



For Immediate Release:

Dec. 16, 2013

NEWS RELEASE

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Senior Services Enhance®Fitness Evaluated in the Centers for Medicare and Medicaid Services' Report to Congress

Analysis Finds Community-based Wellness and Prevention Program Has Potential to Reduce Costs and Improve Health Outcomes for Medicare Beneficiaries

SEATTLE, Wash. – In a recent report to Congress, the Centers for Medicare and Medicaid Services (CMS) described promising evidence suggesting that Seattle based Senior Services' EnhanceFitness Program—a community-based exercise program for older adults—had driven down total healthcare costs, decreased unplanned hospitalizations, and decreased mortality rates for participating Medicare beneficiaries. EnhanceFitness helps older adults regain and maintain health and physical function. Developed collaboratively by Senior Services, University of Washington Health Promotion Research Center, and Group Health, the program has been implemented at more than 500 sites nationwide, with more than 40,000 participants to date.

“The findings in this report speak to the power of self-efficacy, increased physical activity and behavior change at any age”, states Susan Snyder, Director, Enhance, Senior Services.

EnhanceFitness was one of nine other programs retrospectively analyzed as part of an Affordable Care Act requirement under Section 4202(b), which directs the Secretary of Health and Human Services to develop a plan for promoting healthy lifestyles and chronic disease self-management for Medicare beneficiaries. Findings related to EnhanceFitness included:

- Participation in the program was associated with an estimated total medical cost savings of \$945. Specifically, participants in an unplanned inpatient setting saw savings of \$545 and those in a skilled nursing facility setting saved \$139.
- Participation in the program helped decrease unplanned hospitalizations; one unplanned hospitalization was prevented during the outcome period for every 20-25 participants.
- Participants saw a decreased mortality rate; 1.4% versus 2.9% among controls.

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Senior Services – 2

For more information about EnhanceFitness, visit:

www.seniorservices.org/wellnessphysicalactivity and www.projectenhance.org.

To read the report summary and full report, visit:

<http://innovation.cms.gov/Files/reports/CommunityWellnessRTC.pdf>

About Senior Services

Senior Services is the most comprehensive provider of services to older adults in the state of Washington. Since 1967, we have demonstrated leadership in promoting positive aging. Today we serve more than 61,000 elders with high-quality services that help them to live independent lives while enabling them to make choices to suit their lifestyle. Our services are designed to support seniors emotionally, socially and physically. More than 3,384 volunteers together with 250 employees make our mission and vision a reality:

We promote the emotional, social and physical well-being of older adults through a network of community connections and services.

We envision a just society where aging adults and those who care about them can live their best lives.

We deliver our mission through a system of integrated programs and senior centers that keep elders food secure and healthy, well-informed, and independent. We offer meals, social engagement, information and assistance, health and wellness programs, minor home repairs, caregiver support, and a myriad of activities coordinated through six affiliated senior centers.

Our services touch the lives of all senior adults. King County is home to an increasingly diverse aging population that will number over 371,000 people by 2015. It is estimated that by 2025, one in four adults will be a senior.

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