

“BE WELL” light exercise and weight management program is offered for moderate and high risk clients over 60 years of age.

The Purpose and the Goals

“BE WELL” is an exercise and weight management program designed for those at moderate and high nutrition risk (as measured by the Nutrition Screening Initiative) with chronic diseases. The intensive program is delivered over a 4 month period. The goals are:

- ♥ To help improve self-management of your health
- ♥ To reduce hospitalizations
- ♥ To improve quality of life and well being
- ♥ To help you to remain independent



The Participants

- ♥ “BE WELL” serves those age 60+ who are at moderate to high nutritional risk with chronic conditions such as hypertension (76-87% of participants), obesity (51-68% of participants), diabetes (28-30% of participants), hyperlipidemia/cardio vascular disease (40-90% of participants), mild depression, as well as arthritis (21 %) and osteoporosis (5%). Research indicates that increased exercise reduces osteoporosis and falls.

The Program

Four-Month Intensive Phase - offered twice a week, three hours per session:

- ♥ 1-1.5 hours of exercise taught by fitness instructors
- ♥ One hour nutrition education, medication management, or cognitive behavior therapy
- ♥ 32 training modules taught by registered dietitians, therapists, pharmacists, and psychologists
- ♥ Adult orientated curriculum with personal workbooks available in English or Spanish

Six-Months Follow Up / Maintenance Phase - offered once a week to provide exercise, nutrition and health education support groups to maintain and improve progress and outcomes.

Outcomes Measured

Testing is done at enrollment. Weight, blood pressure and the number of steps taken are measured weekly. The following factors are measured at base line, 4 months and some at 10 months or more often.

- ♥ Blood Pressure
- ♥ Lipids
- ♥ Body Fat
- ♥ Weight
- ♥ Medication Management
- ♥ Nutrition Risk Score
- ♥ Depression Risk
- ♥ Hydration
- ♥ Blood Glucose
- ♥ Waist/Hip ratio
- ♥ HgA1c
- ♥ Steps
- ♥ Attendance

“BE WELL” Outcomes Documented

“Be Well” has demonstrated remarkable outcomes with the first pilot programs:

- ♥ Reduced Nutrition Risk Scores (Initial 5.7 to final 4.3)
- ♥ Medication reduction (Initial 7.7 to final 6.3)
- ♥ Significant reduction in Depression Scale (PHQ-9 $z=2.35;p=.017$) (Beck Inventory $z=3.13; p=.002$)
- ♥ Reduced Body Mass Index (31.8 kg/m² to 30.5 kg/ms²)
- ♥ Significant improvement in Diastolic Blood Pressure (80 mm Hg to 74 mm Hg)
- ♥ Trending improvement in Systolic Blood Pressure (136 mm Hg to 127 mm Hg)
- ♥ Average steps per day improved from 2,920 to 4,265
- ♥ Improved hydration significantly
- ♥ Improved HgA1c lab (up to 100% of clients with Diabetes)
- ♥ Improved cholesterol and other lipid levels significantly
- ♥ Improved Senior Fitness Test scores in every program
- ♥ Reduction in falls and fear of falling

To apply

1. Must be 60+ and meet admission criteria.
2. Nutrition Risk Score above 5.
3. Have chronic conditions: i.e. diabetes, heart disease, hypertension, overweight, high blood lipids, mild depression.
4. Be willing to commit to a 4-month intensive program with 6 months follow up.
5. Sign a medical release for lab reports and testing.
6. Space is limited to 40 eligible clients.

Awards and Publications:

2012 Journal of Applied Gerontology
2011 California State Association of Counties (CSAC) Award
2011 National Association of Counties (NACo) Achievement Award
2011 Senior Center Innovations Award (Ca. Comm. on Aging)
2010 Quality and Productivity Recognition Award
2008 the Network of Multicultural Aging (NOMA) Award
Poster Session: American Dietetic Assn., 2008

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A new three year intensive program grant is funded by The California Wellness Foundation (TCWF). Created in 1992 as a private independent foundation, TCWF's mission is to improve the health of the people of California by making grants for health promotion, wellness and disease prevention.

Further information:

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“*BE WELL*”

Exercise and Weight Management with Cognitive Behavior Therapy

And for Improved mood and reduced stress.....

At the University of Michigan, researcher Michelle Segar looked at data from 226 women ages 40-60, who were asked about exercise motives and participation. Segar says people want something that makes them feel better immediately: “When we exercise to impact an aspect of our daily quality of life, like improved mood or reduced stress, the feedback we get is immediate. And that makes exercise more compelling to fit into a busy life”. The research in the International Journal of Behavioral Nutrition and Physical Activity was partially supported by the National Institutes of Health.

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