

AoA Older Americans Month 2008 Program Champion



Project: Houston Healthy Lives Coalition

Organization: Houston OASIS

Project Description:

The Houston Healthy Lives Coalition is a unique community partnership of 21 area organizations led by Houston OASIS that are committed to improving the lives of older adults. The Coalition partners work together to increase physical activity among underserved, sedentary older adults by the offering Active Living Every Day (ALED), an evidence-based behavior modification program that promotes a lifestyle of physical activity that can produce significant health benefits. The Coalition has trained 25 staff and volunteers as lay leaders to facilitate ALED, which allows the Coalition to increase the number of classes offered and underserved persons reached, reduces the costs of delivering the program and supports sustainability of the program.

To date, 348 participants have enrolled in ALED. Classes are being scheduled that will achieve the goal of reaching 720 ALED participants by the end of 2008. An additional 350 people have participated in other health related programs. The program reaches a diverse audience consisting of African Americans, Spanish, Chinese and Vietnamese. Materials have been translated into Spanish and bilingual facilitators and assistants are delivering the classes. Discussions are underway to produce the class materials in Chinese and Vietnamese. Many of the ALED participants suffer from multiple health issues. To address this, the Coalition will begin offering the Chronic Disease Self Management Program (CDSMP). Recognized by the CDC and the US Administration on Aging, this evidence-based program teaches participants the skills needed to better manage their health and lead an independent, healthier life.

Results from previous ALED classes have shown statistically significant results:

- 87% of participants were retained in the program
- Participants more than doubled the hours per week of physical activity they engaged in from 2.6 hours per week to 5.4 hours per week.
- Approximately a 33% increase in the number of individuals who were meeting the physical activity recommendations by the end of the 20 week program (11.7 individuals to 42.1).
- Participants were 6 times more satisfied with body function (-0.6 to 5.5) and approximately twice as satisfied with their body appearance (-2.1 to -0.4) at the end of the program.
- Significant decrease in depressive symptoms (5.8 to 5.1) and perceived stress (4.8 to 4.1)
- Participant satisfaction was also high - 89% would recommend this course to a friend.

The Coalition consists of the following organizations: City of Houston Parks and Recreation Dept, Archdiocese of Galveston – Houston, Asian American Family Services, Texas Interfaith Housing,

BibleWay Fellowship Church, Care for Elders, Chinese Community Center, East End Life Center, Greater St. Paul MBC, Harris County Area Agency on Aging, Houston Housing Authority, Houston Area Urban League, Houston OASIS, NAACP Family Center, Lilly Grove Missionary Baptist Church, YWCA, Harris County Tom Bass Senior Center, The Wesley Center, Lilly Grove MBC, The Learning Ark CDC, and VN Teamwork.

For more information on the project contact Bill Browning at (713) 289-9340 or via e-mail at bill@billbrowning.com