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

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New Orleans
November 2014
Acknowledgement

The evaluation of the Texercise program was funded through the Texas Department of Aging and Disability Services and completed through a partnership between the Texas A&M Health Science Center’s Program on Healthy Aging and the Scott & White Healthcare Community Research Center for Senior Health.

Discloser: No Personal Financial Relationships to Disclose
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
  o 4 training sessions-29 trained facilitators
  o 14 workshops
  o 7 senior centers, 4 multipurpose facilities, 2 faith-based organizations, 1 senior housing facility

• Workshop Participants
  o Older: 74 years old
  o Female: 85% female
  o Non-Hispanic white : 93%
  o Multiple chronic conditions : 2.4 conditions

• Class attendance
  o On average, attended 12 of the 20 workshop sessions

• 220 older adult enrollees with 127 completing the post test
## Physical Activity and Nutrition*

<table>
<thead>
<tr>
<th>Variable</th>
<th>Baseline Mean</th>
<th>Post-Tx Mean</th>
<th>Improvement</th>
<th>Effect Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic PA</td>
<td>3.9</td>
<td>4.6</td>
<td>16.3%</td>
<td>.64</td>
</tr>
<tr>
<td>PA Confidence</td>
<td>6.1</td>
<td>7.4</td>
<td>18.9%</td>
<td>.38</td>
</tr>
<tr>
<td>Fruit/Veggie consumption</td>
<td>3.3</td>
<td>3.8</td>
<td>12.7%</td>
<td>.31</td>
</tr>
<tr>
<td>Dietary behavior confidence</td>
<td>7.6</td>
<td>8.2</td>
<td>7.4%</td>
<td>.21</td>
</tr>
<tr>
<td>Social Support for Lifestyle Behaviors</td>
<td>9.0</td>
<td>11.4</td>
<td>26.7%</td>
<td>.45</td>
</tr>
</tbody>
</table>

*significant at p<.05
### Physical Functioning and Quality of Life*

<table>
<thead>
<tr>
<th>Variable</th>
<th>Baseline Mean</th>
<th>Post-Tx Mean</th>
<th>Improvement</th>
<th>Effect Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timed get up and go</td>
<td>12.9 s</td>
<td>11.7s</td>
<td>10.8%</td>
<td>.27</td>
</tr>
<tr>
<td>General health status</td>
<td>2.9</td>
<td>2.8</td>
<td>7.2%</td>
<td>.24</td>
</tr>
<tr>
<td>Unhealthy physical /mental health days</td>
<td>7.7</td>
<td>4.9</td>
<td>31.6%</td>
<td>.24</td>
</tr>
<tr>
<td>Days Limited from usual activity</td>
<td>2.2</td>
<td>1.4</td>
<td>39.6%</td>
<td>.17</td>
</tr>
</tbody>
</table>

*significant at p<.05
## Texercise Select: Program Products

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Structured Program Implementation Manual</td>
<td></td>
</tr>
<tr>
<td>Facilitator Training Protocol</td>
<td></td>
</tr>
<tr>
<td>Review of Texercise History and Reach</td>
<td></td>
</tr>
<tr>
<td>Report on Stakeholders Perceptions</td>
<td></td>
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<tr>
<td>Published Manuscript on Outcomes</td>
<td></td>
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</tbody>
</table>
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


Questions