

NATIONAL BLUEPRINT:
Increasing Physical Activity Among Adults Aged 50 and Older

USA
National Strategy
Active Aging

Wojtek
Chodzko-Zajko

University of
Illinois

JAPA, 2001



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2001 - 2009

JAPA, 2001



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Participating Organizations

50 National Organizations including...

- The National Institute on Aging
- Centers for Disease Control and Prevention
- AARP
- National Council on Aging
- American College of Sports Medicine
- American Geriatrics Society
- Administration on Aging

JAPA, 2003



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2002- 2009: Strategies to Increase Physical Activity

CROSS-CUTTING

RESEARCH


MARKETING

HOME/ COMMUNITY



PUBLIC POLICY

MEDICAL SYSTEMS

JAPA, 2003



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Strategies – Cross-Cutting

- Develop National Clearinghouse (AFL-NPO)
- Public Information Campaign (AARP)
- Training Standards (ACSM)

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Cross-Cutting Strategy 2

Develop a population-segmented mass-marketing campaign to increase knowledge and awareness levels related to physical activity and fitness among the 50+ population. (AARP)

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I stay active

I stay active

Active For Life

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Walking! Who Knew!

Step Up to Better Health

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Strategies – Home and Community

- Identify community resources (ACSM)
- Encourage non-traditional partnerships (NBO)
- Identify models of best practice (NCOA)

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Home and Community Strategy 2

Establish and provide technical assistance to national, regional, and local partnerships among health, aging, urban/community planning, transportation, environmental, recreation, social service, and private sector organizations.
(National Blueprint Office)

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New AGE

The New AGE garden is an outdoor exercise facility design to aid in the physical well-being of the population 50 and older. The main focus of the facility is the circular walking paths that everyone can benefit from combined with exercise stations designed to increase cardiovascular, strength, flexibility and endurance.

Some of the paths will be inclined to increase cardiovascular and games the paths and facility will can be played in the grass.

The water pump and the fish feed challenge and Older.

The long and round area increases strength and has the added benefit of social.

The paths will be treated to make them to increase the area.

The exercise mats can be used for all ages and the matching chairs are great for flexibility.

The Three Bench is designed to enhance flexibility.

The information station is used for strength training and as a family message board.

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Plant Center

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Waterpump

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Strategies – Medical Systems

- Develop physical activity toolkit (AGS)
- Develop local referral networks (ACSM)
- Disseminate guidelines and best practices (CDC & ACSM)

AGS/ACSM/AAPP
Theraband

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Medical Systems Strategy 3

Develop resources for clinicians to use in making personalized physical activity recommendations/ prescriptions for their patients.

(American Geriatrics Society)

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Strategies – Public Policy


- Develop Public Policy Agenda (RWJF)
- Educate Policymakers (NCPHA & SGMA)
- Cost –effectiveness data (CDC)

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Public Policy Strategy 2



Educate policymakers about the importance of physical activity for the older population. Include information that provides examples of effective policy in this arena.



(National Coalition for Promoting Physical Activity)

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**NCOA – AoA
Evidence-Based Prevention Initiative (2003-08)**

- Disease self-management (5)
 - Diabetes
 - Heart disease
 - Depression
 - Chronic Disease Self-Management Program (2)
- Physical activity (4)
- Falls prevention (2)
- Nutrition (2)
- Medication management (1)



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HEDIS 2005




HEDIS is a set of standardized performance measures designed to ensure that purchasers and consumers have the information they need to reliably compare the performance of managed health care plans.

The performance measures in HEDIS are related to many significant public health issues such as cancer, heart disease, smoking, asthma and diabetes.



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PHYSICAL ACTIVITY QUESTIONS 2005



In the last 12 months, did you talk with a doctor or other health provider about your level of exercise or physical activity?

In the last 12 months, did a doctor or other health provider advise you to start, increase, or maintain your level of exercise or physical activity? For example, in order to improve your health, your doctor may advise you to start taking the stairs, increase walking from 10 to 20 minutes every day, or to maintain your current exercise program.





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Strategies – Research



- Valid and reliable measures (ACSM)
- Prescriptions for functional outcomes (AGS)
- Behavioral Research (NIA)






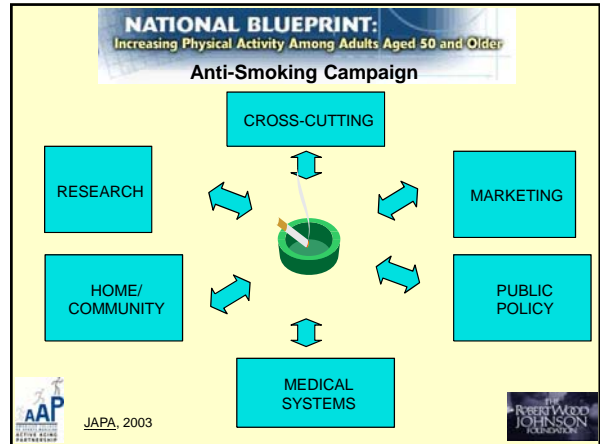
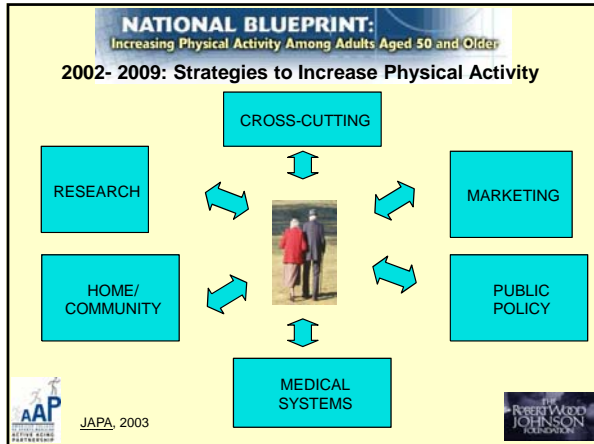
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Promoting and Disseminating the 2008 Physical Activity Guidelines for Americans throughout the Aging Network

October 22-23

**ACSM National Headquarters
Indianapolis, IN**



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Developing a National Strategy

www.agingblueprint.org

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THANK YOU!
QUESTIONS?

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