Impact Evaluation of the Physical Activity Programs offered by the Pike Market Senior Center

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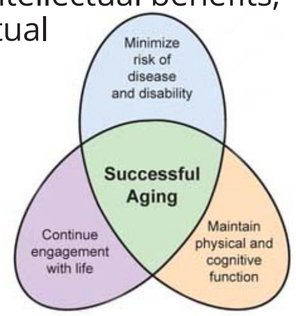
There are many benefits of exercise for older adults including health promotion and disease management. Despite the importance of exercise, older adults continue to be the least active age group in the United States. For low income seniors the risk of disease is increased and access to exercise programs is limited. The Pike Market Senior Center (PMSC) has implemented two exercise classes, Stay Active and Independent for life (SAIL) and yoga, available to all PMSC members at no cost.

Background

- Senior Centers are beacons to aging communities
- SAIL: strength, balance and fitness program designed by the Washington State Department of Health
- Yoga: meditation, physical postures, and breathing exercises designed to promote mental, physical, and spiritual well-being
- The PMSC objectives for classes: physical, social, intellectual benefits; cultural and spiritual development
- The Successful Aging Model was the framework for this study



Rowe, J. W., & Kahn, R. L. (1998). Successful aging. New York: Pantheon Books.

Pike Market Senior Center

- In 2014 PMSC served a total of 1525 members
- 50% of the PMSC members are homeless
- 87% report very low or low income

PIKE MARKET
Senior Center & Food Bank

Purposes

- Evaluate the SAIL and yoga classes offered by the PMSC
- Provide the PMSC with feedback that can be used to improve the physical activity program
- Provide suggestions for other senior centers to use when designing exercise programs

Research Questions

1. How are classes meeting PMCS's **objectives** for the program?	**2.** How are classes contributing to **successful aging** of participants?
3. Is the SAIL class designed to adhere to **fidelity** guidelines found in the instructor handbook?	**4.** Do the classes meet U.S. DOH **recommendations** for physical activity for older adults? • 150 min./wk moderate • 75 min. /wk vigorous

Methods

Direct Observation	Semi Structured Interview
• 10 SAIL • 10 Yoga	• 9 0ne-on-one • 1 group of 2 • 1 group of 4

Findings

Fidelity and DOH Guidelines

- Leg and hand weights are used in SAIL
- The instructor has SAIL training
- Classes are vigorous activity for this group
  - SAIL- 150 min. per week, 50 min./class
  - Yoga- 180 min. per week, 60 min./class

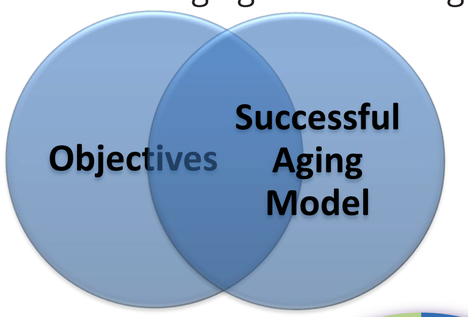
Objectives/Successful Aging

- Physical improvements or maintenance was reported by all participants
- SAIL and/or yoga minimized the risk of disease/disability for those experiencing chronic heath conditions
- Continued engagement in life was accomplished through socializing and attending classes regularly
- Intellectual/cognitive - limited response
- 3 subjects reported learning from other cultures as a result of the classes
- Spiritual growth was reported in the

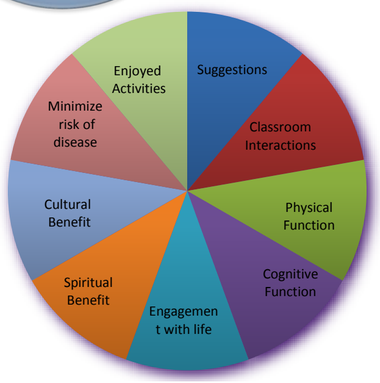
QUOTE: I spent a lot of years doing nonphysical work and you kind of forget how it feels to really be in shape[Yoga] helps me sleep better which is another piece for dealing with my depression; it makes me calmer and my coordination is much better. Just, you know, a bunch of small benefits but it's all a result of yoga.

Discussion

- Through analysis, the relationship between the Objectives and Successful Aging Model emerged



- Further analysis identified **9** data themes



Recommendations

- Design the exercise space to be more welcoming and safe
- Provide exercise instructions for a variety of fitness levels
- Expand the SAIL class to one hour
- Collaborate with other wellness programs at PMSC and in the community

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