

On Aging



Implementing remote Enhance®Fitness for multi-ethnic older adults in Hawai'i

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Get to know Hawai'i

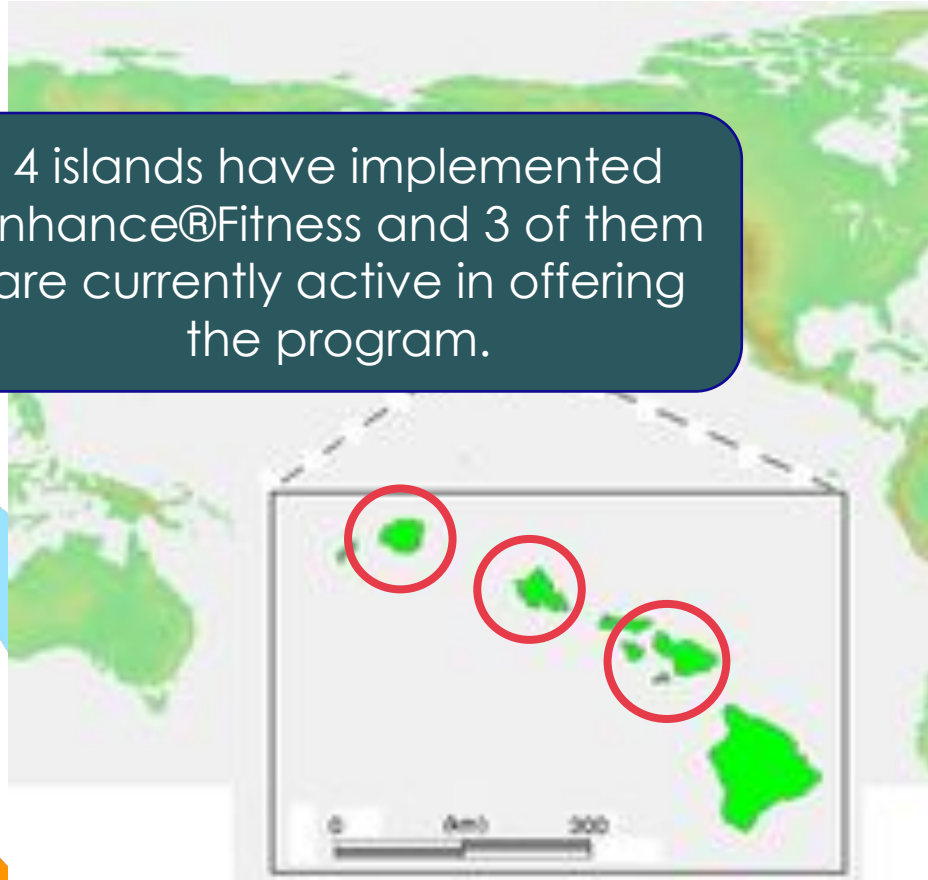


- Comprised of 4 counties (6 major islands)
- Total population: 1.44 million
- Median age: 40.2 (20% are aged 65+)
- Race & Ethnicity
 - 21% White
 - 36% Asian
 - 10% Islander
 - 20% 2+ races
 - 11% Hispanic
- 26% speak a language other than English at home
- Poverty rate: 11% (9% among older adults 65+)



Hawai'i's Enhance®Fitness, Est. 2007

4 islands have implemented Enhance®Fitness and 3 of them are currently active in offering the program.

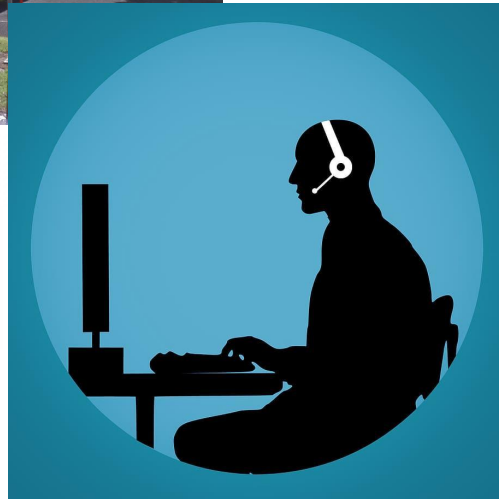


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March 2020 was unlike anything else most of us has experienced in our lifetimes

CLOSED



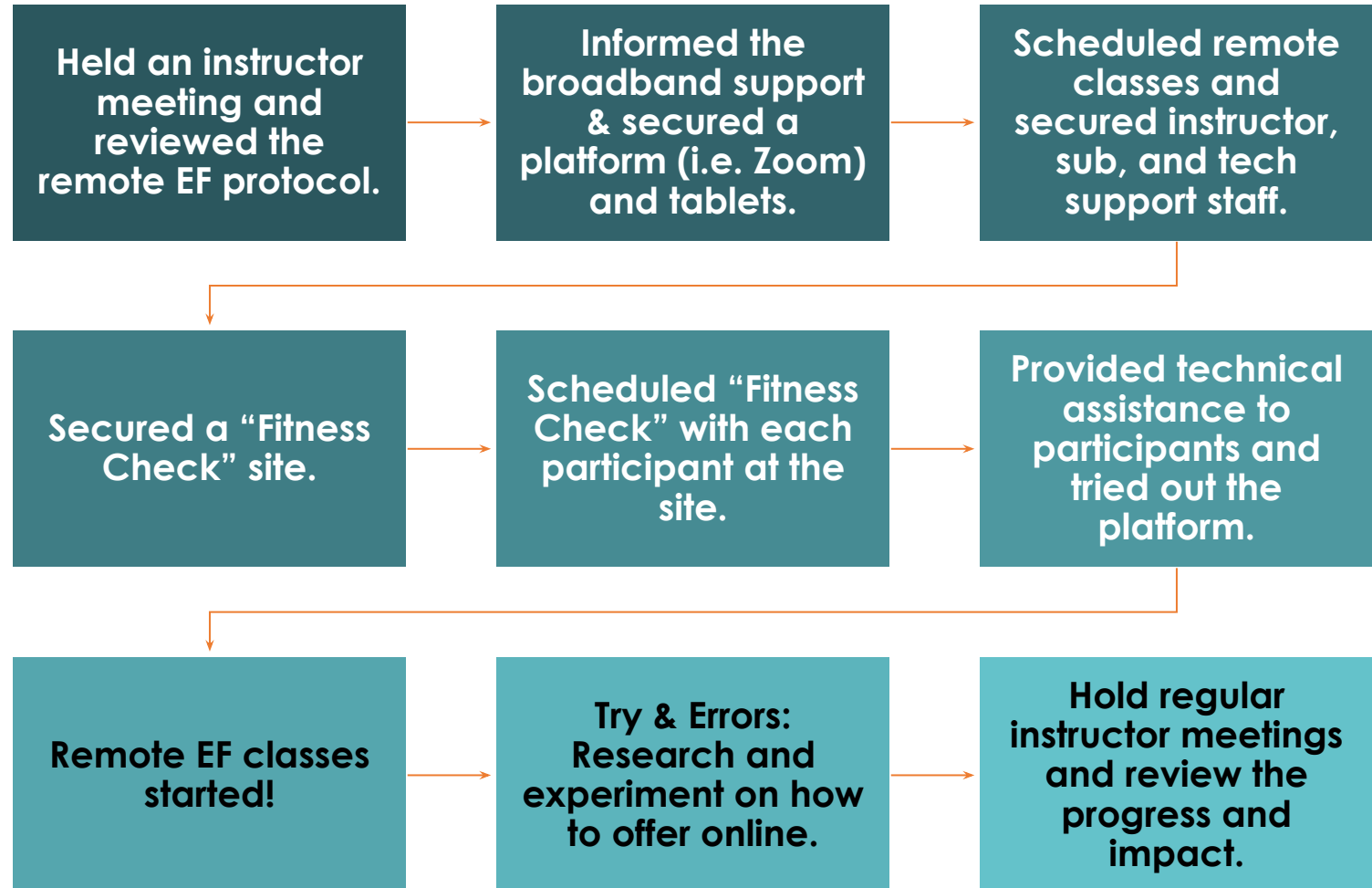
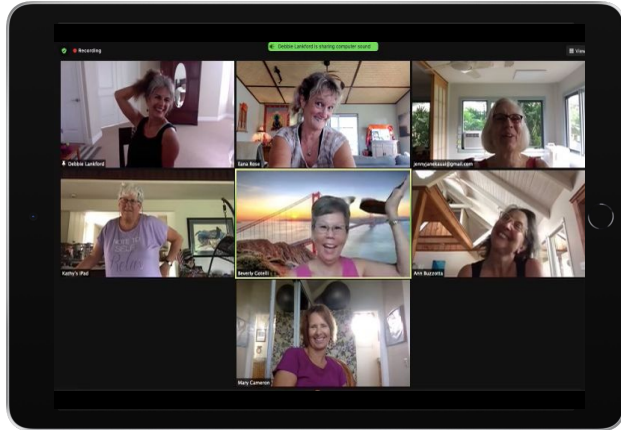
All Enhance®Fitness sites were closed. Program staff realized they had to find ways to keep the participants healthy and connected with each other.

- Conducted check-in calls to see how the seniors are doing, and whether they need any help.
- Discussed alternative ways to keep the seniors healthy.

Conducted the COVID Impact Survey.

- Findings suggested Enhance®Fitness participants
 - Reported poorer health.
 - Engaged in different types of physical activity (solo vs. group).
 - Appreciated alternative physical activities offered by the county's Office of Elder Affairs.
 - Were open to the remote format of Enhance®Fitness.

Remote Enhance®Fitness: Implementation Process



Planning for a remote program for multi-ethnic older adults

Planning Phase

- Assess various remote options, level of acceptance of various remote formats, & anticipated challenges.
- Secure \$ or other resources for purchasing equipment, reserving a studio space, and supporting the population of focus.
- Have the instructors review the manual/additional guideline from program developer; use the same instructors if the program is switching from in-person to remote.
- Offer an trial session before starting the 1st class; invite past participants to the trial session (10 max for a class).

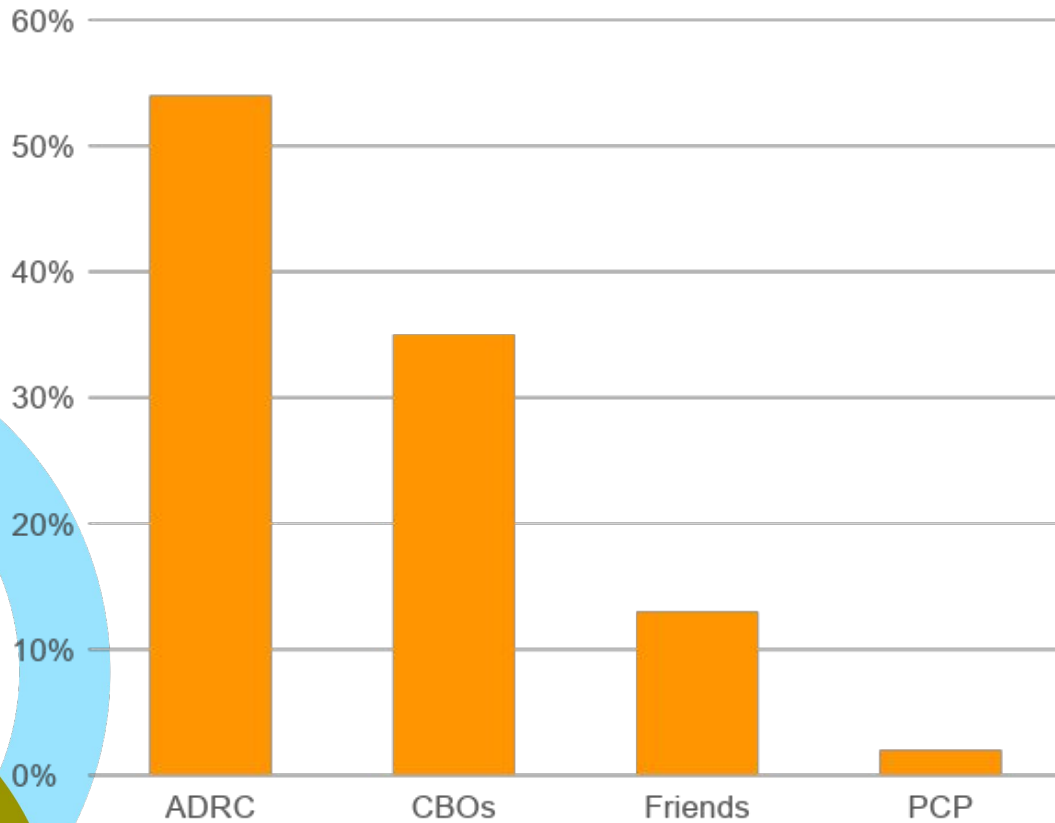
Implementing a remote program for multi-ethnic older adults

Implementation Phase

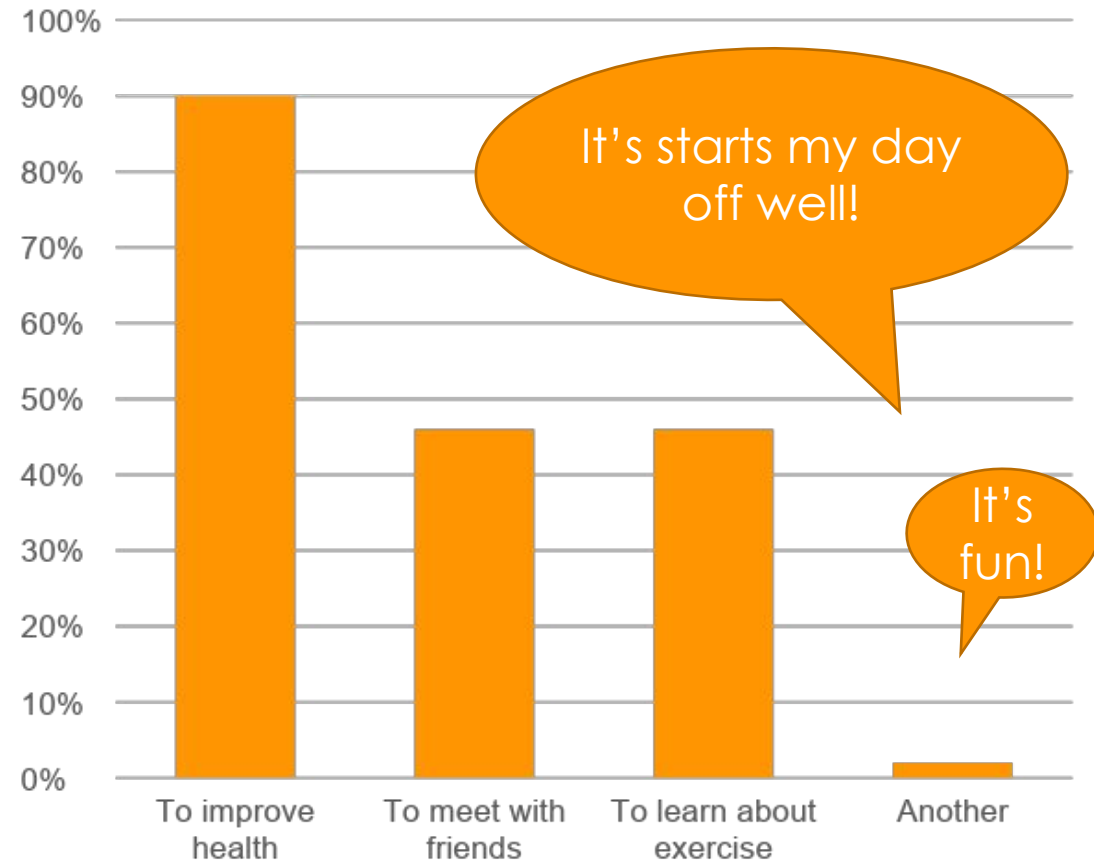
- Send out frequent reminders for upcoming classes.
- Ask instructors to be in class early to test the microphone and assist participants with tech challenges.
- Monitor attendance; if a participant missed a class, follow up on what happened.
- Select suitable music for the exercise.
- Continue to hold meetings with instructors to learn about any successes and challenges (and find ways to overcome them).
- Collect data to identify areas for improvement.
- Express gratitude to the instructors, moderators, and participants.

How did they hear about the program, and why did they join? (N=52)

How they heard about the program?



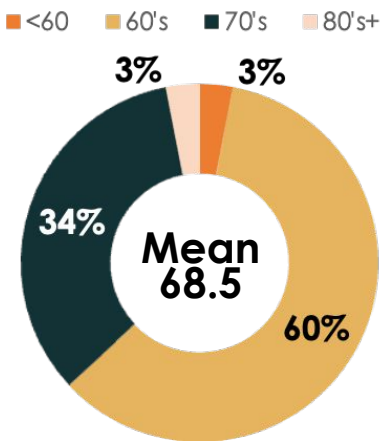
Reasons for join



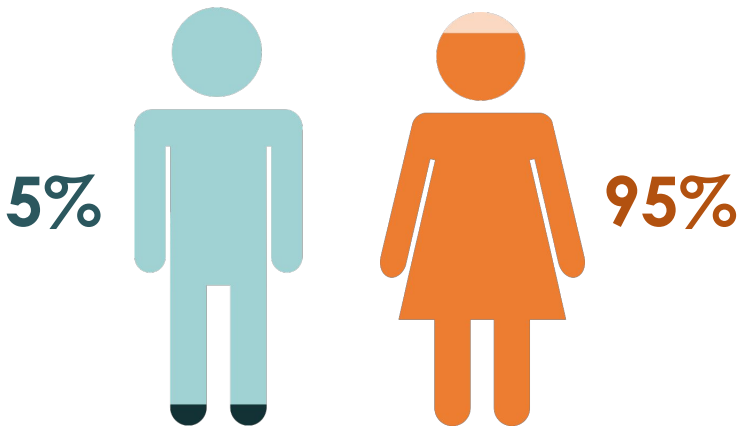
Participants' demographic characteristics (N=72)

Compared to the in-person program, remote program tended to attract younger seniors, those without any language barriers, and seniors with higher income.

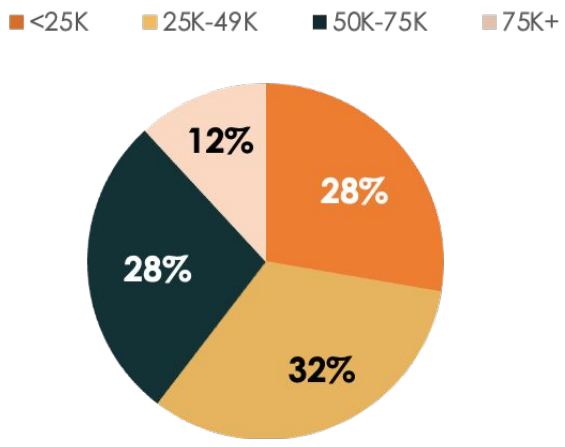
AGE*



GENDER

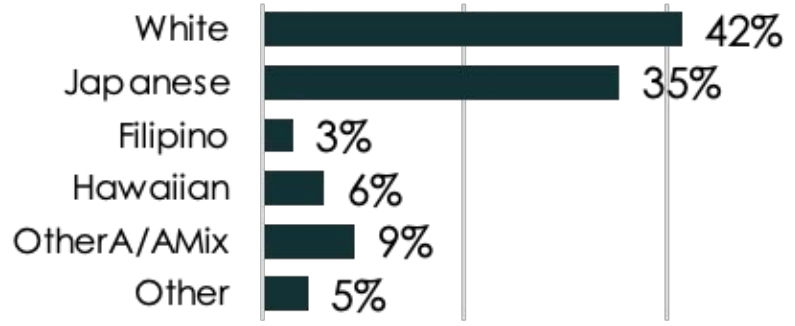


INCOME*

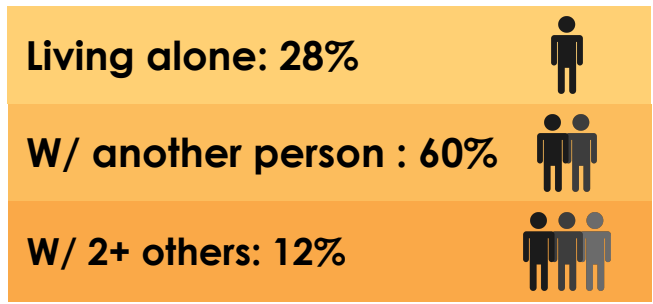


Married: 55%
Disabled: 12%
Limited ENG*: 0%

ETHNICITY



HH SIZE



13% Live with children <18 yrs

Note: * Statistically significant difference at p<0.05.

Participants' demographic characteristics:

In-person classes (n=1,852) vs. remote classes (N=72)

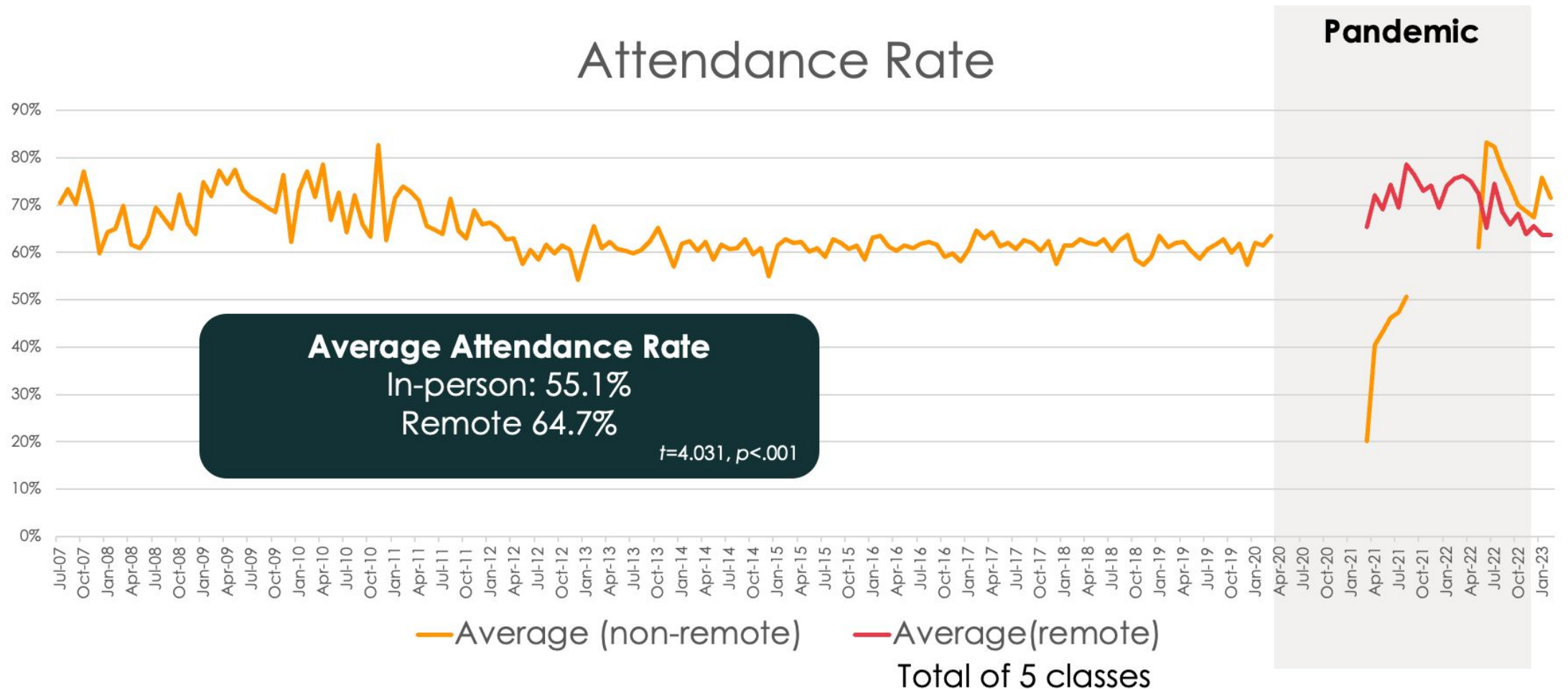
Characteristics	In-person	Remote
Age*		
Mean	72.2 yrs	68.5 yrs
<60	5%	3%
60's	37%	60%
70's	36%	34%
80's+	22%	3%
Gender		
Male	12%	5%
Female	88%	95%

Characteristics	In-Person	Remote
Race		
White	41%	42%
Japanese	29%	35%
Filipino	11%	3%
Hawaiian	8%	6%
Other Asian/ Asian Mix	5%	9%
Other	5%	5%
Married	49%	55%
Disabled	20%	12%
Limited English*	4%	0%

Characteristics	In-Person	Remote
Household size		
Alone	34%	28%
Live with another	49%	60%
Live with 2+	17%	12%
Live w/children under 18 yrs	19%	13%
Income*		
<25K	44%	28%
25K-49K	27%	32%
50K-75K	17%	28%
75K+	12%	12%

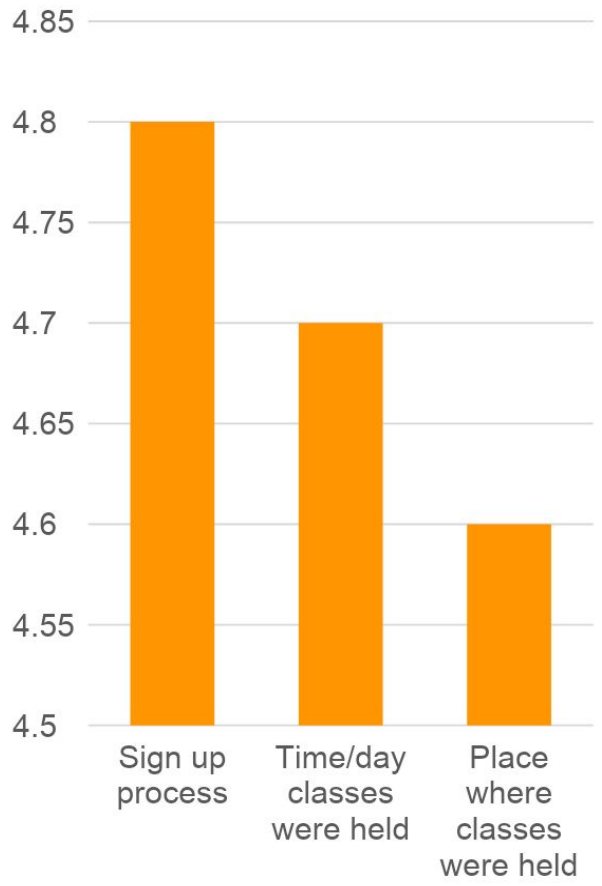
Note: * Statistically significant difference at p<0.05.

Good attendance among the remote Enhance®Fitness participants



Participants enjoyed the remote Enhance®Fitness classes

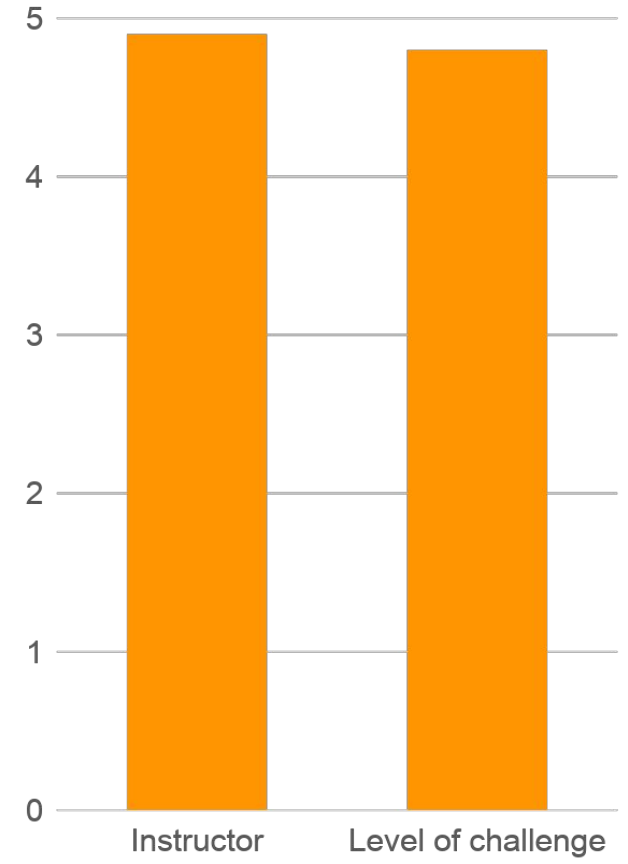
Rating of the Classes
(1-5: 1=Poor & 5=Excellent)



81% said they are “extremely likely” to recommend classes to others.

- The best things about the classes are...**
- “Physical activity, socialization, health tips and precautions, excellent instructors”*
 - “Easy to learn and do the exercises, plus fun!”*
 - “Variation of exercise/balance routines, challenging the mind, helping to stay focused”*
 - “Instructor is always encouraging, changes routine to ‘meet the challenge’”*
 - “Monitor is a ‘cheerleader’ to the group.”*
 - “Convenience of online/virtual classes.”*

How satisfied with...
(1-5: 1 not at all & 5 Very)



Assessing physical performance

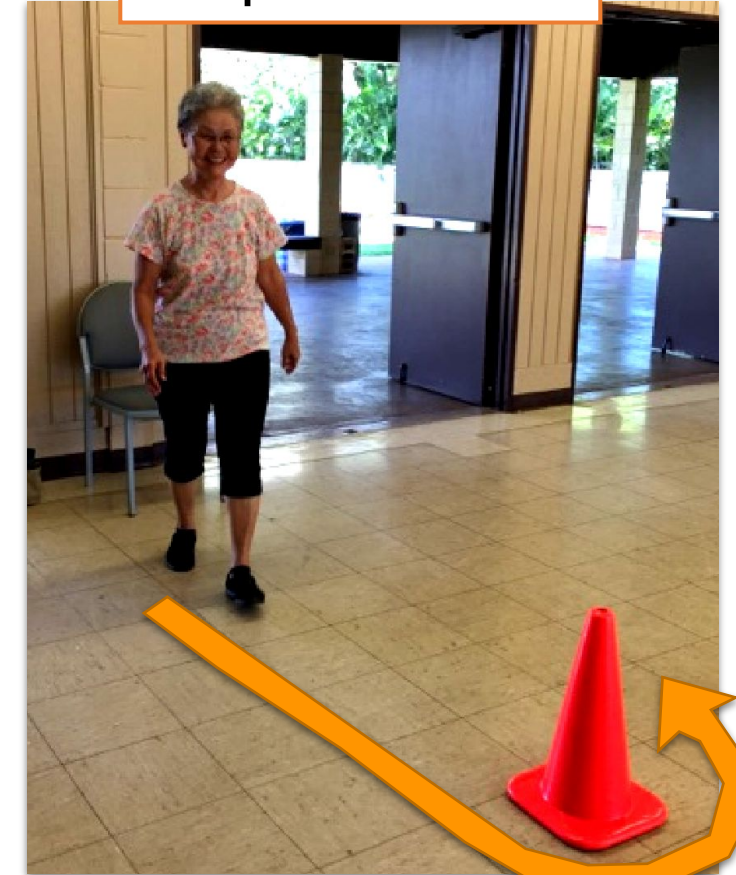
Arm Curl



Chair Stand



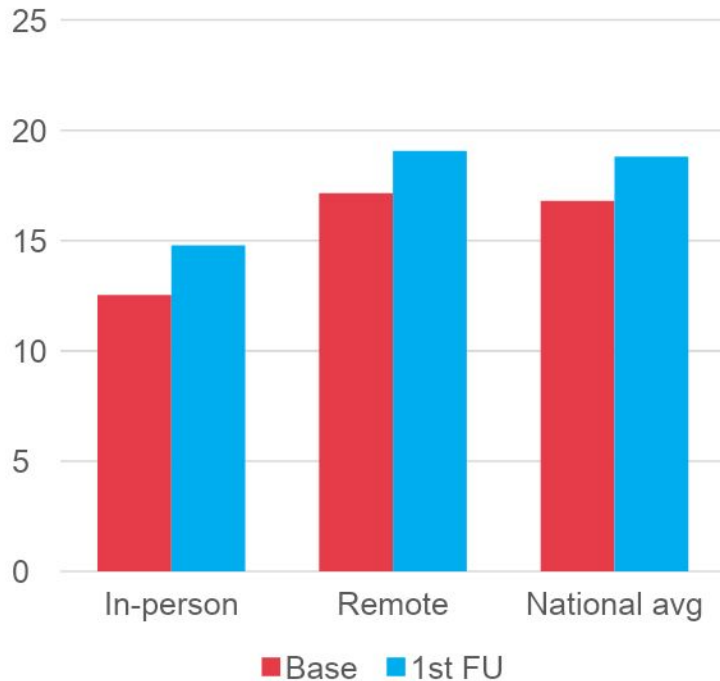
Up & Go



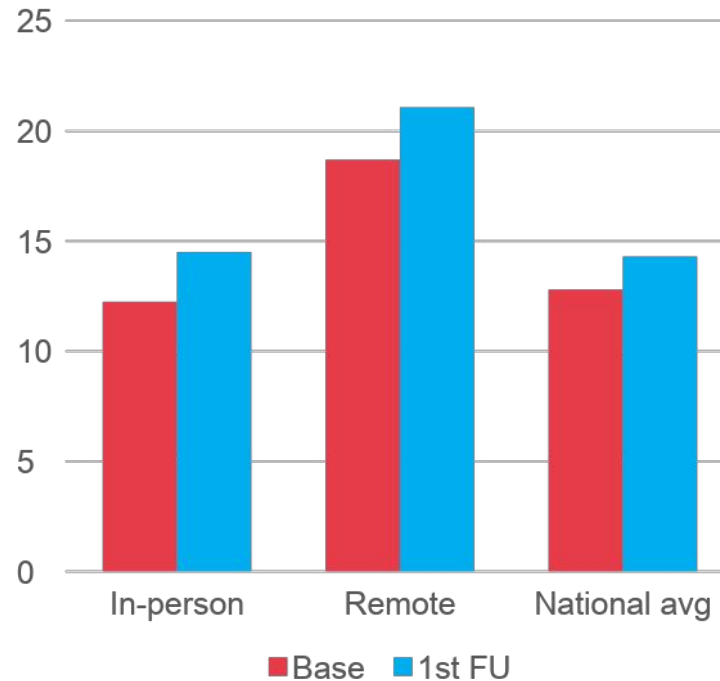
Did we see the same improvements in the remote classes as the in-person classes?

1st Follow-Up
 In-person n=1,162 (63%), Remote n=47 (68%), on-time assessment rate: 51% (both)

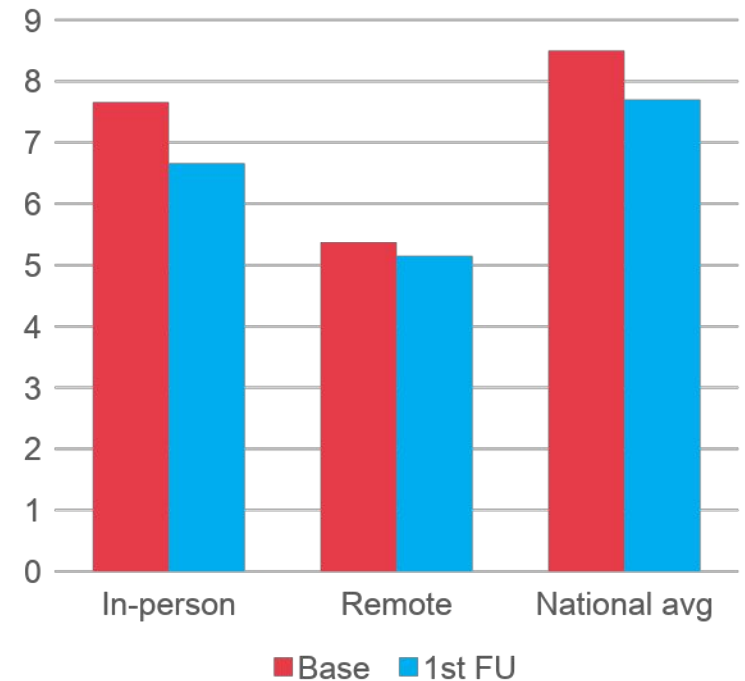
Arm Curl
 # of Reps



Chair Stand
 # of Reps

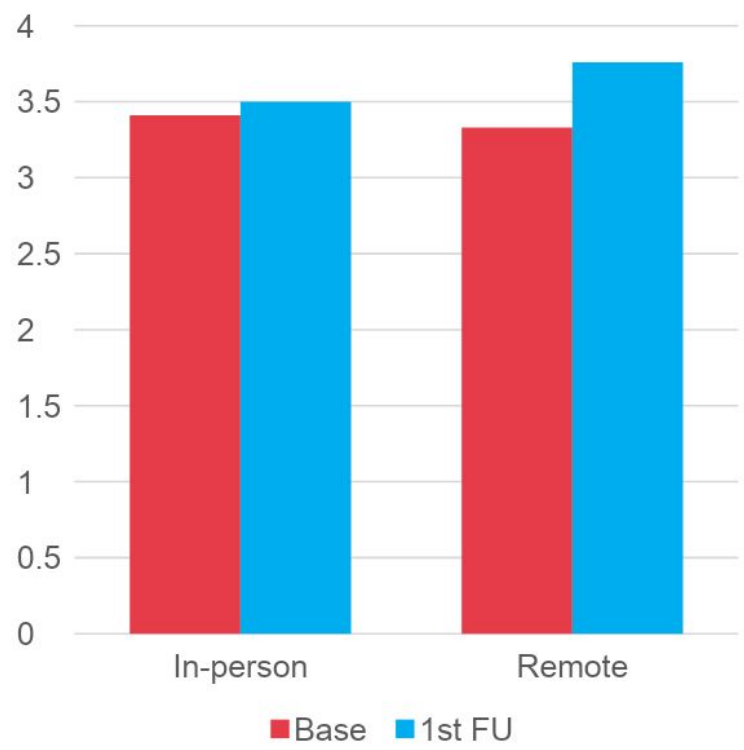


Up & Go
 # of Seconds

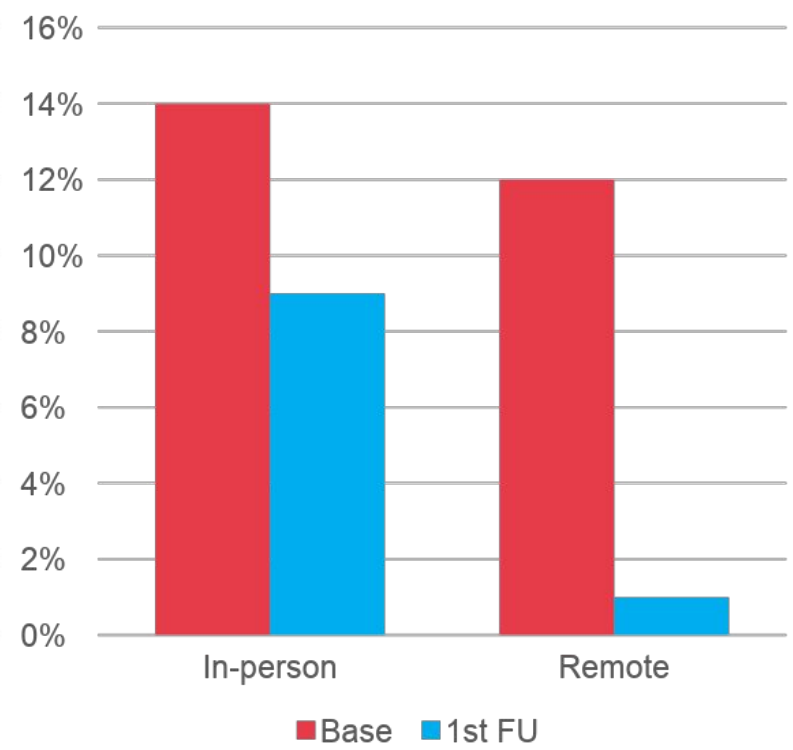


Participants spent more days in physical activity, felt healthier; and the program prevented falls!

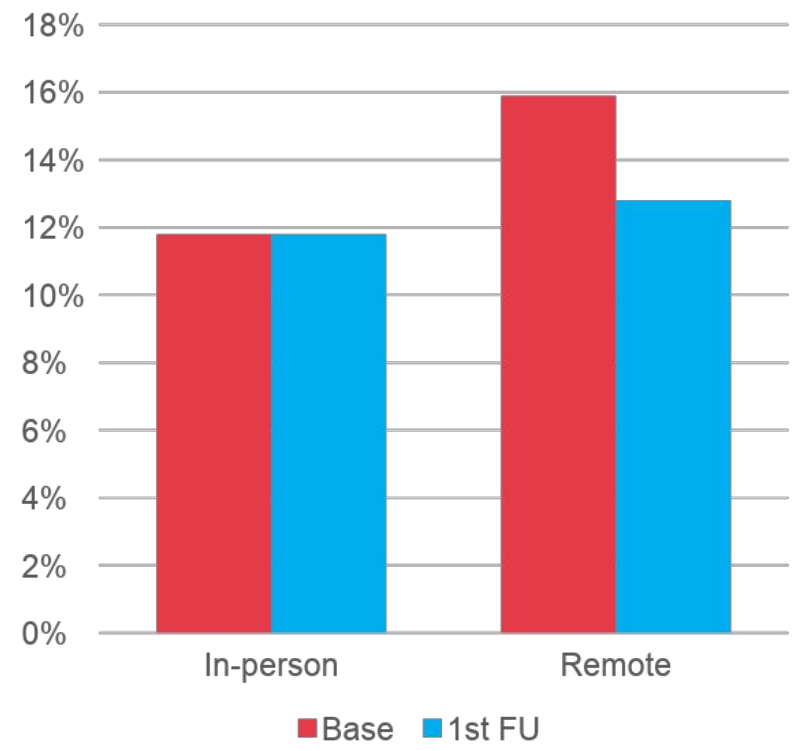
Physical activity days per week



Self-Rated Health (% of poor/fair)



Prevalence of Falls



What's next?

Going back to traditional format? Hybrid?

Re-open the in-person setting

- Some prefer to meet up with others.
- Beneficial for people who don't have the appropriate equipment to join the remote classes.



Continue the remote delivery

- Not all seniors are comfortable going back to the in-person classes.
- Some continue to prefer this format due to the high cost of gas, accommodation with family duties, convenience, etc.
- Residents in rural areas (limited public transportation) benefit from this format.

**Don't assume, need to
ASK your participants!**