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Sarah M. Camhi
University of Massachusetts Boston

Et al.

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Using Mixed-Methods to Examine Factors that Influence Exercise Prescription from Healthcare Providers: A Community-Engaged Research Project

Sarah M. Camhi, PhD¹, Julie Wright, PhD¹, Ana C. Lindsay, DrPH, Philip J. Troped, PhD¹, Gibbs Saunders, MA², Laura L. Hayman PhD, RN¹
¹University of Massachusetts, Boston; ²Healthworks Community Fitness, Dorchester, MA



BACKGROUND

- Physical activity can reduce obesity, CVD and diabetes (USDHHS, 2008)
 - 40.5% U.S. adults do not meet physical activity guidelines (Hallal, 2012)
 - African American women less likely to meet guidelines (Troiano, 2008)
- The American College of Sports Medicine (ACSM) started the Exercise is Medicine (EIM) Initiative to promote physical activity in healthcare settings (Lobelo et al., 2014)

ACSM's Exercise is Medicine (EIM)[®]



Healthcare Providers: 1) assess physical activity in their patients, 2) make Exercise Prescriptions (ExRx), and 3) refer to a community exercise resource.

Community Resources: support patients in increasing physical activity through education, programming and assessment.

Active Health Technology: utilized for patients and community exercise resources to track participation, conduct assessments and report information back to healthcare providers.

Current Challenges at Healthworks Community Fitness

- ExRx Adherence:**
 - Only 40% of women who receive ExRx use/redeem them for resources, education and/or access (Waterman et al., 2014)
- ExRx Utilization:**
 - Only 10% attend the facility >1/week (Waterman et al., 2014)
 - Attendance decreases over time (Waterman et al., 2014)

SETTING

Healthworks Community Fitness

<http://healthworkscommunityfitness.org/>

- Women's only fitness/wellness facility located in Dorchester, MA
- A 501c(3) public charity with subsidized membership rates to serve all income levels
- Offers free memberships for patients with ExRx to manage diabetes, obesity, hypertension and mood disorders
- Membership Profile: 93% African American

PROJECT AIMS



Healthcare Provider

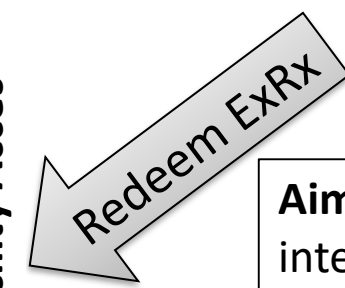
Aim 1: Explore barriers and facilitators related to the referral process that are associated with ExRx adherence.



Patient/Member



Facility Access



Aim 2: Examine individual, interpersonal and environmental factors associated with utilizing ExRx.

METHODS

Quantitative Methods

- Compare Patient/Members: 1) High vs. Low Utilization (# visits)
 2) Responders (activate ExRx) vs. Non-responders

Socioecological Model



Qualitative Methods

- One-on-one telephone interviews with:



- Themes:

- Barriers and facilitators to ExRx adherence:
 - ExRx referral process
 - Redeeming ExRx
 - Utilizing Healthworks Community Fitness resources
- Program/Assessment preferences
- Communication between stakeholders
- Active Health Technology use (phone, computer, apps)



<http://journalrecord.com/tag/healthworks-community-fitness/>

FUTURE GOALS

Information gathered from this phase of research will inform:

- Design assessment, programming and active health technology strategies tailored specifically for women with ExRx
- Test the effectiveness and feasibility of assessment, programming and active health technology strategies at Healthworks Community Fitness

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