Introduction
- Wellness By Design Symposium and RFP
- Decision to partner with City of Sunnyvale

Purposes of the Project
- To increase physical activity participation among sedentary members of the Sunnyvale Senior Center by using an intervention based on the transtheoretical model
- Increase number of trained instructors
- Implement the Active Start program

Purposes of the Project
- Increase social connections between seniors, community exercise leaders, and university students by creating a welcoming, encouraging, and motivating exercise environment
**Transtheoretical model**

- Anyone know this one?
  - Precontemplation
  - Contemplation
  - Preparation
  - Action
  - Maintenance

**Project Goals**

- Improve functional fitness
- Improved physical self-perceptions and self-efficacy
- Advance stage of change for exercise

**Participants**

- New members of the senior center
- 50 years and older
- Center primarily serves Caucasian, Asian (predominantly Chinese and Filipino), East Indian and Hispanic communities
- Recruitment will occur during new member orientations

**Methods**

- Initial assessments
  - Informed consent
  - Exercise Stage of Change (Nigg & Riebe, 2002)

- Exercise intervention
  - rPAR-Q (Shepard, Thomas, & Weller, 1991)
  - Exercise Self-Efficacy (McAuley, 1993)
  - Physical Self-Perception Profile-Adult (Chase, 1991)
  - Senior Fitness Test (Rikli & Jones, 2001)
**Methods**

- Dissemination of informational material tailored based on stage of change
- Follow-up assessments at 3 and 6 months for exercisers
  - Exercise Self-Efficacy
  - PSPP-A
  - SFT
- Reassess ESA for all at 6 months

**Hypotheses**

- Participants will progress in their exercise stage of change after receiving tailored information regarding exercise
- Individuals who participate in the exercise class will demonstrate significant improvements in physical self-perception, exercise self-efficacy, and functional fitness

**Challenges and Benefits**

- The goal of the funder and the agency was not to further theoretical knowledge and model testing, but rather to enact changes in the community
- The focus for the funder was to increase evidence-based exercise programming in the community
- The focus of the agency was to increase physical activity among the sedentary members of the center

**Challenges and Benefits**

- The program will likely increase physical activity among the senior center members
- However, it is largely a replication study
Challenges

- Bureaucracy of working with community organizations
- Recruiting and training students when we do not currently have a structure within the university that trains students to teach physical activity to older adults

Benefits & Triumphs

- More effective at securing private foundation funding when working in partnership with communities
  - Benefits of sharing the work of grant writing
  - The community organizations have structures and staff in place to help with the work and implementation of the grant
  - Able to show in-kind support
  - Sustainability of the program

Benefits & Triumphs

- Training students to teach evidence-based exercise programs in the senior center
- Forming partnerships with the community
- Increasing physical activity among older adults by developing a sustainable, culturally relevant, evidence-based exercise program

Closing thoughts

- Partnerships with community organizations have a multitude of benefits:
  - More viable to funding agencies
  - Can result in a long-term positive impact on the community
  - Can lead to further research and funding collaborations
  - Provide networking and job opportunities for students
Partnerships with community organizations can come with a few challenges:
› Organizational structures and constraints
› Can limits the type of research done

The benefits are numerous and likely worth the effort!