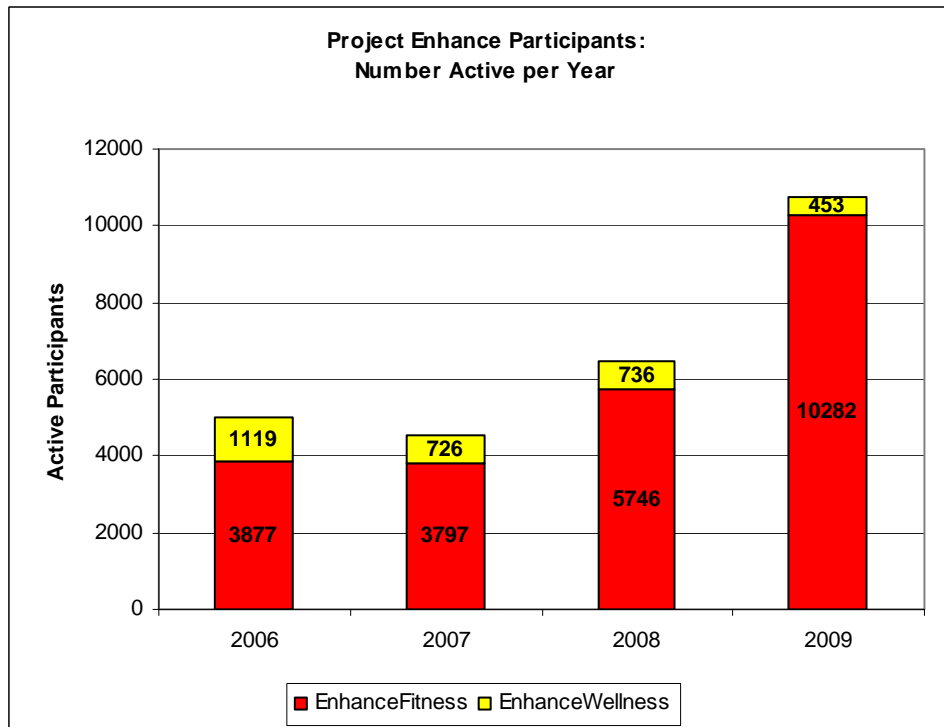


empower: annual report 2009



Since 2007, the number of participants reached has increased 43% and 45% respectively.

EnhanceWellness

EnhanceWellness can be found at 30 sites in 8 states: Colorado, Maine, Massachusetts, Michigan, Missouri, New York, South Carolina, and Washington.

- 94% of participants who completed a Health Action Plan review in 2009 improved or maintained in their chosen health issue.
- The top five reported health conditions included the following:
 - Arthritis or osteoporosis (68%)
 - Hypertension/heart trouble (64%)
 - Depression, anxiety, bipolar or emotional problems (55%)
 - Sensory impairment (41%)



"A month ago, I could not sit or rise from the toilet seat or chair without handbar assistance. This morning at test time, I did 12 chair stands in 30 seconds and could have continued another 10 seconds. Overall I have also increased my strength, balance, flexibility, and general muscle tone. I am ecstatic!!" — Janet, Peter Kirk Community Center, Kirkland, WA



"Because I have both post-polio syndrome and fibromyalgia, I have not been able to participate in any kind of fitness class for 20 years. EnhanceFitness is so geared for people with limitations that I am finally able to participate safely. I have noticed my stamina increase and my weak areas from the polio gradually strengthening. Our instructor is so conscientious of each participants' limitations but still able to keep us strengthening. I am so grateful that this program is available at such a reasonable rate that I can afford it." — Kathy Jane, St. Jude's Church, Dewitt, MI

EnhanceWellness Participant Profile

EnhanceWellness participants at all sites totaled 453.

- 65% are female.
- 7% are people of color.
- 81% are age 60 or older.
 - 38% are age 75 or older.
 - 11% are age 85 or older.
- 32% report their income as "low" or "very low."

EnhanceFitness Achievements

- The Centers for Disease Control and Prevention Arthritis Program (CDC AP) and the South Carolina Department of Health and Environmental Control funded two EnhanceFitness Master Trainer Trainings: Charleston, SC, and Seattle, WA.
- Twenty-two EnhanceFitness Master Trainers provided 51 New Instructor Trainings, reaching 349 instructors at 154 sites.
- The third Annual EnhanceFitness Master Trainer Workshop was held in Lansing, MI. Master Trainers from New Mexico, Minnesota, Michigan, and Washington participated.
- Over 138 instructors attended four Regional Instructor Workshops in Florida, Michigan, Minnesota, and Washington. Paige Denison (WA), Barb Fish (MI), and Andi Crawford (MI and FL) were selected as EnhanceFitness Instructors of the Year.
- EnhanceFitness can be found at 438 community-based sites in 27 states: Arizona, Florida, Hawai'i, Illinois, Indiana, Iowa, Kansas, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, New Jersey, New Mexico, New York, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, Texas, Utah, Virginia, Washington, Washington DC, and West Virginia.

"I have multiple sclerosis and had to retire early at the age of 58. I began attending EnhanceFitness classes 3 years ago and feel like I am in better physical and mental shape ever. When friends ask me what we do in class, I say I try to keep up with the 93-year-old young lady next to me." — Mike M., Sno-Valley Senior Center, Carnation, WA



An EnhanceFitness New Instructor Training in South Florida

EnhanceFitness Participant Profile

EnhanceFitness participants at all sites totaled 10,282.

- 83% are female.
- 34% are people of color.
- 96% are age 60 or older.
 - 55% are age 75 or older.
 - 18% are age 85 or older.
- 59% report their income as "low" or "very low."
- 95% of new and continuing participants who answered the question, "Has this program improved your physical abilities (walking, bending, strength, moving around, doing the activities you want to do)?" – reported that their physical abilities had *maintained to greatly improved*.

Project Enhance promotes the emotional, social, and physical well being of older adults through the dissemination of evidence-based programs and in collaboration with the Centers for Disease Control and Prevention Arthritis Program (CDC AP), Group Health Cooperative (Seattle, WA), University of Washington Health Promotion Research Center (UW HPRC), United Way of King County (Seattle, WA), Aging and Disability Services of Seattle/King County, the Area Agency on Aging for Seattle and King County, WA, National Council on Aging.

