

# Active Aging Program Development: A Pike Market Senior Center and Pike Place Market Protection & Development Authority Collaboration



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## Introduction & Background

- More than 120,000 adults 55 and older live in Seattle
- Many low- and fixed-income adults 55+ live in Pike Place Market Protection & Development Authority (PDA) Residential Buildings
- The Pike Market Senior Center (PMSC) serves older adults in downtown Seattle
- PMSC seeks to develop and deliver wellness program for adults 55+ living near Pike Place Market

## Project Goal & Objectives

### Project Goal

Develop and deliver pilot wellness program to Stewart House (SH) & Livingston-Baker (LB) Residential Buildings within Pike Place Market

### Objectives:

1. Assess community needs and interests surrounding wellness programming
2. Design a pilot program based on assessment
3. Deliver pilot programming
4. Evaluate program effectiveness in meeting community needs and long-term feasibility of program implementation

## Methods

### Phase 1: Needs Assessment

Short survey of residents on wellness program interest, desired topics, barriers and availability.

### Phase 2: Program Development

Literature review, physical activity resource review, Audit of current PMSC activity program

### Phase 3: Program Implementation & Evaluation

Deliver pilot program and evaluate using pre/post survey

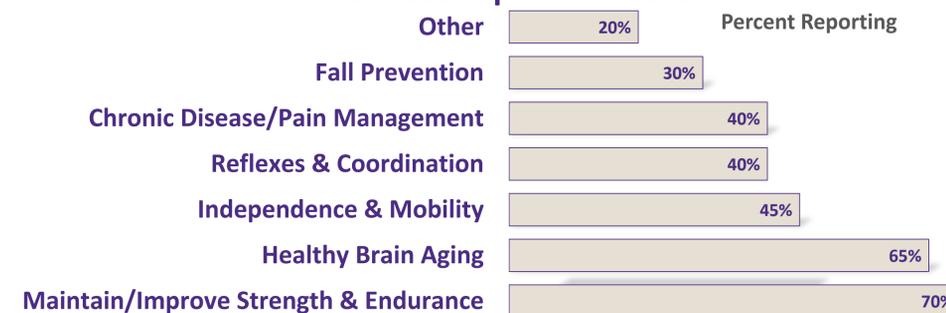
## Assessment Findings (n=20)

75% reported interest in wellness programming

### Common Barriers:

Medical conditions, limited physical function, lack of motivation, scheduling conflicts

### Wellness Topics of Interest



## Program Description

8 Biweekly Sessions - 50 Minutes Each

### Program Objectives

Increase participants':

1. Ability to be mentally & physically active
2. Overall activity level
3. Knowledge of appropriate physical & mental activities



## Program Evaluation

**Average Attendance:** SH 5-6, LB 1-2 participants

### Pre/Post Evaluation Responses (n=3)

*All reported:*

- Increased activity level
- Improved self-efficacy
- Increased strength/endurance & knowledge

### Post Evaluation Responses Only (n=3)

100% reported increased activity level, improved strength/endurance, and knowledge

## Conclusions

Residents 55+ are interested in wellness programming  
Program development and delivery was successful

## Recommendations

- Hire staff member to extend the pilot program
- Build on PMSC/PDA relationship to continue capacity development for both organizations
- Pursue funding for long-term support of program
- Evaluate resident interest in the wellness programming in other PDA residential buildings



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