

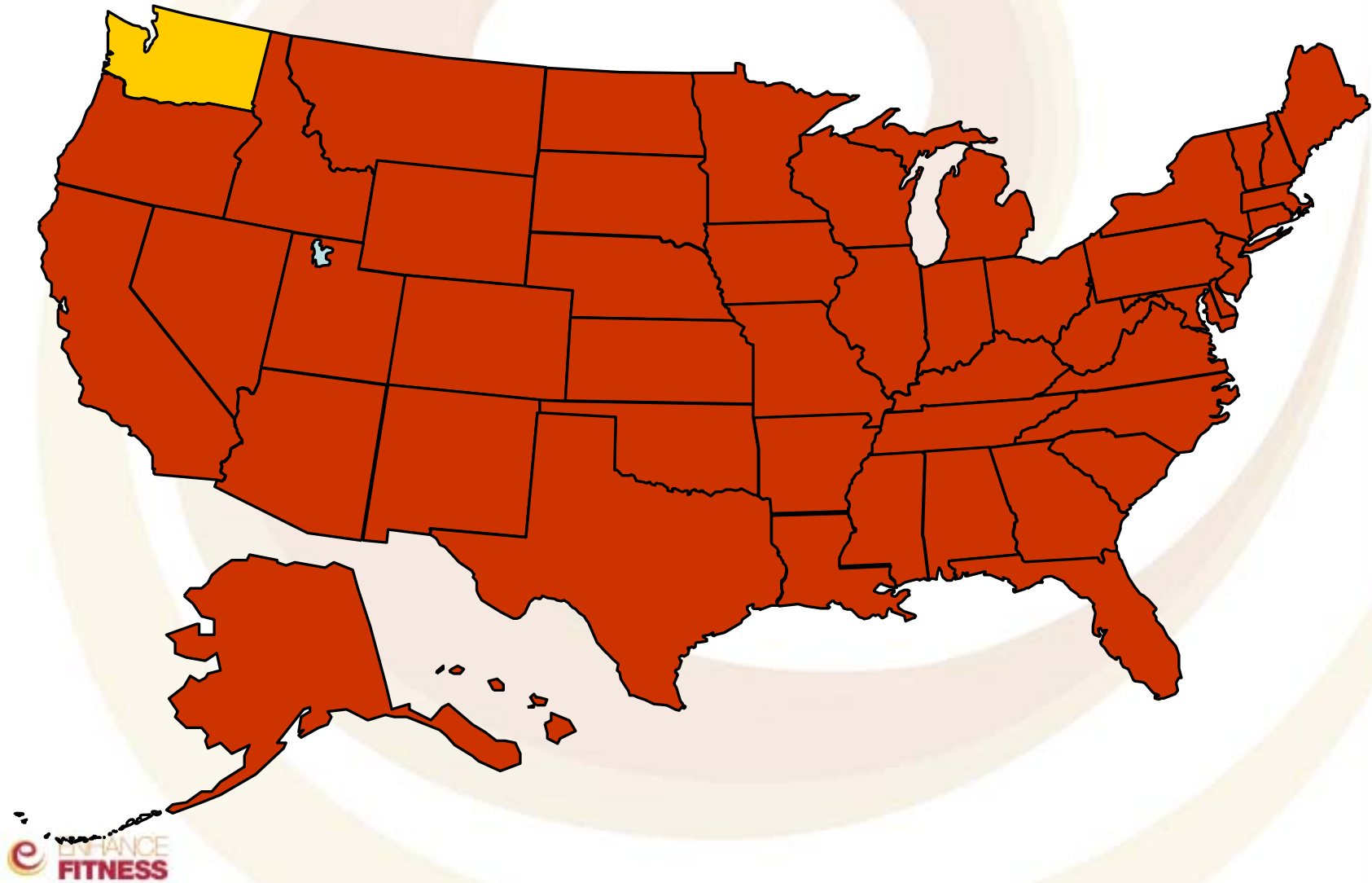
# EnhanceFitness

*Celebrating 12 Years*

Annual Instructor Workshop  
June 11, 2009  
Seattle, WA

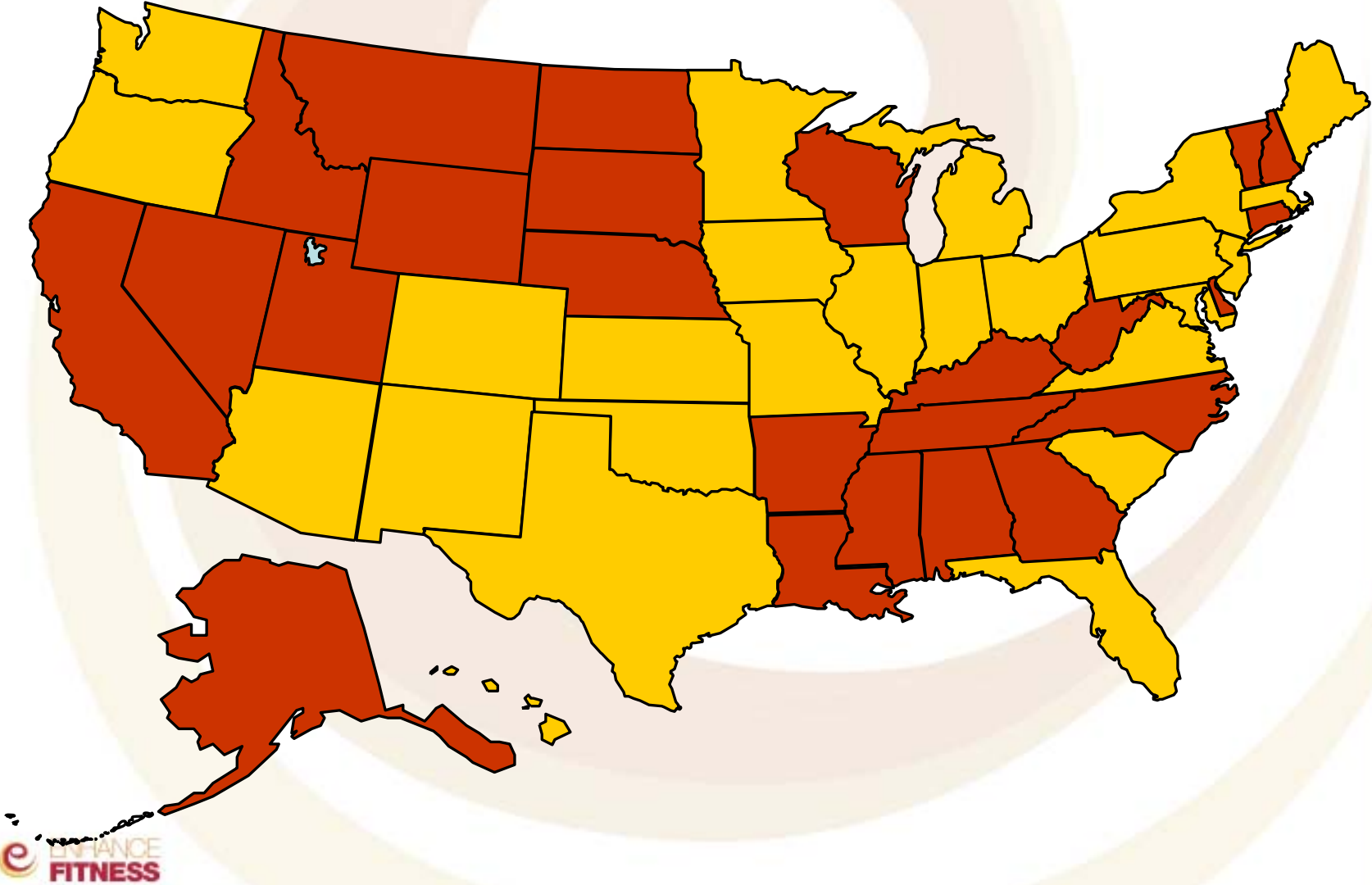


# Initial EnhanceFitness Sites (1994)

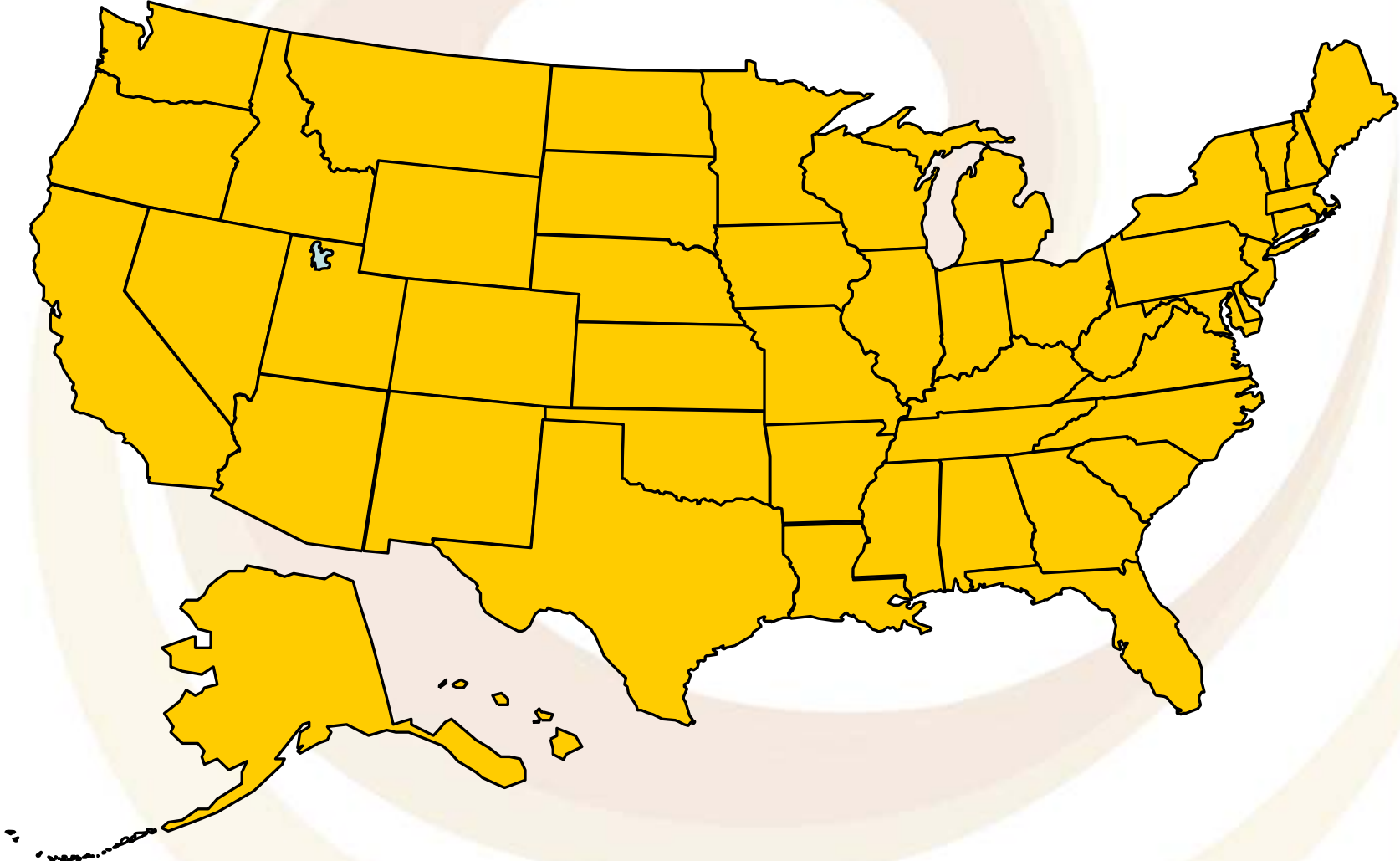




# Taking EnhanceFitness to Scale (2009)



# Our Hope...



## EnhanceFitness 2008: Reach

- Currently active participants: 5,321
- 23% people of color
- 55% are > age 75 and older
- 31% have low or very low income  
(note: 46% did not report income)
- 5% limited or non-English speaking
- 5% are immigrants or refugees

# EnhanceFitness: Efficacy

- Participation in EF by Medicare managed care enrollees (n=1188) associated with < healthcare utilization and costs (Ackermann et al, 2008)
- ↑ strength and flexibility in participants within normal and below normal limits at 4 & 8 months (Wallace et al, 1998; Belza et al, 2006)
- Average ↑ in annual total healthcare costs < in participants compared to controls (\$642 vs \$1175) (Ackermann et al 2003)
- Adherence ↑ by class proximity, weather, transportation, social support (Chiang et al, 2008; Wallace, 1998)

# EnhanceFitness: Adoption

- Currently offered in 366 sites
- Multi-purpose centers: recreation, community, nutrition, and neighborhood centers
- Residential and retirement communities
- Senior housing facilities
- Adult day care centers
- YMCAs and private gyms
- Hospitals
- Churches
- Colleges

# EnhanceFitness: Implementation

- Fidelity: Being **faithful** to the elements of the program, in the way it was intended to be delivered
- Instructor and master trainer manuals
- Standardized training and delivery using scripted protocols
- Monitoring of instructors' adherence to the protocol
- Periodic instructor booster sessions
- Monitor participant evaluation of program and instructor
- Assess participants understanding and ability to perform program-related activities

# EnhanceFitness: Maintenance

- 5,321 tested at least once in 2008
- 2,926 participants completed outcomes testing for the first time in 2008
- 94% reported that their physical abilities had maintained to greatly improved.
- 20 Master Trainers provided 32 New Instructor Trainings, reaching 292 instructors at 157 sites

# Complementary Evidence-Based Programs

- Matter of Balance
- Living Well with Chronic Conditions
- EnhanceWellness
- PEARLS

The background features a large, stylized '@' symbol composed of concentric, semi-transparent circles in shades of yellow and orange. A vertical red bar is positioned on the right side of the slide.

# **Future Trends for EnhanceFitness?**



***Thank  
you!***