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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  
*University of Massachusetts Boston*

Julie A. Wright  
*University of Massachusetts Boston*

Ana C. Lindsay  
*University of Massachusetts Boston*

*See next page for additional authors*

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Presenter Information
Sarah M. Camhi, Julie A. Wright, Ana C. Lindsay, Philip J. Troped, Gibbs Saunders, and Laura L. Hayman

Keywords
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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, PhD2, Ana C. Lindsay, DrPH, Philip J. Troped, PhD3, 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 (Hidal, 2012)
• African American women less likely to meet guidelines (Trost, 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)

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

METHODS

Quantitative Methods

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

Socioecological Model

<table>
<thead>
<tr>
<th>Environment</th>
<th>Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distance from facility</td>
<td></td>
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<tr>
<td>Walkability, Bikeability</td>
<td></td>
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<tr>
<td>Public Transportation</td>
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<table>
<thead>
<tr>
<th>Interpersonal</th>
<th>Factors</th>
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<tbody>
<tr>
<td>Social Support</td>
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<tr>
<td>Family Environment</td>
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<table>
<thead>
<tr>
<th>Individual</th>
<th>Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, CVD risk factors,</td>
<td>Health, family health</td>
</tr>
<tr>
<td>Physical activity,</td>
<td>Self efficacy</td>
</tr>
<tr>
<td>Stage of Change</td>
<td></td>
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</tbody>
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PROJECT AIMs

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

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

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/Message preferences
  - Communication between stakeholders
  - Active Health Technology use (phone, computer, apps)

FUTURE GOALS

Information gathered from this phase of research will inform:
1) Design assessment, programming and active health technology strategies tailored specifically for women with ExRx
2) Test the effectiveness and feasibility of assessment, programming and active health technology strategies at Healthworks Community Fitness


References:

5) http://www.health.gov/paguidelines

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