

Texercise: A Multi-Component Lifestyle Enhancement Program for Older Adults

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Program on Healthy Aging
Bringing Research into Practice

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Research Center for
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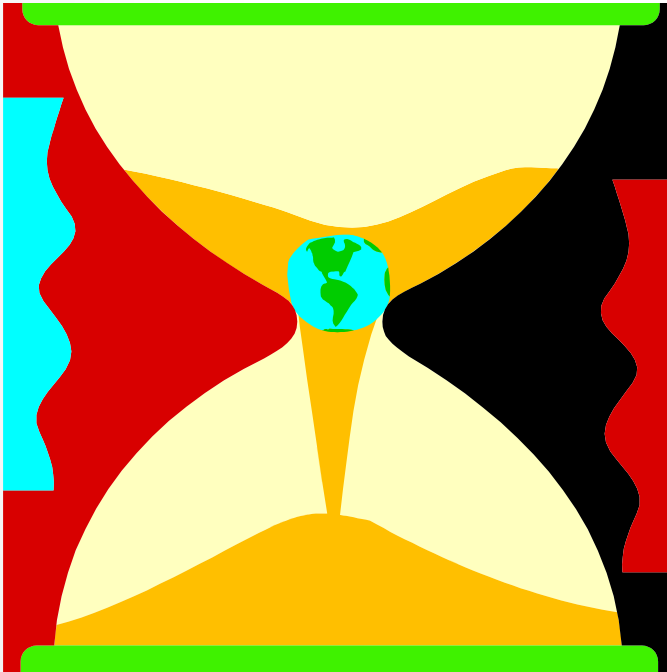
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Background

- Lifestyle behaviors are seen as key to health and well-being
- Increasing number of evidence-based programs
- Yet, a concern with program dissemination and sustainability

What can we learn from
practice-based
programs?

Topics to Cover



- Introduce Texercise *Select*
- Examine effectiveness of Texercise *Select* on lifestyle behaviors, mental health outcomes, and physical functioning
- Discuss conclusions
- Review next steps

Texercise Select: Program Components



Participant Engagement

- Physical activity 30-45 min
- Education focusing on physical activity and nutrition topics

Trained Facilitators

- Classes led by at least one trained facilitator

Program Length

- 12 Week Program-10 weeks of classes
- 2 x/week for 90 min each

Potential Benefits of Participation

- Increased self-efficacy (pre/post)
- Improved physical activity and nutrition behaviors
- Improved mobility (TUG)

Methods

- Participants completed assessments at baseline and the 10-week follow-up
- Multiple domains assessed including physical activity, eating behaviors, physical functioning, and quality of life with standard instruments
- Percent improvement and effect sizes were calculated to compare study results with other programs
- See papers for more detailed analyses

Study Characteristics

- Program Infrastructure
 - 4 training sessions-29 trained facilitators
 - 14 workshops
 - 7 senior centers, 4 multipurpose facilities, 2 faith-based organizations, 1 senior housing facility
- Workshop Participants
 - Older: 74 years old
 - Female: 85% female
 - Non-Hispanic white : 93%
 - Multiple chronic conditions : 2.4 conditions
- Class attendance
 - On average, attended 12 of the 20 workshop sessions
- 220 older adult enrollees with 127 completing the post test



Physical Activity and Nutrition*

Variable	Baseline Mean	Post-Tx Mean	Improvement	Effect Size
Aerobic PA	3.9	4.6	16.3%	.64
PA Confidence	6.1	7.4	18.9%	.38
Fruit/Veggie consumption	3.3	3.8	12.7%	.31
Dietary behavior confidence	7.6	8.2	7.4%	.21
Social Support for Lifestyle Behaviors	9.0	11.4	26.7%	.45
*significant at p<.05				

Physical Functioning and Quality of Life*

Variable	Baseline Mean	Post-Tx Mean	Improvement	Effect Size
Timed get up and go	12.9 s	11.7s	10.8%	.27
General health status	2.9	2.8	7.2%	.24
Unhealthy physical /mental health days	7.7	4.9	31.6%	.24
Days Limited from usual activity	2.2	1.4	39.6%	.17
*significant at p<.05				

Texercise Select: Program Products

Structured Program Implementation Manual

Facilitator Training Protocol

Review of Texercise History and Reach

Report on Stakeholders Perceptions

Published Manuscript on Outcomes

Future Direction of Texercise Select



- Development of online training
- Offer program in additional communities throughout Texas
- Further testing slated for Winter 2015

- Offer Texercise program as complementary to other evidence-based programs/bundling (AMOB, CDSMP, DSMP, etc.)

Conclusions

- A multi-component lifestyle program can have many positive effects, with some variability across domains
- Program manualization and structured training are important for ensuring lifestyle programs are delivered with fidelity.
- Important to reduce barriers to full program participation
- Widespread dissemination requires capitalizing on and expanding traditional delivery systems



Forthcoming Resources

- Ory MG, Smith MLS, Howell D, Zollinger A, Quinn C, Swierc S, and Stevens A. The Establishment and Evolution of Texercise: A Lifestyle Enhancement Program for Older Texans. *Frontiers in Public Health Education and Promotion*. In Review.
- Stevens AB, Thiel S, Thorud JL, Smith ML, Howell D, Cargill J, Swierc SM, and Ory MG. Increasing the Availability of Physical Activity Programs for Older Adults: Lessons Learned from Texercise Stakeholders. *Journal of Aging and Physical Activity*. In Review.
- Smith ML, Ory MG, Jiang L, Howell D, Chen S, Pulczynski J, Swierc S, and Stevens AB. Texercise Select Effectiveness: An Examination of Physical Activity and Nutrition Outcomes. *Trans Behav Med*. Accepted 2014
- Ory MG, Smith ML, Jiang J, Howell D, Chen S, Pulczynski J, and Stevens AB. Texercise Effectiveness: An Examination of Physical Function and Quality of Life. *Journal of Aging and Physical Activity*. In Review.

Questions

