providence Place Mall, and local churches in the Providence and Pawtucket areas. Look Up to Fitness is an incentive-based health program that invites inner-city residents to pledge their commitment to a physical activity campaign. Program members strive to gain points by increasing their fitness knowledge and physical activity program participation.

#### **Goals**

- Deliver a physical activity intervention for 500 culturally diverse adults age 50 and older that offers a selection of programs to fit the level of physical activity for each participant.
- Design and disseminate a Physical Activity Resource Guide that includes state parks, walking and biking trails, swimming and canoeing areas, and fitness facilities throughout the state.
- Conduct an evaluation and outcomes assessment over an eight-month period to understand participant recruitment, program adherence, and impact of a health intervention to promote physical activity.

#### **Outcomes**

Blue Cross & Blue Shield disseminated 10,000 Look Up to Fitness guidebooks to members and to the public through a local newspaper and radio and television advertisements. The guidebook promoted the physical activity intervention program and educated readers about local physical activity facilities. Participants in the program were also recruited at health and wellness fairs, work sites, and senior centers.

The fitness campaign recruited 973 adults, ages 50 to 83, who signed a pledge to complete the campaign and set individual fitness goals. A random sample of 500 individuals received a baseline fitness survey to determine fitness levels and knowledge. A total of 214 participants completed the program and returned their physical activity logs. A raffle of 10 \$500 prizes offered an incentive for those who completed the program and earned more than 1,000 points on activity scores.

Data were collected on 352 individuals at the start of the program and 256 at the follow-up assessment. Participants reported improvements on several health indicators after participating in the program. A total of 90 percent reported either “very good” or “good” levels of physical activity, compared with 60 percent at baseline. An increased number of participants reported increased muscle strength, endurance, flexibility, and aerobic training.

#### **Impact**

A majority of older adults who completed the fitness campaign reported that the program helped them to maintain a fitness program (64%) and increase their fitness level (49%). The program also helped them think about a healthy lifestyle (48%).

#### **Sustainability**

Blue Cross & Blue Shield recently developed a senior fitness campaign for Medicare members, offering discounted gym memberships for the one-year program. The successful elements of the Look Up to Fitness program were built into the new program.



*“The program made me realize I should do something all of the time. After the program ended, I joined the Heart Institute at Northeast Medical Center. Lori was wonderful throughout the program and motivated me to go on.”*

*“The one-on-one encouragement (of the 30-Minutes for Life Program) was very helpful to me. I am grateful that Lori was willing to walk with me. Being accountable to someone was good motivation.”*



# **Cabarrus County Department of Aging**

## **30-Minutes for Life**

**Concord, NC**

### **Project Overview**

The Cabarrus County Department of Aging serves more than 5,000 older adults each month through programs and services. In 1999, the Department recruited partners to form a network of 28 community agencies that provide services or programs to older adults in the county. From this network, an extensive information and assistance program has been created to implement a thorough needs assessment with older adults. The 30-Minutes for Life program is targeted to family caregivers who are age 50+ in the Cabarrus County area.

### **Goals**

- Recruit and train student interns from area schools and universities to serve as program facilitators.
- Provide education, respite, transportation, information & referral, and other resources needed to allow caregivers to participate in physical activities.
- Develop a guide to available physical activity resources and log books for documentation and reinforcement of activities and progress.

### **Outcomes**

Health educators in Cabarrus County presented information on healthy nutrition, exercise, disease management, and stress prevention at five caregiver camps to approximately 25 caregivers. Six caregivers participated in the 30-Minutes for Life program with the assistance of two trained facilitators, who were recruited from local colleges and universities.

The Department of Aging partnered with other organizations to develop the Passport to Healthy Places guide that includes local free or inexpensive physical activity options. The Department also coordinates 48 physical activity classes weekly at the four county LunchPlus Club locations with an average of 30 participants at each location, totaling 360 older adults. Transportation is provided for people who are unable to drive.

Other activities during the grant period included an Active Aging Week offering free Jazzercise classes at the local senior center; a behavioral change class for people with arthritis with 14 total participants; and a new walking club initiated at the senior center trail.

### **Impact**

By the end of the program, one caregiver participant continued exercising six days a week; one participant began exercising three days a week; and a third caregiver increased their exercise participation from three to four days a week.

### **Sustainability**

The 30-Minutes for Life program will continue with the recruitment of new facilitators and participants.

*“I am walking more, being outside, getting fresh air, meeting different people.”*



One call to **1-888-4ELDERS** gives seniors, their family members and caregivers in King, Kitsap, Pierce and Snohomish counties the information and assistance they need to make the right choices about medical care, physical activity, volunteer opportunities, transportation and more.

To get answers to your questions via email. Click "**Information and Assistance**" from the menu to the right.

**1-888-4ELDERS**  
**1-888-435-3377**



*“I love this walking thing. I’ve been here every week that I could since I started. And then on top of that, I’ve started walking another hour every Saturday and Sunday too, on my own.”*



# Comprehensive Health Education Foundation

## Healthy Aging Partnership

### Sound Steps

Seattle, WA

#### Project Overview

The Healthy Aging Partnership (HAP) is a coalition of more than 30 organizations dedicated to the health and well-being of seniors in King County. HAP is a program of CHEF, a nonprofit organization founded in 1974 to improve health through education. The Sound Steps program is designed to encourage sedentary older adults to walk for fun and fitness.

#### Goals

- Develop a mass-marketing communications plan to increase awareness of the importance of physical activity for older adults and local programs and resources.
- Develop and evaluate six pilot sites to demonstrate collaborative models that enhance and expand walking programs for older adults.
- Assist community organizations to develop long-term funding and other support to sustain physical activity programs for older adults.

#### Outcomes

Project coordinators used a direct-mail campaign through retail mailings and the local AARP. The communications plan also included a press release for local newspapers and posters and flyers posted at various sites. Educational booklets were translated into Spanish, Vietnamese, and Chinese, and monthly newsletters were sent to all participants. Walking maps and walking log books were also distributed.

In 2004, HAP expanded the program from the six original pilot sites to add six Seattle Parks & Recreation community centers and three senior centers in greater King County. The program recruited 500 walkers in 2003 and 620 in 2004. The UW Health Promotion Research Center developed three Sound Steps programs tailored to specific cultural groups, Vietnamese and Somali, as well as low-income multi-cultural older adults.

A volunteer coordinator recruited 35 to 40 older adult volunteers who could lead walks and provide support for the program.

#### Impact

In evaluating the monthly walking logs, findings showed that 41 percent of the previously sedentary walkers turned in at least one log, indicating that they had become active walkers. Previous walkers showed a modest increase in the amount they walked each day and in the number of times walked per week. Other program evaluation efforts showed that the participants increased their physical activity levels, showed health improvements, increased social connections, and increased exposure to Parks & Recreation programs.

#### Sustainability

Seattle Parks & Recreation has obtained funding to continue developing Sound Steps into a year-round walking program. They are also working on ways to bolster the volunteer-run programs at several sites.

*“The awareness I gained about my own physical activity--or lack thereof--will continue to motivate me to stay active as a safeguard for good health.”*

*The program “has encouraged me to increase my walking. I plan to do indoor exercises when I am through with gardening.”*



# East Central Rural Health Network

## Take Charge Challenge

Mattoon, IL

### Project Overview

Six community-based organizations work as partners to identify barriers to exercise and increase the physical activity of adults age 50+ in communities across four rural counties in East Central Illinois. Partners include Douglas County Health Dept., Sarah Bush Lincoln Health Center, and four senior centers. The Take Charge Challenge was designed to be a work-site program but is easily adaptable for use at a community center. The advantages of the program include having a large number of potential participants congregated for education, support from peers and center staff, and encouragement from peers to continue an active lifestyle.

### Goals

- Implement the Take Charge Challenge exercise program at four senior centers. Participants establish individual goals for increasing their level of exercise. Health-related incentives will reward achievement and continued participation.
- Survey participants to determine program effectiveness.

### Outcomes

A total of 47 older adults participated in the 10-week program at three senior centers in Edgar, Coles, and Moultrie counties. Participants received step counters and were encouraged to track their daily steps and set realistic goals.

The physical activity barriers that they identified through surveys included lack of outdoor facilities, perceived physical problems that limited participation, perceived lack of time, fear of getting injured, and lack of knowledge about how to start an exercise program.

### Impact

The post-program survey showed that 35 percent of the participants (13 out of 37) increased their exercise time to 40-60 minutes and 65 percent (24) of participants indicated that they now exercise two or more days per week. Sixteen percent said they had overcome some of the barriers to becoming physically active.

### Sustainability

Despite the positive feedback from participants, staff members at the participating senior centers indicated they did not have the staffing resources to continue the program.





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# Fairfield University School of Nursing

## Step Up to Health

### Fairfield, CT

#### Project Overview

The Health Promotion Center, an outreach program of Fairfield University School of Nursing, has been collaborating with existing community agencies to provide screening, education, and referral services to the underserved in Bridgeport and surrounding communities since 1993. The center offers comprehensive wellness services, including physical activity opportunities for Bridgeport, CT residents. Step Up to Health was developed to serve culturally diverse, low-income older adults residing in five senior housing sites in the community.

#### Goals

- Survey residents at five senior housing sites and conduct focus groups to determine existing physical activity levels and interest in establishing programs in each residence, and to identify a core group of older adult leaders.
- Introduce the Step Up to Health program at each site. Kick-off events include a guest speaker, refreshments, and incentive items.
- Offer a cardiovascular risk assessment to residents to measure blood pressure, cholesterol levels, hemoglobin, and glucose and to review the family health history, lifestyle factors, and medications.
- Inform primary care providers about the program through flyers and updates.
- Form small groups with older adults and nursing students to plan group activity goals and to encourage older adults to serve as role models in the community.

#### Outcomes

A total of 166 adults in five senior housing sites participated in recruitment activities for Step Up to Health and 93 (56%) enrolled in the program. At each site, a core group was selected as resident leaders to lead activity groups in the areas of chair aerobics, walking, and gardening. Fourteen different physical activity programs were initiated during the grant period and 51 nursing students participated in recruitment, data collection, and program implementation.

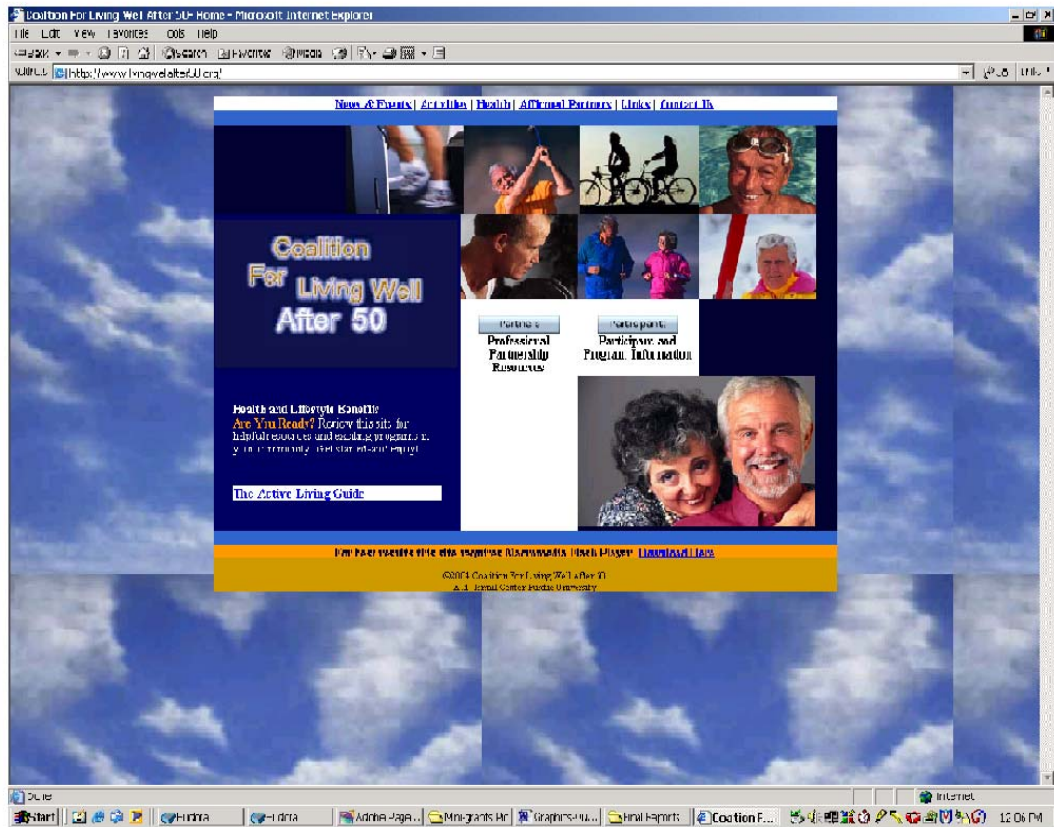
Focus groups noted that a few successes include personal and group accountability, cooperation among the residents, and improved measures of physical health. Time constraints and scheduling conflicts, physical limitations, and ill health were a few of the barriers. Residents had the opportunity to share their ideas about the types of physical activity they wanted to participate in and modify activities to better suit their needs.

#### Impact

A majority of the survey respondents (76%) engaged in regular walking prior to participating in the program, but increased their participation following Step Up to Health. Eighty-seven percent increased their frequency and duration of activity at the end of the program. Self-ratings of health improved for 26 percent of the participants and self-care ability improved for 22 percent.

#### Sustainability

Five of the 14 activity programs at three sites are self-sustaining. The Health Promotion Center offers other health and wellness programs at the sites as part of the Health Promotion for Older Adults Initiative. Their continued presence in these settings enables center staff to encourage Step Up to Health participants to use their pedometers, keep exercise diaries, and meet informally to support each other.





**Greater Lafayette Coalition for Living Well After 50**  
**Purdue University**  
**Awareness, Communication & Education Initiative (ACE)**  
**West Lafayette, IN**

### **Project Overview**

The mission of the coalition is to identify and compile community resources to define, create, promote, and sustain activities and programs that support lifelong health behaviors among residents age 50 and older. Representatives from more than 45 organizations and groups participate in the coalition.

### **Goals**

- Develop and disseminate a marketing brochure, public service announcements, and posters to increase awareness of the coalition, solicit active participation by key stakeholders in the community, and advertise the services that the coalition provides.
- Develop a resource book of physical activities in the Greater Lafayette community.
- Create a website.
- Offer community forums, presentations, and town hall meetings.

### **Outcomes**

The coalition designed a logo and produced and distributed two brochures; one targeting potential coalition partners and a second brochure targeting community older adults. In addition, more than 600 Active Living Guides were disseminated to provide information about local physical activity facilities and programs, parks and trail systems, and annual events geared toward seniors.

The new website is online and has received 34,732 hits as of September 2004.  
([www.livingwellafter50.org](http://www.livingwellafter50.org))

Promotional advertisements featured local role models highlighting different kinds of physical activity. A local cable TV channel produced a one-hour segment to increase awareness about the coalition and to advertise the launch event that was held in May. More than 200 people attended the coalition launch event for which downtown businesses designated as “Senior Day Downtown.”

### **Impact**

The coalition has established itself as a strong and growing non-profit organization that has garnered the respect and support of city and county governments.

### **Sustainability**

Supporters of the coalition include the Ismail Center & Department of Health and Kinesiology of Purdue University, the Area IV Agency, Tippecanoe County Council on Aging, and Westminster Village.





# Greater Southern Brooklyn Health Coalition

## Brooklyn Blueprint Program

Brooklyn, NY

### Project Overview

The Greater Southern Brooklyn Health Coalition (GSBHC) is a project of the Jewish Community Relations Council's department of inter-group relations and community concerns. More than 60 agencies participate in the Coalition, including almost all of Brooklyn's ethnic, racial, and religious communities. As part of its Healthy Heart Program, the Coalition has implemented a five-year plan to encourage Brooklyn residents to become more physically active.

### Goals

- Provide weekly pedestrian walk-a-thons, encouraging better utilization of public space and identifying safe space for communities.
- Coordinate a Walk Our Children to School campaign to reach the adults over age 50 who are the daytime guardians of their grandchildren.
- Provide mini-grants for community and faith-based organizations to hire consultants to lead exercise classes.
- Provide mini-grants for neighborhood associations and community and faith-based organizations to develop community gardens.

### Outcomes

The mini-grants funded three programs offering physical activity to older adults. The Park Slope Geriatric Day Center offered yoga twice a week for 45 clients with dementia; the Young Israel Senior Services of Midwood offered line dancing and Tai Chi twice weekly to 75 seniors; and the Church Avenue Merchants Block Association implemented a yoga program and a walking club for 28 older adults.

Community garden programs were used successfully to encourage physical activity. The Fort Greene Strategic Neighborhood Action Partnership recruited 1,500 program participants and more than 100 volunteers to participate in the gardening effort. Over 300 families participated in the Haitian Women's Program community garden. The Church Avenue Merchants Block Association recruited members and program participants from over 40 programs to develop a community garden on a residential site. The Park Slope Geriatric Day Center provided planting opportunities in outside locations and indoors to accommodate the needs of their clients.

The Walk Our Children to School campaign event was held in the spring 2004.

### Impact

The Brooklyn Blueprint Program brought awareness to communities for the need to offer physical activity opportunities for older adults. The programs offered during the grant period reached a total of 1,830 older adults in the Brooklyn area.

### Sustainability

The Coalition will continue to organize the Walk Our Children to School campaign and will kick off a Brooklyn Walks! program in 2005.





# Harford County Office on Aging

## Harford Active Life Program

Bel Air, MD

### Project Overview

A coalition of organizations in Harford County encourages older adults to enhance the quality of their lives through increased physical activity. The Harford Active Life program registers participants through senior centers, health clubs, and the recreation office. Each participant receives a step counter and a logbook to record their activities. Incentives are provided to motivate older adults to participate.

### Goals

- Establish partnerships with the health club and recreation communities to encourage people over age 50 to increase their physical activities.
- Develop a presentation for senior groups, organizations, and businesses on the importance of physical activity.
- Develop television programs, news articles, a resource directory, and other materials to increase the awareness of local opportunities for physical activity.

### Outcomes

Nearly 500 individuals over age 50 participated in the program for a combined total of 12,636 activities. More than 200 achieved more than 40 activity credits to earn a Harford Active Life jacket. 153 seniors participated in the Seniors on the Move walking program, logging in a total of 2,973 miles.

A few of the participating area health clubs designed their own club program for seniors or allowed non-member seniors to use their facility at a discount. The Department of Parks and Recreation offered classes specifically for seniors.

A senior fitness show debuted on a local cable channel to focus on physical activity. A resource directory featuring fitness opportunities was developed and published in the Parks & Recreation spring catalog and mailed to 70,000 households.

### Impact

Health clubs in the area have begun to market to seniors; the Parks & Recreation Office is offering programs specifically for this age group; and several businesses have organized their own contests using step counters to encourage employees to compete and log the greatest number of steps.

### Sustainability

The Office on Aging will continue to offer the Harford Active Life Program. Walking programs are supported through area senior centers.

**"Be Active Erie County"**



*Passport to Wellness*



For Adults 50+

**Walking For Health**



**Health Research, Inc./New York State Department of Health**  
**Passport to Wellness: Walking for Health**  
Albany, NY

### **Project Overview**

The Passport program is targeted to the culturally diverse population of older adults in Erie County and the city of Buffalo. It features a series of four guided 40-minute walks that explore Olmsted and Erie County parks.

### **Goals**

- Establish a community walking program, social support network, and physical activity education workshop series in Buffalo.
- Survey participants to measure behavior changes and motivation.

### **Outcomes**

Participants in the Golden Years Walk included 426 walkers in six park locations. Follow-up events included the Fall Kick-Off Walk with 685 walkers; the Winter Kick-Off Walk (indoors) with 592 walkers; and the Spring 2004 event with 695 walkers.

Walkers who participated in all four events received a sun visor or fanny pack as a motivator to continue walking when the program ended. The Bring a Friend program offered past walkers the incentive to register friends and enter into a drawing for a free pedometer. Guest speakers at the events presented information on arthritis, Tai Chi, exercising with Dyna Bands, and other topics.

Participants were recruited through presentations at senior centers, exercise programs, flyers in various community locations, and through local newspapers and newsletters.

### **Impact**

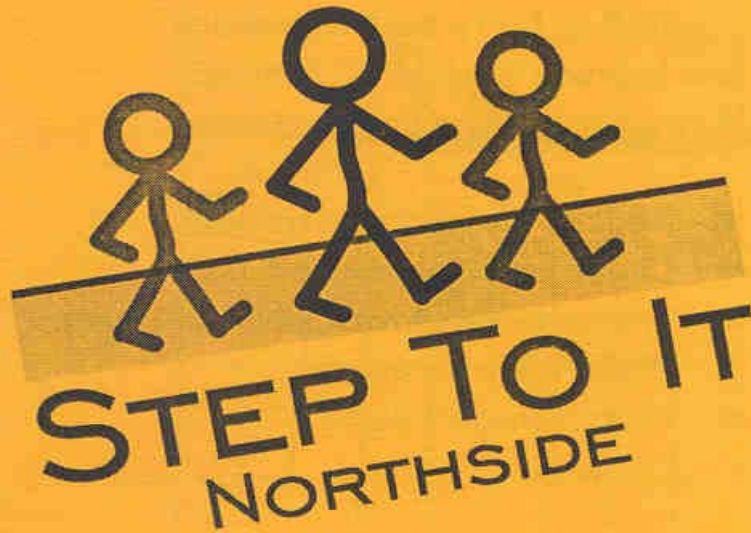
Following the Spring 2004 event, 627 participants out of 695 reported that the program helped to increase their physical activity levels. 643 walkers indicated that they will continue walking after the program ends.

### **Sustainability**

The Passport to Wellness program will continue and will be incorporated into specific caregiver programming activities.



Happiness lies first  
of all in health.



# Hennepin County Step To It Northside Minneapolis, MN

## Project Overview

The Hennepin County Public Health Promotion partnered with the Minneapolis Public Housing Authority, Pilot City Health Center, Stairstep Foundation, Minneapolis Public Works, and the Minneapolis Crime Prevention and Safe Program to develop and implement the Step To It Northside project to create a community environment in North Minneapolis that promotes and supports physical activity for older adults.

## Goals

- Initiate a walking group, two series of strengthening classes, and a senior health fair.
- Identify safe and accessible one and two-mile walking routes adjacent to the senior high-rise buildings. Assess and correct any hazards identified on the proposed walking path.
- Engage the neighborhood redevelopment organization to support safe walking, boost visual appeal of the neighborhood, and allocate funds to install benches along the walking path.
- Develop walking path maps and distribute at senior high rises, community clinics, libraries, and other locations.
- Survey participants to measure program effectiveness.

## Outcomes

More than 20 community organizations from North Minneapolis and surrounding areas provided support to build a two-mile walking path on a major thoroughfare in the city, drawing more than 100 walkers for the weekly event. Attendance in the walks increased each month from 13 walkers the first month to 111 walkers as they invited their children, spouses, and friends to participate. A key to the walking group success was the involvement of a designated staff person who was familiar with the neighborhood. Personal contacts were crucial in building support for the program and encouraging older adults to become involved.

A 10-week exercise strengthening program was offered at a public housing high-rise located along the walking route, and a second eight-week session was provided for the Hmong Women's Association. Weekly attendance included four to 17 participants. The Senior Multicultural Health Fair drew 75 participants.

## Impact

In a questionnaire, 67 percent of walkers participating in the program indicated Step To It Northside had increased their walking participation; 83 percent said it improved their physical or social health; and 100 percent said it increased their mental health.

North Minneapolis is primarily a low-income neighborhood that receives media attention for crime, poor health outcomes, and other negative issues. The older adults who participated in the project learned that walking is easy and is an inexpensive means of socializing with other adults. The project brought families together, fostered new friendships, and generated a feeling of pride for their neighborhood.

## Sustainability

A local organization, the National Community Center of Excellence in Women's Health, has taken leadership to sustain the program.



# Elder Health and Fitness



**Caxara rukara**

## Caxara rukara

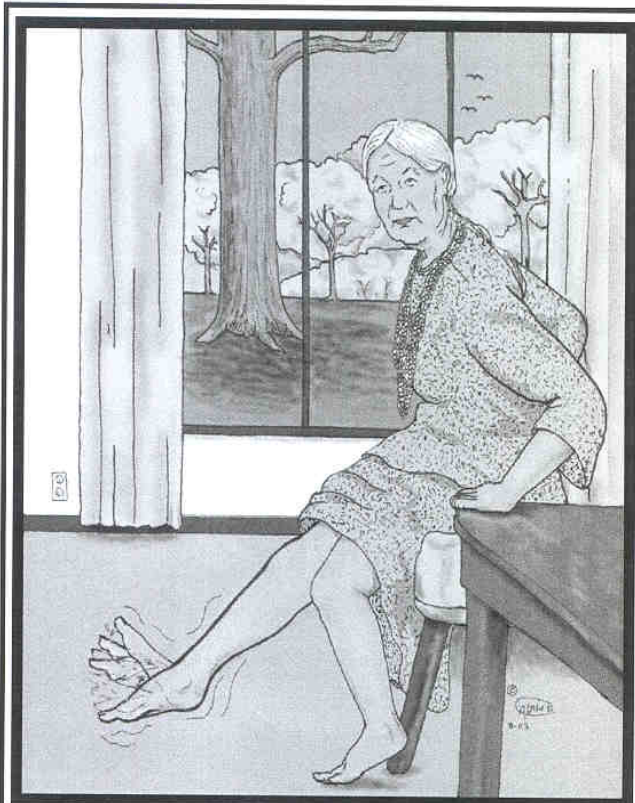
- Sit straight and tall
- Pull elbows back and try to hold for a count of 10

**Elbows Back**

## Sikaṇa ṇakara

- Rotate ankle in big circles
- Try 10 per ankle, each direction

**Ankle Circles**



**Sikaṇa ṇakara**



# Ho-Chunk Nation Division of Health

## Ho-Chunk Nation Elder Fitness Program

Black River Falls, WI

### Project Overview

The Ho-Chunk Nation's jurisdictional lands cover a 15-county area in central Wisconsin. Organizations participating in the project include the Ho-Chunk Health and Social Services, Ho-Chunk Health Care Center, Ho-Chunk Tribal Aging Unit, Ho-Chunk Respite Care Program, and an exercise physiologist. Diabetes is a critical health issue since nearly 50 percent of adults in the Ho-Chunk Nation age 55 and older have diabetes.

### Goals

- Train at least 35 health and social services staff members to offer a physical activity program for elders at five elder meal sites and for homebound older adults.
- Establish physical activity standards and disseminate to fitness leaders.
- Develop physical activity educational materials in the Ho-Chunk language.

### Outcomes

The Ho-Chunk Nation exercise physiologist and a Native American fitness trainer from the White Earth Nation developed physical activity standards using the American College of Sports Medicine guidelines. A two-day training session was offered to 35 health and social services staff members who work with older adults. Physical activity programs were provided once a week for participants that included 30 percent of the Ho-Chunk elders living in the area (57 participants). The exercise physiologist also visited seniors in their homes for one-on-one exercise training.

The project coordinators developed posters and fliers in the Ho-Chunk language to promote six stretching and strengthening exercises that assist with daily living tasks. They also created an exercise reminder magnet to remind seniors to be physically active most days of the week.

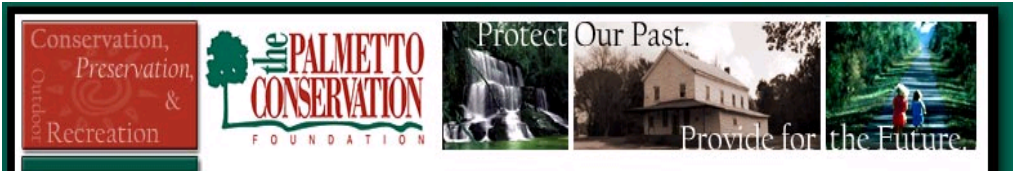
### Impact

At the onset of the program, the participating elders reported on average a low to fair level of energy, low level of strength, and a fair level of flexibility, stability, and health. At the end of the program, those who consistently attended classes and completed the home exercise program reported at least one level increase in all areas.

### Sustainability

The physical activity classes are still being offered at the meal site locations.







# Palmetto Conservation Foundation

## Get Active Glenn Springs

Spartanburg, SC

### Project Overview

The Palmetto Conservation Foundation and Partners for Active Living (PAL) partnered with four community churches in Glenn Springs, SC to implement physical activity programs utilizing the new seven-mile Glenn Springs Passage of the Palmetto Trail. The Glenn Springs community is a small, culturally diverse rural area where 22 percent of the population is age 50 and older.

### Goals

- Implement physical activity programs for older adults through Glenn Springs churches.
- Provide community organizations with a template for good physical activity programs.
- Conduct behavioral research to understand what motivates individuals to participate in community or self-directed activities.

### Outcomes

Palmetto Conservation Foundation presented four mini-grants of \$1,000 to four area churches to schedule a community event on the trail and form a walking group. Two of the churches reported participation of nine older adults in the bi-weekly walking group. The church community events drew more than 300 residents.

A trail map was developed and distributed to 4,000 community members. PAL visited with church members and presented health promotion packets with tips on how to get seniors active and how to hike safely on the trail.

### Impact

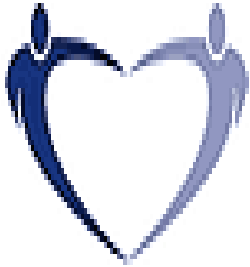
The Prevention Research Center at the University of South Carolina conducted telephone surveys of 143 people living within one mile of the trail. The majority were 35 to 54 years old. Findings showed that use of the walking trail increased from 6 to 15 percent over the one-year period.

### Sustainability

The Palmetto Trail is open to the public and is maintained by a group of older adult members of the Shiloh Baptist Church. The walking groups are no longer meeting on the trail.







# Partners in Care

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FOUNDATION <sup>SM</sup>

*“I have never been educated on this subject. The workshop was very informative, with simplified, time-efficient exercises.”*

*“Very easy to understand. I learned a great deal for my clients, family, and self. I would be happy to attend other classes.”*

# **Partners in Care Foundation**

## **Enhancing Physical Activity for Frail Elders**

**Burbank, CA**

### **Project Overview**

The project builds upon the National Council on the Aging pilot program at Partners that seeks to raise awareness among care managers at four sites about the value of increasing physical activity in their clients' lives and to train geriatric care managers in a specific evidence-based intervention strategy to increase physical activity. The intervention is modeled after a research-tested approach called LifeSpan: A Physical Assessment Study Benefiting Older Adults.

### **Goals**

- Develop physical activity workshop curriculum and educational tools.
- Provide training for geriatric care managers in four locations in L.A. County to incorporate specific physical activities in care plans developed with their clients.
- Simplify the Healthy Moves exercise program.

### **Outcomes**

The program trained 130 geriatric care managers representing 31 care management agencies on the physical activity intervention to use with their clients. The intervention linked exercises with specific activities that keep older adults independent, such as getting out of a chair, walking stairs, carrying groceries, cooking, and cleaning.

Partners in Care faculty developed guides on the effects of exercise on specific chronic disease conditions and recommendations for physical activity.

Two major daily newspapers in L.A. published articles spotlighting the exercise program that generated community feedback. The organization mailed more than 75 booklets and 50 videos to interested community members.

### **Impact**

The participating care managers have used their knowledge and evidence-based exercises to assist their frail clients to maintain functional fitness, preserve lower body strength and balance, and prevent falls.

### **Sustainability**

Various foundations have provided funding to continue the program.

*“I feel more revived; the program helped me move my limbs and walk without a cane.”*

*“I feel more energetic, less tense and stressed.”*



# **Paterson YMCA**

## **Active Adult Fitness Program**

### **Paterson, New Jersey**

#### **Project Overview**

Paterson YMCA partnered with William Paterson University and the Paterson Housing Authority to conduct senior fitness programs at three public housing sites. Many of the culturally diverse, low-income residents are disabled.

#### **Goals**

- Conduct outreach to older adults about the benefits of exercise using creative and intergenerational methods of education and recruitment.
- Engage residents of three public housing sites for low-income older adults in physical fitness and reduce barriers to participation.
- Create a replicable and sustainable model of partnership between a YMCA, public housing for seniors, and a public university.

#### **Outcomes**

Undergraduate gerontology students from the William Paterson University were trained to motivate older adults to participate in walking clubs using life history questions, circle walking exercises, and gentle movements with dramatic expression and music. The intergenerational component provided an incentive for participation.

The program also offered yoga, Tai Chi, walking, and water aerobics once a week for 60 to 90 minutes at the housing site or at the YMCA, with transportation provided. A total of 80 older adults participated in the programs.

Program coordinators learned that scheduling classes and posting signs are not sufficient to entice sedentary older adults to participate. Recruitment was more effective when resident council members encouraged peers to become involved in the program.

#### **Impact**

Participants reported improved physical and psychological well-being.

#### **Sustainability**

The three organizations are committed to continuing the program.





# Supporters of Doelger Senior Center

## Fueling Fitness

Daly City, CA

### Project Overview

A coalition of 25 agencies and practitioners in the field of aging partner on the Daly City ACCESS grant project to focus on the needs of a diverse population of low-income elders while building a comprehensive service system for all older adults. The goal of Fueling Fitness is to connect three generations in a training program designed to improve fitness in adults age 50+.

### Goals

- Provide a multicultural and intergenerational nutrition and fitness program for grandparents and their grandchildren.
- Train foster grandparents to teach fitness to children in childcare centers.
- Evaluate the program through surveys.

### Outcomes

The 12-week physical activity course was provided in five Daly City sites to 130 minority participants, including 60 children. Outreach workers who are fluent in Tagalog, Spanish, and Chinese participated as translators in the kick-off event, but not in the ongoing program. Pairing foster grandparents already working in the childcare setting with children was more successful than engaging grandparents and their grandchildren in the fitness program. Language barriers and the age appropriateness of young children provided challenges for the program.

### Impact

Surveys of 16 participants in the foster grandparent program in childcare centers showed that most were motivated by the presence of the children, and all plan to continue without the instructor to provide fitness activities for children.

### Sustainability

Seniors working in Daly City childcare sites will continue to teach fitness to children. Jefferson Adult School will fund the course on an ongoing basis.





**Terwilliger Plaza**  
**ABLE Bodies**  
Portland, OR

### **Project Overview**

Terwilliger Plaza is a retirement community of 250 residents. The facility offers independent living and five levels of additional nursing care and services. Other partners in the project include the Oregon Health & Science University, Rose Schnitzer Manor (assisted living facility), Kirkland Manor (retirement community for low-income residents), and Courtyard Living (retirement community in an urban setting). The falls prevention program, ABLE Bodies, was developed by Sue Scott of Renewable Fitness in 2000 to improve the quality of life for senior adults through fitness.

### **Goals**

- Evaluate the efficacy of the ABLE BODIES Balance Improvement Program.
- Train staff and provide balance and strength equipment at retirement and assisted living facilities.
- Build intergenerational relationships between teenagers and the elderly.

### **Outcomes**

A total of 84 older adults were recruited from four facilities to attend weekly classes on posture exercises, strength training, and flexibility for 16 weeks. Interns from the School of Community Health at Portland State University assisted instructors during classes and led a weekly practice session. High school students also participated and interacted with the elderly.

An instructor manual and participant workbook were developed during the course of the study. The participant's Toolbox for Balance is available online at [www.ablebodies.org](http://www.ablebodies.org)

### **Impact**

The participants were evaluated at baseline, 16 weeks, 33 weeks, and 42 weeks. The intervention showed a beneficial effect on lower body strength and stability. The instructors indicated that the participants gained strength and confidence and were able to more easily perform activities of daily living.

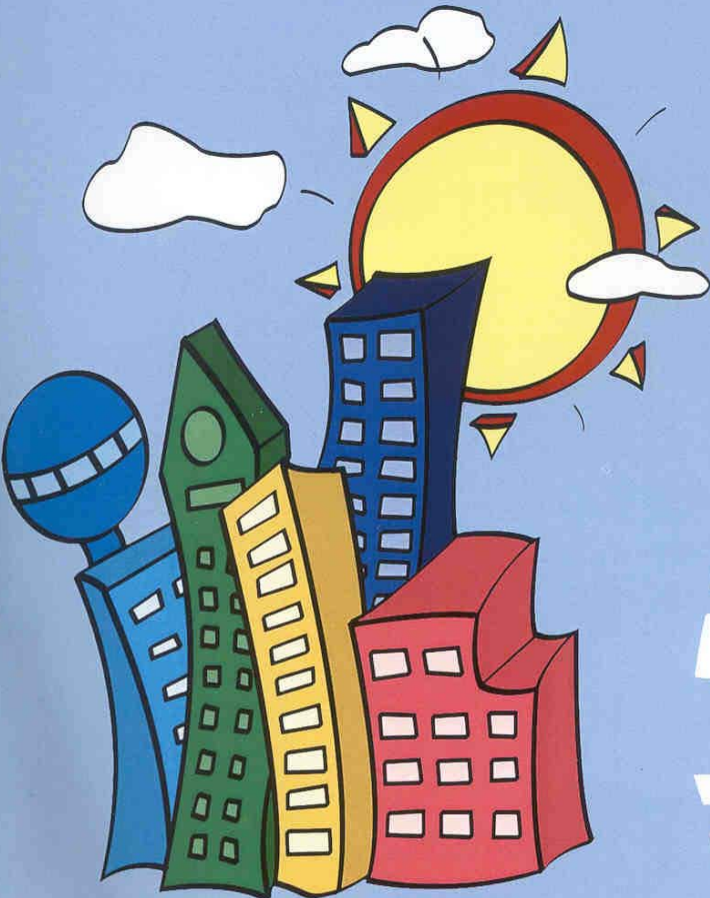
### **Sustainability**

Interns and staff members are continuing to offer components of the program at the four sites.





 **Walk Across Texas!**



**IN THE CITY**

**WELLNESS**  
*2004*

# Texas Cooperative Extension – Dallas County

## Wellness in The City

Dallas, TX

### Project Overview

The Dallas Wellness in the City coalition initiates programs that support city residents' attaining their highest possible level of wellness with a variety of health-related programs. The current focus is the Walk Across Texas program, which has been implemented primarily in rural Texas counties through Texas Cooperative Extension. The coalition has adapted the program for use in inner-city communities.

Walk Across Texas is an eight-week physical activity program that helps participants establish the habit of physical activity with peer support provided by fellow team members. Participants form teams of eight, pooling their weekly mileage to determine which team can first walk from the east Texas border to El Paso on the west Texas border. A conversion chart helps participants convert other activities, such as swimming and aerobic exercises, to miles for their team. Mileage is tallied on a website, comparing the progress of various teams.

### Goals

- Adapt the Wellness in the City program to meet the needs of urban audiences and seniors.
- Implement the program in the city of Irving and the South Dallas area.
- Revise the website to make it more user-friendly.

### Outcomes

In the 2003 program, 20 teams of a total 160 older adults logged 9,525 walking miles. The Extension Office also offered weekly health break meetings to present information on chronic disease prevention and management. When the program concluded, the program coordinators offered a program each month on health or nutrition topics.

Wellness in the City calendars were designed in 2004 and distributed to program participants. In early 2004, 68 participants attended a 12-lesson series for people with Type II diabetes. Also, the website was redesigned for easier use. (<http://walkacrosstexas.tamu.edu>)

### Impact

The Wellness in the City program motivated older adults to increase their physical activity levels and provided information about various health issues. The diabetes education program, cooking clinics, and monthly health seminars were offered in conjunction with Wellness in the City to provide participants with a comprehensive health program.

### Sustainability

Funding to support ongoing programs has been secured from businesses within Dallas County. The program model is also being replicated in other urban counties in Texas.







**Registration**

Mail by January 2, 2004 to:  
 K-State Research & Extension  
 Dr. Paula Peters  
 Rm 119 Justin Hall  
 Kansas State University  
 Manhattan, KS 66506

Check for \$100 made out to Kansas State University

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 The Strong Women Tool Kit Program Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

Day Time Phone \_\_\_\_\_

email \_\_\_\_\_

T-Shirt Size \_\_\_\_\_

**The Strong Women Tool Kit  
 A National Fitness Program for Women**



Training Program offered by  
 K-State Research & Extension

Friday, January 23, 2004  
 8:30 a.m. - 5:30 p.m.  
 Sedgwick County Education Center  
 7001 W 21<sup>st</sup> St N  
 Wichita, KS 67201-1759  
 316-722-7721

**Tufts University**  
**John Hancock Center for Physical Activity and Nutrition**  
**The StrongWomen Program**  
Boston, MA

### **Project Overview**

The John Hancock Center for Physical Activity and Nutrition (JHCPAN) partnered with National Extension Association of Family and Consumer Sciences educators in Pratt, Kansas and Soldotna, Alaska. The aim of this collaboration was to disseminate a safe and effective community-based strength training program for midlife and older women. The curriculum for the program was designed to provide functional materials for community leaders to start programs in their local areas. The toolkit contains two research-based strength training programs as well as extensive contents on initiating and sustaining the program. It also contains information on fostering leadership and developing community projects, such as working with local agencies to make neighborhoods more conducive to physical activity initiatives.

### **Goals**

- Conduct a training workshop with program leaders from Kansas and Alaska at JHCPAN in Boston and conduct site visits in the Kansas and Alaska site locations.
- Build the StrongWomen Program website to help support the program's sustainability. ([go.tufts.edu/strongwomen](http://go.tufts.edu/strongwomen))

### **Outcomes**

The program has trained 508 Extension educators and allied health professionals from 20 states as of December 2004. In addition, a research study related to the program has begun to examine the program's progress over a one-year period. Data from that research found that the program trained 142 Extension educators and health professionals from 13 states in 12 months. Seventy-two of the trainees initiated programs in their communities. An estimated 2,886 participants over age 60 were registered in the bi-weekly program.

### **Impact**

The research study showed that allied health professionals and community leaders are able to provide a community-based strength training program for older adults using the StrongWomen curriculum. The programs report continuing growth in interest and participation.

### **Sustainability**

Program coordinators are seeking additional support to further their efforts to maintain and expand the reach of the program.







**NATIONAL BLUEPRINT:**  
**Increasing Physical Activity Among Adults Aged 50 and Older**

National Blueprint Office:

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[www.agingblueprint.org](http://www.agingblueprint.org)

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ILLINOIS

