Healthy Moves

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Leaders in Health
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RN, Exercise instructor and “Fit for Life” Champion/Ambassador

Healthy Moves
- 5-week pilot program
- Meets twice a week
- Designed to promote health and wellness through exercise classes, nutritional awareness, and guest speakers such as dieticians and physical therapists.
Aim: To improve self-reported health and wellness and physical activity
  ◦ Secondary Aim: To improve blood pressure, heart rate, strength, flexibility, and endurance

Target Population: Roxbury Tenants of Harvard (RTH) Residents
  ◦ 55 years+ (Seniors)
  ◦ Racial/ethnic diverse
  ◦ Various levels of physical activity
Activities:
- Marketing—flyers for Healthy Moves
- Offer Healthy Moves Classes
  - Provide Healthy snacks and water
  - Nutritional Discussion
- Survey
  - Pre/Post Week 1 and week 5

Outcomes:
- Improve self-reported health and wellness
- Increase physical activity, nutrition knowledge and RTH gym attendance
Impact Evaluation:

**Inputs**
- NEBH
- BWH
- RTH gym facility
- RTH staff, program directors
- Exercise instructors
- Supplies
  - Healthy snacks and water
  - Survey instrument

**Activities**
- Community engagement
  - Flyers
- Exercise classes
  - Nutritional discussions
  - Provide healthy snacks and water

**Outputs**
- # of flyers distributed
- # of classes held
  - # of participants (sign-in sheet)
  - # of discussions held
  - # of healthy snacks and water distributed

**Outcomes**

**Short-term**
- ↑ knowledge of Healthy Moves
- ↑ knowledge of RTH gym and other exercise classes

**Intermediate**
- ↑ Healthy Moves attendance
- ↑ RTH gym attendance

**Long-term**
- ↑ self-reported health and wellness (healthy lifestyle)
- ↑ physical activity rates
- Improve blood pressure,
- Improve cardiovascular health (blood pressure)
- Improve strength, flexibility, and endurance

Survey (pre/post)

# of surveys distributed
# of surveys completed
Healthy Moves

- Change tool key strategies
  - Education and Communication
  - Facilitation and Support

- Meeting 2x month with Program Directors
- Working with Lauren to create surveys
- Attending senior fitness classes
- Obtain CEU in Senior Fitness
Conclusion

- Healthy Moves will start January 15, 2018

- Leaders in Health
  - Nice to meet neighbors and other leaders
  - Learn about different programs
  - Awareness of public health

- Thank you
Organizations--BWH, NEBH

RTH ED–BOD

RTH Staff–program directors

RTH residential community

RTH–Seniors