

Title of Intervention and Website: Establishing Walking Groups in Older Women

Intervention Strategies: Supportive Relationships, Campaigns and Promotions

Purpose of the Intervention: To achieve and maintain a minimum walking mileage of 7 miles per week

Population: Women ages 50 to 65

Setting: Parks and shopping malls; community-based

Partners: None mentioned

Intervention Description:

- Supportive Relationships: During an 8-week training period, volunteers walked with an organized group for 2 sessions per week and participants were encouraged to walk at least once on their own. Mileage was increased each session until it reached 3 miles. After the training period, women could either join a group or walk on their own. Frequent social gatherings were held and significant others were encouraged to join walks. Exercise leaders developed personal relationships with all group members through phone calls, greeting cards and home visits. A newsletter encouraged the achievement and maintenance of the walking goals and describing new events in the lives of participants.
- Campaigns and Promotions: Buttons were awarded upon the completion of mileage milestones. A certificate was awarded after the completion of 1,000 miles.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: walk leaders
- Training: no information provided
- Technology: no information provided
- Space: walking paths
- Budget: no information provided
- Intervention: exercise leaders, greeting cards, buttons, certificates and newsletters
- Evaluation: log sheets, Large Scale Integrated (LDI) Activity Monitor, survey

Evaluation:

- Design: randomized control trial
- Methods and Measures:
 - Monthly log sheets measured mileage walked and participation in any other physical activity.
 - Paffenbarger Survey was used to assess physical activity by assessing number of city blocks walked per day, flights of stairs climbed per day and frequency and duration of sport and recreational physical activity per /week.
 - Large Scale Integrated (LDI) Activity Monitor was designed to measure body movements via objective recordings expressed in counts/hour for physical activity during day, evening and total activity.

Outcomes:

- Short Term Impact: not mentioned
- Long Term Impact: There was a significant increase in the reported blocks walked from baseline to year 2. More than half of the participants walked an average of 7 or more miles per week, with 80% walking at least 5 miles per week.

Maintenance: Not mentioned

Lessons Learned: Inclement weather as a barrier to walking was addressed by using shopping malls.

Citation(s):

Kriska, A. M., C. Bayles, et al. (1986). "A randomized exercise trial in older women: increased activity over two years and the factors associated with compliance." *Med Sci Sports Exerc* 18(5): 557-62.