



# Choose to Move (Active Aging Research Team)

<http://www.activeagingbc.ca/>

## PROGRAM PROFILE: OVERVIEW

June 2017

<b>Type of Program</b>	Physical Activity
<b>Organization</b>	Active Aging Research Team (AART) at Centre for Hip Health & Mobility (CHHM), in partnership with British Columbia Recreation and Parks Association (BCRPA), and YMCA of Greater Vancouver; Part of the larger <i>Active Aging BC (ABC)</i> initiative.
<b>Community Served</b>	28 communities across 5 health regions in BC.
<b>Program Goal</b>	Positively modify physical activity behaviours and decrease sedentary time, slow the onset of frailty, and enhance mobility in BC seniors.
<b>Services Provided</b>	Adaptable, choice-based 6-month physical activity model in which physical activity coach provides one-on-one consultations, regular group meetings and telephone check-ins.
<b>Target Population</b>	Inactive community-dwelling seniors across BC.
<b>Staffing</b>	1 full-time <i>ABC</i> manager centred at CHHM; Partner organizations each provide 1 provincial coordinator; Activity coaches deliver programs.
<b>Program Strengths</b>	It is a provincial initiative led by AART, a team of community-based scientists committed to both interdisciplinary research, education and training, and to working in partnership with communities. As a result, it has been able to build the capacity of community centres in different regions of the province to meet the physical activity needs of seniors through a choice-based programming model where the evidence of positive benefits is very strong.

## Program Description

In March 2013, BC Ministry of Health entered into a partnership with the Active Aging Research Team (AART) at Centre for Hip Health and Mobility (CHHM) to develop a key prevention strategy in order to enhance mobility and health, and prevent injury due to falls in BC seniors. During the development phase of *Active Aging BC (ABC)*, AART engaged stakeholders and community partners out of which grew its signature program: *Choose to Move*. The *Choose to Move* program is an adaptable, evidence-based physical activity model designed to promote physical activity and improve the health of seniors (65+ years) who are not regularly active (<150 minutes per week). Delivered in partnership with BC Recreation and Parks Association (BCRPA) and YMCA of Greater Vancouver (YMCA), *Choose to Move* has run programs in 28 communities across all 5 regional health authorities in BC.

There is one full-time *ABC* manager centred at CHHM to support the program and provide general oversight. The *ABC* manager works directly with community partners BCRPA and YMCA to ensure fidelity to the program model is maintained, while also working with partners to understand local conditions. The *ABC* manager is responsible for the development of program materials, training model and delivery, and overseeing program evaluation. Each partner organization has a part-time provincial coordinator who supports the hiring of trained activity coaches, coordinates *Choose to Move* sites and program dates, supports program marketing and promotion, and is the primary contact for recreation coordinators and activity coaches delivering the program. Both the YMCA and BCRPA independently hire their own activity coaches.

Over a six-month period, *Choose to Move* participants work with a trained activity coach to develop a personalized physical activity action plan customized to their individual needs, interests, goals, resources and abilities. Physical activities are up to the individual, allowing participants to choose something they enjoy and that fits into a schedule that works for them. Participants receive three forms of ongoing support over the six-month program span:

- **Motivational Group Meetings:** Participants receive encouragement and instruction during four in-person, educational sessions with other *Choose to Move* participants and an activity coach.
- **One-on-One Consultations:** Participants receive one-on-one consultations with their activity coach after the first Motivational Group Meeting. Together they develop a personalized physical activity action plan that outlines enjoyable ways to increase physical activity and active travel.
- **Check-ins:** Activity coaches check-in with participants regularly through ten 15-minute phone calls over the six months. Check-ins are a chance to discuss how participants are doing with their action plan and to address any challenges they may be experiencing.

The *ABC* manager works with *Choose to Move* community partners to support them in developing strategies for recruiting inactive seniors to participate in the programs province-wide. Participants come from a diverse range of cultural backgrounds and range in age from 60 years to 90+ years.

## Impact

To date, over 1,200 inactive seniors currently are or have participated in 132 *Choose to Move* programs located in 28 communities across the province.

Since launching in spring 2016, *Choose to Move* has created a positive impact on the lives of older adults and in the communities where it is embedded. For example, early results show that eighty-four percent of seniors who participated in *Choose to Move* had one or more chronic conditions at the time of enrollment, but after only 3 months of participation there were significant improvements in physical and social determinants of health including:

- Increased physical activity rates by 1.7 days per week
- Increased feelings of social connectedness
- Decreased feelings of loneliness<sup>1</sup>

*Choose to Move* has changed the lives of many participants across the province, helping to restore once-lost confidence, and provide encouragement and support to seniors looking to start moving again. The shared experience and ongoing support of *Choose to Move* proves to be empowering and motivating for seniors on their journey to become more physically active. Some comments from *Chose to Move* participants:

*"With the support of the Choose to Move...I started to believe in myself again. Choose to Move was such a gentle and nudging push, it helped me to re-build my confidence."*

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<sup>1</sup> Full evaluation details from phase 1 of *Choose to Move* will be available in late 2017.

*"[Choose to Move] inspired me to go from no exercise to daily stretches and taking yoga ...I can now go up and down stairs without worrying"*

## Strengths and Challenges

### Provincial Reach and Capacity Building

The strength of *Choose to Move* is that it is provincial initiative led by AART, a team of community-based researchers committed to interdisciplinary research conducted in partnership with communities. The implementation of the *Choose to Move* program has increased the capacity of the delivery partners to organize and provide physical activity programming for seniors that is evidence-based and effective. Community organizations that are running the programs have been able to create a new model for personal planning and support, and have strengthened their relationships internally amongst staff, within their membership and with other community groups and organizations. An advisory committee comprised of representatives from all levels of program delivery provide general guidance and input for the implementation of *Choose to Move*. At a facility level, *Choose to Move* has broadened the scope of program offerings to attract inactive seniors, a traditionally hard to reach segment of the population.

### Evidence-Based Programming

*Choose to Move* is evidence-based, adopting key elements of the Community Healthy Activities Model Program (CHAMPS) which has been studied extensively in the United States. CHAMPS increased physical activity among older adults,<sup>2,3</sup> even when disseminated more broadly,<sup>4,5,6</sup> which is important for healthy aging.<sup>7</sup> However, when individualized program elements (e.g. one-on-one planning session, frequent telephone support) were eliminated due to lack of resources<sup>3</sup> these benefits were diminished. AART is evaluating the delivery and health impact of *Choose to Move*, as well as how contextual factors influence delivery and impact at the local level.

### Partnerships and Collaboration

Partnerships are the foundation of *Choose to Move*. *Choose to Move* partners BCRPA and YMCA are firmly embedded in the community and have robust networks already in place for accessing local seniors. They have also expanded their networks as a result of *Choose to Move* to connect with local agencies such as non-profit organizations,

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<sup>2</sup> Stewart, A. L. *et al.* Evaluation of CHAMPS, a physical activity promotion program for older adults. *Annals of behavioral medicine : a publication of the Society of Behavioral Medicine* **19**, 353-361 (1997).

<sup>3</sup> Stewart, A. L. *et al.* Physical activity outcomes of CHAMPS II: a physical activity promotion program for older adults. *The journals of gerontology. Series A, Biological sciences and medical sciences* **56**, M465-470 (2001).

<sup>4</sup> Hooker, S. P. *et al.* The California Active Aging Community Grant Program: Translating Science Into Practice to Promote Physical Activity in Older Adults. *Annals of behavioral medicine : a publication of the Society of Behavioral Medicine* **29**, 155-165 (2005).

<sup>5</sup> Wilcox, S. *et al.* Results of the First Year of Active for Life: Translation of 2 Evidence-Based Physical Activity Programs for Older Adults Into Community Settings. *American journal of public health* **96**, 1201-1209, doi:10.2105/AJPH.2005 (2006).

<sup>6</sup> Wilcox, S. *et al.* Active for life: final results from the translation of two physical activity programs. *American journal of preventive medicine* **35**, 340-351, doi:10.1016/j.amepre.2008.07.001 (2008).

<sup>7</sup> Bauman, A., Merom, D., Bull, F. C., Buchner, D. M. & Fiatarone Singh, M. A. Updating the Evidence for Physical Activity: Summative Reviews of the Epidemiological Evidence, Prevalence, and Interventions to Promote "Active Aging". *Gerontologist* **56 Suppl 2**, S268-280, doi:10.1093/geront/gnw031 (2016).

Divisions of Family Practice, Mary Pack Arthritis Research Centre, West End Seniors' Centre, Aboriginal Friendship Centres and other seniors' organizations. The successful implementation of *Choose to Move* has required action of a broad range of stakeholders including provincial, regional and local organizations. These partnerships and collaborations allow *Choose to Move* to leverage available resources, build on existing relationships, and access participants through avenues that would not otherwise have been available. Over the next three years, AART will look to further scale-up *Choose to Move* and increase access to more isolated seniors across BC.