

# PEP4PA

Peer Empowerment Program 4 Physical Activity  
Chula Vista Walking For Fitness  
March 21, 2017



# Overview

- Peer Empowerment Program 4 Physical Activity
- 2 year Partnership Program with UCSD (August 2015)
- Peer Led-focused on increasing the amount of walking and overall physical activity of older adults
- Located at Loma Verde Recreation Center and Norman Park Senior Center

# The Research

- UCSD, Department of Family Medicine and Public Health
- Randomized Control Trial
- Funded by: National Institutes of Health (NIH)
  - National Heart, Lung and Blood Institute
- 12 Community Centers in SD County
  - 408 participants (50+)
- 2 year study at each site

# Investigate the efficacy of PEP4PA

- Increase minutes of moderate intensity physical activity
- Improve physical functioning, blood pressure (BP), depressive symptoms and quality of life
- Assess the incremental cost effectiveness ratio (ICER) of PEP4PA in terms of cost per MET hour and cost per QALY compared to usual programming
- Exploratory outcomes:
  - sedentary time
  - sleep quality
  - cognitive/executive functioning
  - medication usage
  - walking routes (from GPS)

# PEP4PA

Once a week  
before group walks

Ongoing as needed



Twice a week  
group walks

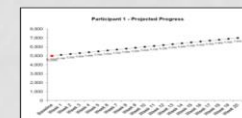


Once a week  
before group walks



ndivi

NAME:		HEALTH COACH NAME:		steps per day:	
This week's daily step goal is _____					
Day of Walk	Number of Steps	Did you meet your step goal?	Yes	No	Notes/Comments
Day 1		Yes	No		
Day 2		Yes	No		
Day 3		Yes	No		
Day 4		Yes	No		
Day 5		Yes	No		
Day 6		Yes	No		
Day 7		Yes	No		



# Chula Vista Walking for Fitness

- 49 Total participant enrolled, 38 currently enrolled
- Completed 17 months of the 24 month study
- Peer Health Coaches have
  - Led 359 Walks
  - Delivered 74 Health Tips
  - Facilitated 80 Group Sharings
- Participants have reported:
  - Increased energy
  - Improved muscle strength
  - Sleeping better
  - Decrease in blood pressure, etc.
- 70% of participants have been successful in increasing their baseline step counts by 2,000 steps



# Benefits to the Norman Park Senior Center

- Active and healthier seniors
- Became a more social and supportive group
- Brought in more participants to the NPSC events and programs
- Became community-minded on social issues pertaining to seniors

# In the Community

- Joined on a walk by:
  - Lorena Gonzalez Fletcher, Assemblywoman
  - Mary Casillas Salas, Mayor of Chula Vista
  - Ellen Schmeding, San Diego County Director of Aging & Independence Services
  - Kristi McClure Huckaby, Chula Vista Director of Recreation
- Peer Health Coach Selected to Serve on the Commission on Aging, Pat Mallen
- Peer Health Coach Selected to Serve on the Healthy Chula Vista Advisory Commission, Diana Padilla Milburn
- The group has taken part in the Walk+Bike Chula Vista program and Safe Routes to School activities
- Weekly Walk at the J-Street Marina
- Walked in the Starlight Parade
- Chosen as a Chula Vista Champion





# Next Steps

- UCSD Study & Funding ends in October 2017
- Recreation Department will continue the program at Norman Park Senior Center
- Future plans to secure additional funding
- Expand Walking For Fitness Program throughout the City

# COMMENTS/QUESTIONS

## Peer Empowerment Program 4 Physical Activity **Chula Vista Walking For Fitness**

Gil Contreras, Principal Recreation Manager

Sandy Chavez, Recreation Supervisor III

Khalisa Bolling, PEP4PA Study Coordinator

Diana Padilla Milburn, Peer Health Coach

Madeleine Corbeil, Peer Health Coach

Pat Mallen, Peer Health Coach

Walking For Fitness Participants

