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The investigators retained full independence in the conduct of this research

BACKGROUND

- Regular exercise is associated with improved outcomes in many disease states as well as improved overall mortality.
- Older adults may also see benefits in decreased falls and slowed cognitive decline.
- Benefits can be seen even when physical activity is started later in life.
- Fewer than 1/4 of older adults meet current activity recommendations.
- Walk with a Doc (WWAD) is a national community outreach organization committed to encouraging physical activity in people of all ages.
- We started a WWAD chapter for seniors in partnership with Kavod Senior Life, utilizing a multidisciplinary approach and encouraging personal goal setting.

METHODS

- Participants were recruited from 2 geriatric clinics, and from Kavod independent and assisted living.
- Twice-monthly walks over ten months
- Led by attending, fellow and resident physicians, PharmDs, pharmacy residents, medical, PT and pharmacy students
- Geriatric topic presentation (Table 1), followed by a 30-minute group walk.
- Post walk survey including WHO-5 Wellbeing Index, health literacy, personal goal setting, and change in overall activity level.



RESULTS

Table 1. Curriculum topics

Osteoporosis	Bladder control	Depression
Bowel health	Sleep	Fall prevention
Over the counter medications	Brown bag pharmacy review	Healthy eating
Advanced Care Planning	Benefits of walking	Memory concerns

Figure 1. Participant Ages

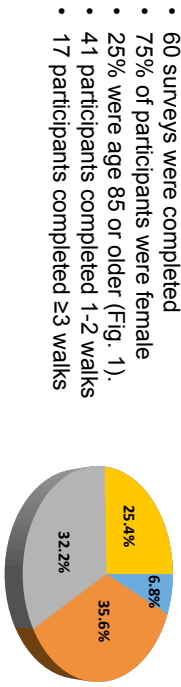
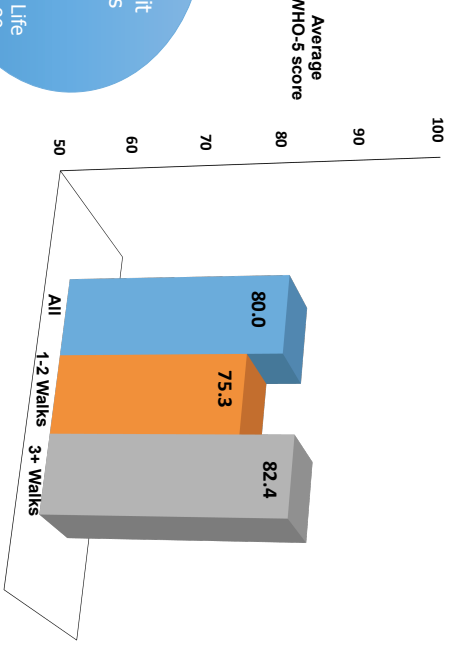


Figure 2. Average WHO-5 Wellbeing Index score by number of walks completed. Scores range from (0-100) with higher scores indicating better wellbeing. A 10-point change is clinically significant.

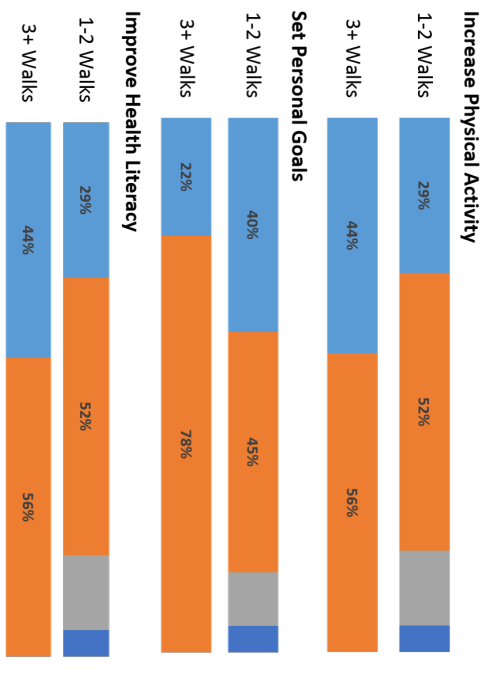


"I love it! I enjoy it very much! It gets me outside and walking."

-Kavod Senior Life resident, age 89

Figure 3. Survey Results.

Among those participating in 3 or more walks, 100% strongly agreed or agreed that WWAD had helped them increase physical activity, set personal goals, and improve health literacy.



CONCLUSIONS

- A multidisciplinary approach and emphasis on personal goal setting with the well-established mission of WWAD has received strongly positive results.
- Our curriculum may be an effective program to increase physical activity and well-being in older adults.

"Love it! I've gone to every walk. The doctors are friendly and helpful."

-Kavod Senior Life resident, age 74