

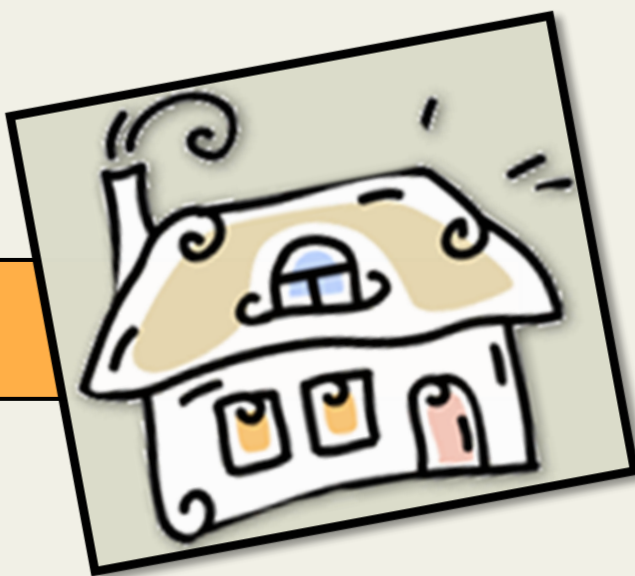
# Physical Activity Health Promotion Program for the Group Home Setting

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## Background

- Despite the benefits of physical activity (PA), only 30% of those with mild to moderate intellectual disability (ID) are meeting guidelines
- Social environment (e.g., group home setting) is a key determinant of PA
- One way of tackling challenges within this setting is through specially designed health promotion programs (HPP)



## Purpose

To describe the development and implementation of a physical activity HPP for adults with ID living in group home setting

## Methods

Phase I:  
Obtain Knowledge

- Community-based participatory approach
  - Consulted an “Advisory Group” to define the problem, brainstorm solutions, & critique program materials
- Established health promotion guidelines (Drum et al., 2009)
- Health Behavior Theory

Phase II:  
Program Design

- *Menu-Choice Program*
- Seven step program to educate staff & residents about PA
- Materials: motivational techniques, ways to document baseline activities and progress, and examples of various kinds of activities

Phase III:  
Implement Program

- 10 week intervention with disability-appropriate measures
- Assessment at pre, post, one month follow-up
- Semi-structured interviews to assess effectiveness & obtain feedback during implementation

## Results

### Intervention Participants

	Resident w/ ID n=18	Staff n=22	Program Coordinators n=14
Gender (Male/Female)	5/13	4/18	3/10
Age (mean)	59	39	39

- Health Outcomes:
  - No significant changes in PA, residents’ PA knowledge, or body weight over 10 week intervention
- Program use:
  - 1-2 staff implemented “sporadically” or “constantly” in each of the 5 group home sites
  - 1 group home “sporadically” used materials at follow-up
- Interviews:
  - General feedback: Materials well written, flexible, & easy to use
  - Barriers: lack of time, lack of staff, resident motivation, resident limitations & lack of program understanding.
  - Facilitators: positive attitudes about PA, one-on-one implementation, & staff encouragement.
  - Suggestions: Include residents in training, use online or videos, change program name

## Conclusion

Results from this pilot study will be used to revise and reevaluate the program for continued efforts to progress health promotion research within this community.