Linking the Community to Healthcare

“Enhance Fitness” at the YMCA: An Evidence Based Therapeutic Arthritis Program

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The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months: No relationships to disclose

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LEARNING OBJECTIVES

• Review the impact of arthritis and falls on Americans

• Explain how collaboration with community-based organizations can serve as an adjunct to services traditionally delivered by healthcare providers.

• Discuss the value of an Enhance® Fitness program as part of a comprehensive care strategy for improving mobility and reducing falls risk in adults
The nation’s 2687 Ys serve more than 20 million people each year in 10,000 communities. Fifty-seven percent of U.S. households live within three miles of a Y.
Critical Social Issues Affecting Our Communities:

- High rates of chronic disease and obesity (child and adult)
- Needs associated with an aging population
- Health inequities among people of different backgrounds

Our Shared Intent:
To improve lifestyle health and health outcomes in the U.S., the Y will help lead the transformation of health and health care from a system largely focused on treatment of illnesses to a collaborative community approach that elevates well-being, prevention and health maintenance.

Our Desired Outcomes:

- People achieve their personal health and well-being goals
- People reduce the common risk factors associated with chronic disease
- The healthy choice is the easy, accessible and affordable choice, especially in communities with the greatest health disparities
- Ys emphasize prevention for all people, whether they are healthy, at-risk or reclaiming their health
- Ys partner with the key stakeholders who influence health and well-being
The YMCA’s Evidence-Based Healthy Living Programs

- **DISCOVERY**
  - Efficacy
  - Validation

- **DEVELOPMENT**
  - Translation
  - Scaling

- **DISSEMINATION**
  - Dissemination

- **YMCA’s Diabetes Prevention Program**
- **Enhance Fitness (Arthritis Self-Management)**
- **LIVESTRONG at the YMCA (Cancer Survivorship)**
- **Moving For Better Balance (Falls Prevention)**
- **Blood Pressure Self-Monitoring**
- **Childhood Obesity Intervention**
- **Brain Health**
- **Parkinson’s**
- **Tobacco Cessation**
THE BURDEN OF ARTHRITIS IN THE US

• **#1 cause of disability in the U.S.**
  - About 1 in 4 (54 million) US adults have arthritis
  - Projected to affect 78.4 million adults by 2040
  - More than half of adults with arthritis (32 million) are of working age (18-64 years).

• **Local Statistics**
  - Arthritis affects 1 in 4 Kansas adults.
  - Nearly half of Kansas adults age 65 years or older are impacted by arthritis.
  - The prevalence of arthritis in Missouri is consistently greater than national averages.
  - About 15.5% of Missourians have certain activity limitation due to arthritis or joint symptoms.
THE BURDEN OF ARTHRITIS IN THE US

- Nationally approx. one million knee- and hip-joint replacements occur each year.
  - 99% occur because of arthritis-related pain and functional limitations
- Annual direct medical costs attributable to arthritis are at least $81 billion.
- Physical activity programs can reduce yearly healthcare costs by about $1,000 per person.
MANAGING ARTHRITIS

• Medications

• Physical Activity
  • Decreases pain and improves function by almost 40%
    • Approximately one in three adults with arthritis report no leisure-time physical activity
  • Improves mobility
  • Promotes independence
  • “..what’s good for the body is good for the brain…”

• Self-management education interventions
  • Produce improvements in a person’s confidence and skills to manage their condition
  • Potential to reduce pain, fatigue, and depression by 10% to 20%
  • Only 11% reported ever having taken a course
Physical Activity
Active Living Every Day (ALED)
Enhance Fitness
Fit & Strong!
Walk With Ease (Group-Delivered)

Self-Management Education
Arthritis Self-Management Program (ASMP)
Chronic Disease Self-Management Program (CDSMP)
Tomando Control de su Salud (Spanish Chronic Disease Self-Management Program)
Programa de Manejo Personal de la Artritis (Spanish Arthritis Self-Management Program)
THE ENHANCE®FITNESS PROGRAM

- Licensed from Senior Services, Inc.
- Available at over 180 Y-run sites and at multiple offsite locations
- Improves physical, mental, and social functioning,$^{3,7}$ reduces falls risk,$^{6}$ and saves health care costs$^{1,8}$
- Endorsed by CDC and National Council on Aging
- Outcomes
  - **90%** participant retention rate$^1$
  - **13%** improvement in social functioning$^1$
  - **52%** improvement in depression$^1$
  - **35%** improvement in physical functioning$^1$
  - Significant improvements in fitness assessment results and self-rated health status$^2$
  - Participants had fewer hospitalizations$^3$ and $\$945$ less in health care costs per year$^4$ than non-participants
PROGRAM COMPONENTS

Evidence-based Curriculum:

- Land-based group exercise for older adults
- 16-week (or ongoing) program
- 3 x 60-minute classes per week
- Specific class content
- Opportunities for socialization
- Fitness assessment every 4 months
- Class management and consistent data collection through ODES
- Recruitment - referral relationships with health care providers
In each 60-minute class:

- 5-minute warm-up
- 20-minute aerobic workout
- 5-minute cool-down
- 20-minute strength training workout using soft wrist and ankle weights (0-20 lbs.)
- 10-minute stretching workout
- Balance exercises throughout class
- Many opportunities to make new friends/acquaintances
- Class sessions are set to music and led by certified instructors (25:1 ratio)
About half of participants improved their agility/dynamic balance as measured by the up & go test, Jan. 2013 – November 2016

- Improve or Maintain at Avg or Above: 50%
- Decline or Maintain at Lowest Level: 17%
- Can't Compare: 31%
- Decline to Average: 2%

(8 ft TUG)
ENHANCE®FITNESS OUTCOMES CON’T

Internal Y evaluation based on Rikli-Jones norms

A majority of participants improved their upper body strength as measured by the arm curl test, Jan. 2013 - December 2016

- Improve or Maintain at Avg or Above
- Can't Compare
- Decline or Maintain at Lowest Level
- Decline to Average
A majority of participants improved their lower body strength as measured by the chair stand test, Jan. 2013 - December 2016

- Improve or Maintain at Avg or Above
- Can't Compare
- Decline or Maintain at Lowest Level
- Decline to Average
ENHANCE® FITNESS

- Enhance® Fitness helps older adults become more active, energized and empowered for independent living

- Adults with arthritis are significantly more likely to attend an educational program to learn to manage their condition when recommended by a provider

- Enhance® Fitness participants had fewer hospitalizations and $945 less in health care costs per year than non-participants

- Consult with the YMCA team to learn more about implementation of an Enhance® Fitness program at your facility or in your community.

PROVEN RESULTS

Studies show:
- 90% participant retention rate
- 13% improvement in social functioning
- 35% improvement in physical functioning
- 53% improvement in depression

Fewer hospitalizations and $945 less in health care costs per year than non-participants?

THE PROGRAM’S REACH SEPT ’16

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
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<tr>
<td>Number of Y associations offering the program</td>
<td>155</td>
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<tr>
<td>Number of states delivering the program</td>
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<td>Number of EnhanceFitness sites</td>
<td>295</td>
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<td>(86% Y Sites</td>
<td>14% non-Y Sites)</td>
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<td>Number of certified instructors</td>
<td>1,459</td>
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<td>Number of participants served</td>
<td>15,249</td>
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THANK YOU
For more information, to refer a participant or to enroll in a program please contact our program coordinators:

Email Address: HealthyCommunity@KansasCityYMCA.org

Phone Number: 816-285-8050
Secure Fax: 844-691-5926

Website: https://kansascityymca.org/programs/chronic-disease
For a better You.
For a better Us.
For a better Community.
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