

Title of Intervention and Website: Telephone-Linked Communication for Activity Counseling and Tracking (TLC-ACT)

Intervention Strategies: Individual Education

Purpose of the Intervention: To encourage sedentary older adults to walk for 60 minutes over the course of a week

Population: Patients of a primary care practice at least 60 years of age

Setting: General internal medicine (primary care) practice at a teaching hospital in Boston, MA; healthcare facility-based

Partners: Primary care health care providers

Intervention Description:

- Individual Education: Print materials on benefits of walking and how to begin a walking program were given to participants. Telephone-Linked Communication for Activity Counseling and Tracking System, an interactive computer-based system, was used to converse with participants and encourages them to engage in regular exercise based on questions assessing their stage of readiness.

Theory: Transtheoretical Model/Stages of Change

Resources Required:

- Staff/Volunteers: not mentioned
- Training: subjects receive training and password for the TLC-ACT
- Technology: Telephone-Linked Communication for Activity Counseling and Tracking is a computer-based system that communicates over the phone with individuals according to the Transtheoretical Model and provides information according to individuals' responses entered via keypad on phone
- Space: not mentioned
- Budget: not mentioned
- Intervention: touch-tone telephone service, automated TLC-ACT system, print materials
- Evaluation: State of Adoption of Physical Activity, walking recall questionnaire, socio-demographic and quality of life questionnaire

Evaluation:

- Design: Randomized Clinical Trial
- Methods and Measures:
 - State of Adoption of Physical Activity instrument, a 4-item scale that assesses the stage of readiness of a person to engage in regular physical activity
 - Self-reported numbers of minutes walked on each of the 4 preceding days
 - Sociodemographic and Quality of life questionnaire

Outcomes:

- Short Term Impact: not mentioned
- Long Term Impact: The study demonstrated that the TLC-ACT program had a significant effect on walking for exercise for most sedentary women.

Maintenance: Not mentioned

Lessons Learned: The TLC-ACT seems to be a viable option for health care delivery organizations.

Citation(s):

Jarvis, K. L., R. H. Friedman, et al. (1997). "Older women and physical activity: using the telephone to walk." *Womens Health Issues* 7(1): 24-9.

