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Operation Change Comes to Rural Appalachia

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Operation Change Comes to Rural Appalachia



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INTRODUCTION

Women in Perry County, KY:

- Have lower life expectancies compared to the state and nation
 - Perry County (74.1 years)
 - Kentucky (78.8 years)
 - United States (81.5 years)
- Suffer from alarming rates of obesity, heart disease, diabetes, cancer, depression, substance misuse, and musculoskeletal disease.
- 50.5% of the population in Hazard, KY are female
- 39.9% Obese
- 38.5% Physically Inactive
- 14.5% Diabetes

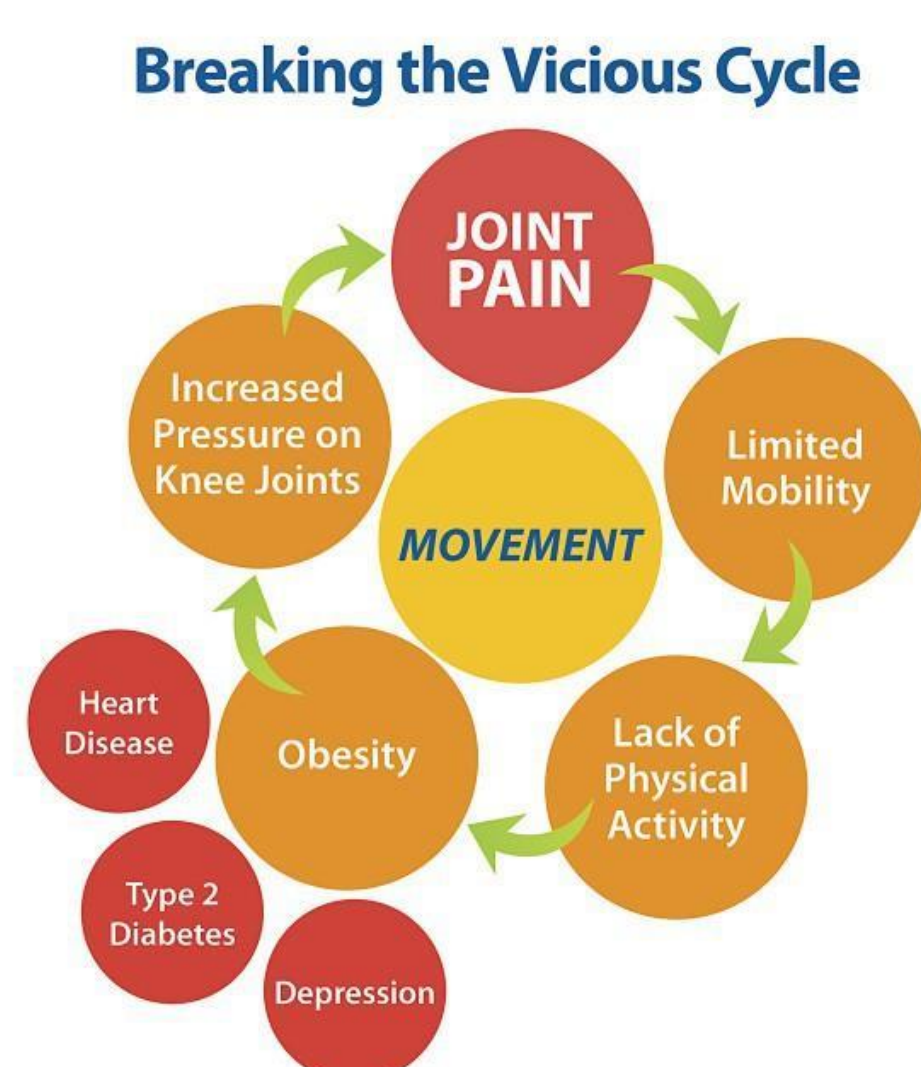


OPERATION CHANGE MODEL

Target Population: Underserved females age 45 and older who are experiencing obesity, joint pain, and limited mobility

An 18-week community-based behavioral health program that integrates:

- structured physical activity
- culturally tailored education
- motivational interviewer-led discussions to identify and address barriers to positive change



OPERATION CHANGE GRADUATES



ACTIVITIES



GRADUATION



OUTCOME MEASURES

- 47 (96%) women completed the program, 46 (94%) completed all three assessments.
- 24 (52%) lost a total of 156.2 pounds, 7 pounds on average
- 44 (96%) completed the 50 foot walk faster, 133.64 seconds overall, decrease or 2.23 minutes, 3.04 seconds on average
 - Pre-intervention to mid-intervention: $t(45)=6.27$; $p=.000$
 - Pre-intervention to post-intervention: $t(45)=8.42$; $p=.000$
- 22 (48%) decreased in systolic pressure
- 24 (52%) decreased in diastolic pressure
- 8 (17%) women had changes in all 3 categories: weight, walk time, systolic pressure, and diastolic pressure.

PARTICIPANT FEEDBACK

"Operation Change has been a life changing experience during the worst time of my life."

"Operation Change has meant a personal commitment to taking care of myself, which is something that I've put on the back burner for a very long time."

"Operation Change saved my life and changed my way of living."

"Operation Change makes me thankful that I was reminded that I am important and worthy. As women we sometimes forget we need to make ourselves a priority in order to be healthier and happier, so that we may help others in our family and community."



CONCLUSION

- Can be successfully adapted to rural communities
- Sustainable Model
- Networking benefits
- The need to have early discussions about sustainable strategies

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