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

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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; 185 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???