



**Program:** Evidence-Based Disease Prevention:  
**Physical Activity**

**Organization:** Neighborhood Centers, Inc. (NCI)  
**Project Title:** NCI Activity Centers for Seniors (NCI-ACES)  
**Project Period:** September 30, 2003 TO September 29, 2006  
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**Evidence Base**

The proposed intervention will be based on a population-based health promotion model. Senior Center members who regularly (3-days/week, 1-hour/day) participate in structured physical activity – aerobics, stretching, balance and strength training – led by qualified personnel, will gain significant fitness and health benefits.

**Original Research Evidence**

Wallace J.I., Buchner D.M., Grothaus L., Leveille S., LaCroix A.Z., Wagner E.H. *Implementation and Effectiveness of a Community-Based Health Promotion Program for Older Adults*. Journal of Gerontology, 1998, Vol. 33A, No. 4, M301-06.

**Adaptation of Model**

This will be a replication of the Lifetime Fitness Program (Seattle) in a different environment with a more ethnically diverse and lower-income population.

**Project's Overall Design**

The goal of this project is to increase the physical activity levels in older adults through a managed physical activity program at 20 senior centers in Houston, Texas. The senior centers are located in impoverished, urban settings. Outreach and engagement activities will be implemented, as well as health screenings and assessments.

**Target Population**

The project will target people age 50 and older who are serviced by the NCI Senior Centers. This population is low-income, predominantly African-American, Hispanic, and Asian elderly persons who are at significant risk of chronic diseases.

### **Anticipated Outcomes**

- By the end of Year 1, participants age 50 and older will be participating actively in an evidence-based, well-managed physical fitness program at the NCI Senior Centers.
- Those participating in the physical activity program on a consistent basis will experience significant improvements in fitness at 4-month intervals and health status at annual intervals.

### **Evaluation Design**

Participants will receive baseline fitness tests (chair stand, arm curl, 8-foot up-and-go) and health screenings (BMI, glucose and cholesterol tests, blood pressure and a physical exam), followed every 4 months by repeat fitness tests and annual health screenings. Participants will review and help maintain weekly activity records. Participant attendance will be recorded, and their satisfaction will be monitored.

### **Partnerships**

- NCI is the Community Aging Service Provider (CASP)
- Harris County Area Agency on Aging (AAA)
- Christus St. Joseph Hospital Community Outreach is the healthcare provider organization
- University of Houston Graduate School of Social Work
- Texas Southern University Center on Aging and Intergenerational Wellness
- Care for Elders of Harris County, a local partnership supported in part by the
- Robert Wood Johnson Foundation's Community Partnerships for Older Adults Program