



Improving Outcomes with Evidence-Based
EnhanceFitness



Non-profit established in 1967, serving King County

- Promotes positive aging through integrated system of quality programs, initiatives and senior centers
- Serves more than 71,000 people each year
- Works with more than 3,800 volunteers
- Funded by local AAA, private donors, sales, grants (state and federal), and fundraising activities
- Developed and administers top tier evidence-based program, EnhanceFitness



ENHANCE FITNESS

- Evidence-based with ongoing research
- Proven to protect against falls, decrease healthcare costs, decrease hospitalizations, increase physical function, increase social interaction and decrease depression.
- Format: one-hour classes, three hours per week, ongoing
- Cardiovascular, Dynamic/Static Balance, Posture, Strength and Flexibility in every class
- Currently in 35 states and growing
- Award Winning
- Certified, trained fitness instructors
- Program outcomes and attendance tracking, setting the EBP industry standard



ENHANCE
FITNESS

“I come to EnhanceFitness to get consistent exercise and the proper kind. I know I won’t do it on my own. Having cheerful, encouraging, and wise instruction helps me to stay fit”



ENHANCE
FITNESS

Gathering Data – we've been at it a long time!

- Health history
- Self report
- Baseline
- 4 months
- Ongoing outcomes
- Ongoing attendance

Translating Data

- Academic partnerships
- Scientific evaluation
- Proven efficacy
- Measurable results



ENHANCE FITNESS

“We are planning a repeat vacation that involves a lot of walking and hill climbing. We feel we are in better shape than when we went 4 years ago! Not bad for a couple 75 year olds. Thanks to EnhanceFitness!”



We Know it Works Research Overview

- Maintains or improves physical function
- Protects against falls and fall injury
- Provides a social benefit
- Promotes a physically active lifestyle

Participation in Older Adult Physical Activity Programs and Risk for Falls Requiring Medical Care, Washington State, 2005-2011 ORIGINAL RESEARCH — Volume 12 — June 11, 2015 at: http://www.cdc.gov/pcd/issues/2015/14_0574.htm

Belza B., Shumway-Cook A., Phelan E.A., Williams B, Snyder S.J. (2006). The effects of a community-based exercise program on function and health in older adults: the EnhanceFitness Program. *The Journal of Applied Gerontology*, 25(4): 291-306.



ENHANCE FITNESS

We Know it Works Research Overview

- Reduces medical-care utilization costs
- Proven savings in healthcare costs for managed care plans
- Decreased unplanned hospitalizations
- Decreased mortality rates

Ackermann RT, et al. (2008). Healthcare cost differences with participation in a community-based group physical activity benefit for medicare managed care health plan members. *The Journal of The American Geriatrics Society*, 56:1459-1465, 2008.

Report to Congress: The Center for Medicare & Medicaid Services' Evaluation of Community-based Wellness and Prevention Programs under Section 4202 (b) of the Affordable Care Act



ENHANCE
FITNESS

Tens of thousand of
participants
nationally...
hundreds of
thousands of forms

Proprietary Online Data Entry System (ODES)

Goals:

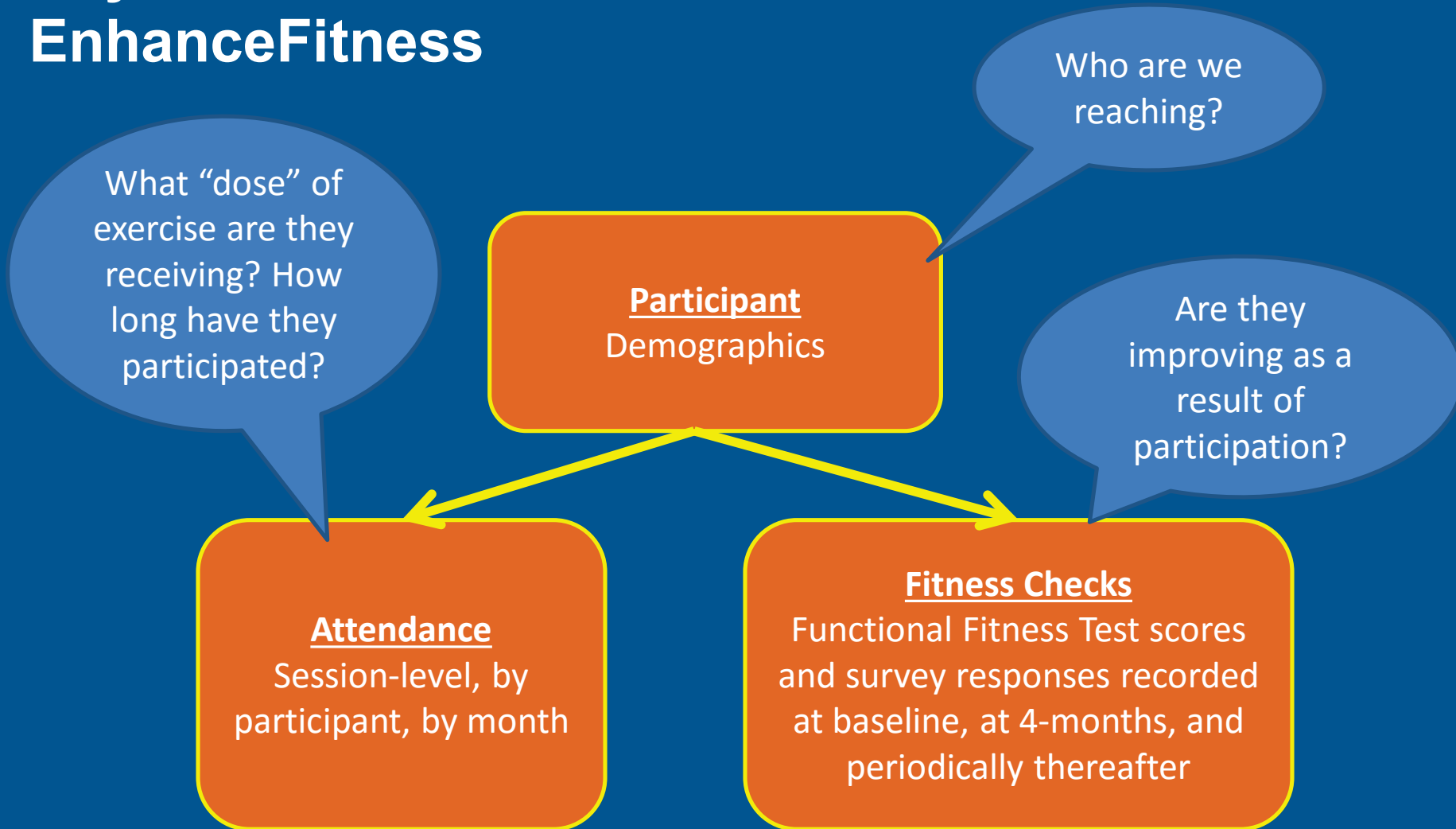
- Empower participants to improve their own health, and keep them motivated by showing them their progress
- Meet funders' reporting requirements, and show leadership ROI
- Increase affiliates' engagement and bring them closer to their data – improved fidelity

Proprietary Online Data Entry System (ODES)

System Requirements:

- Remote access and support
- Easy to use
- Robust reports

Key data elements for EnhanceFitness



EF Reports: Individual Activity Summary



Kathy Millet

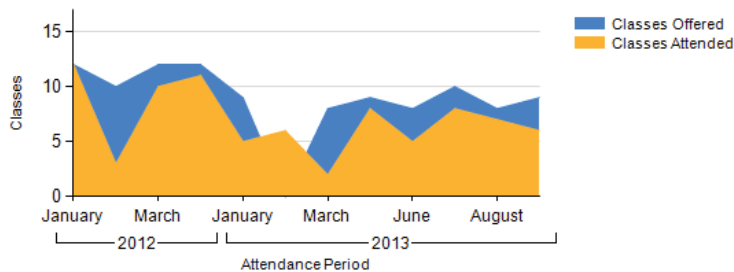
Individual Activity Summary

Currently Registered Classes

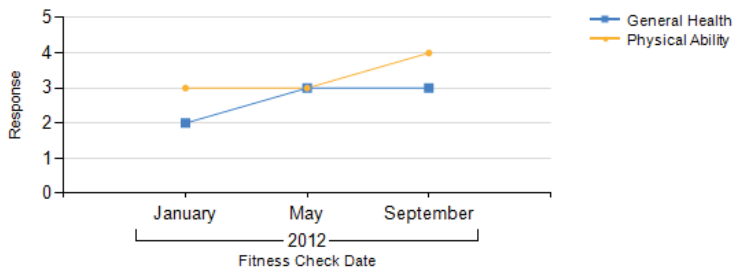
Summerfield Community Center 4:30 PM

First Attendance	Latest Attendance	Total Attendance	Overall %
January 2012	September 2013	83	Infinity

Attendance History



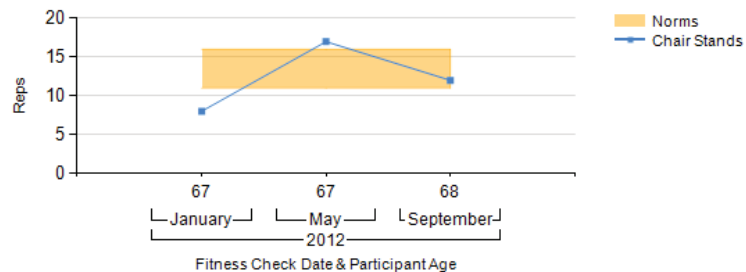
Self-Rating of General Health and Change in Physical Ability



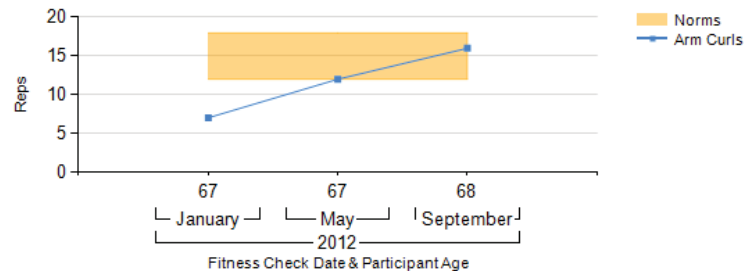
Rating of General Health: 1 = Poor; 5 = Excellent
 Rating of Change in Physical Ability due to class: 0 = N/A, 1 = No Improvement; 5 = Great Improvement

Fitness Checks

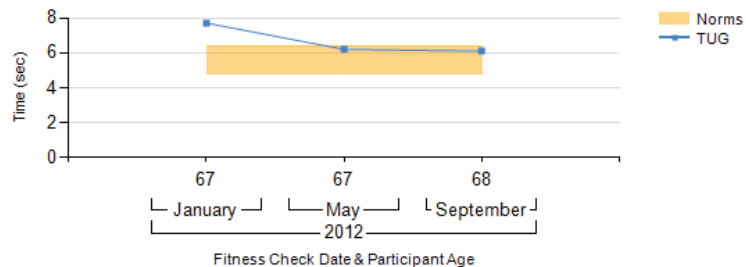
Chair Stand



Arm Curl

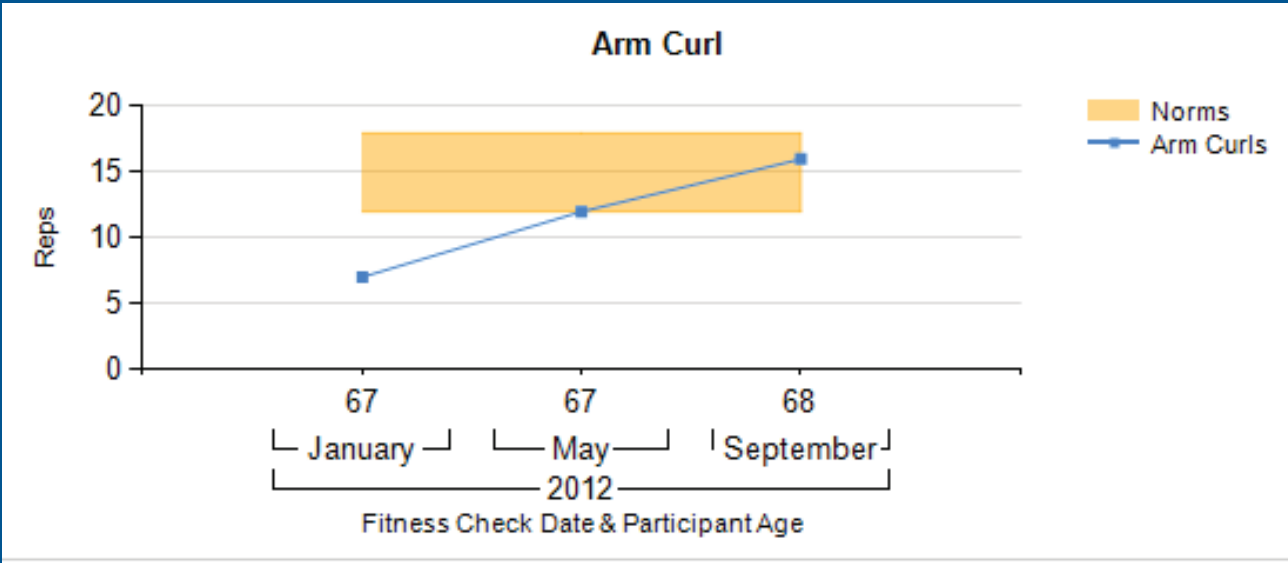
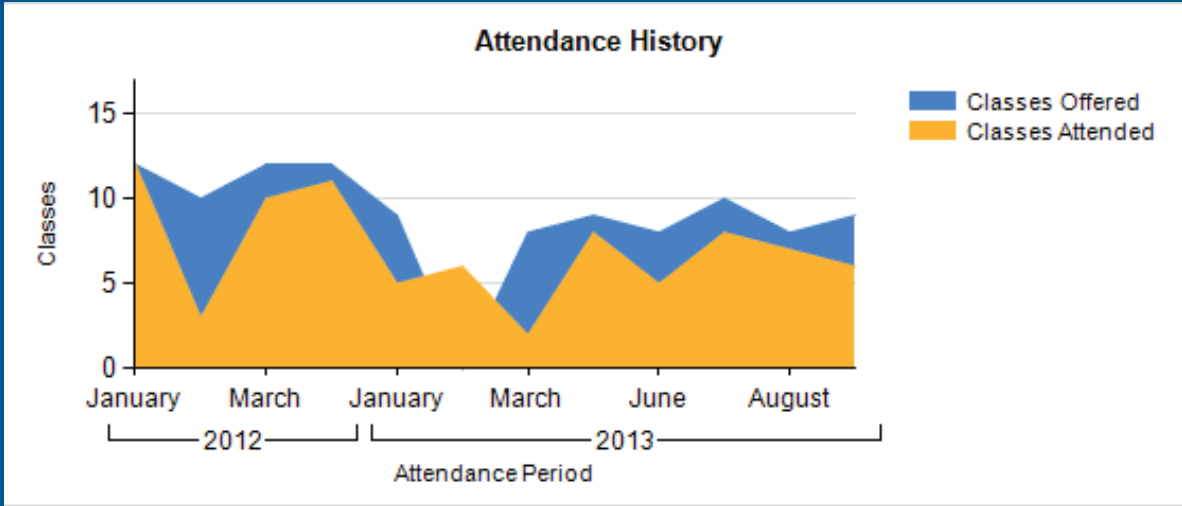


Timed Up & Go



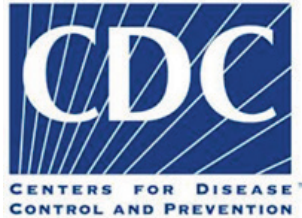
For TUG, a shorter time is considered improvement

EF Reports: Individual Activity Summary Details



Full Online Demonstration of our proprietary
ODES System available upon request

Note: Can be customized for tracking variety of metrics



Public Health and Aging Partners

- US Health & Human Services
 - Centers for Disease Control and Prevention Arthritis Program
 - Administration for Community Living (Administration on Aging)
- National Council on Aging
- Y of USA
- American Council on Exercise
- Evidence-Based Leadership Council
- University of Washington
 - Health Promotion Research Center
- Group Health Cooperative
- Aging & Disability Services, Seattle/King County



Evidence-Based
Leadership Council



National Council on Aging



AMERICAN COUNCIL ON EXERCISE



ENHANCE FITNESS

Q & A (*Hands Up!* 😊)

"Overall, results suggest that evidence-based physical activity programs, particularly EnhanceFitness, should be more widely disseminated into communities not only for their general effects on fitness but also for their likely benefits on prevention of fall-related health care use, an important personal and societal outcome."

See article on
Participation in Older Adult Physical Activity Programs and
Risk for Falls Requiring Medical Care, Washington State,
2005-2011

ORIGINAL RESEARCH — Volume 12 — June 11, 2015 at:
http://www.cdc.gov/pcd/issues/2015/14_0574.htm