



Promoting Health through Physical Activity: The Howard C Forman Health Promotion Project

Cathy Peirce, PhD, OTR/L, principal investigator
Margaret Davis, RN, DHSc, co-investigator





Study Sponsor

- Quality of Life Faculty Community – Based Applied Research Grant



Partners

- Nova Southeastern University, Occupational Therapy Department
- Nova Southeastern University, Nursing Department
- Jay Shecter, Division Director Senior Housing Division, City of Pembroke Pines



Significance

- Numbers of older adults
- Numbers of people with chronic illness
- Changes in body systems
 - Age-related decline
 - Inactivity-related decline



Significance

“physical activity provides the greatest opportunity to extend years of active independent life, reduce disability, and prove the quality of life for older persons”

NIA (2000)



Significance

AND,

“is an effective therapy for many
chronic diseases”

Nelson (2007)



Justification for study

- Approximately 28% of 65-74 year olds; 18% 75 and older engage in regular leisure-time physical activity (CDC, 2007)
- 37.3% 45-64 and 26.4% >65 Floridians advised by healthcare provider to ↑ physical activity (many as nationwide, not active) (Florida Charts, 2004-2006)



Barriers

- Beliefs
- Reasons for inactivity and barriers
- Readiness for change
- Fit into daily routine



Participants

- Residents of Pines Place complex, Davie, Florida
- Information sessions
- Recruitment flyers



Methods and procedures

- Face to face, 1:1 semi-structured interviews
- Administration of tests and questionnaires to gain insight into this population



Measures and Instruments

- Functional Quick Screen
- Timed Up and Go
- Vital Signs
- Physical Activity Knowledge Questionnaire
- Beliefs and Attitudes about Engaging in Physical Activity
- The Barriers to Being Active Quiz



Measures and Instruments cont.

- The Process of Change Questionnaire
- Physical Activity Questionnaire: Short Last 7 Days
- A Typical Day retrospective time log
- Demographic questionnaire



Data Analysis

- Descriptive analysis will characterize the phenomena reflected in answers to the questionnaires and the physical screenings



Long Range Plan

- Develop, implement, and measure effectiveness of a physical activity program based on characteristics and preferences of study participants
- Enhance and incorporate the Pines Place newly installed walking path

Questions???



