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

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**Presenter Information**

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**Keywords**

exercise, physical activity, exercise prescription referrals, healthcare providers, barriers, facilitators

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

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## 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)<sup>®</sup>



**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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