

Exercise Your Way to Healthy Aging

Evidence-Based Programs

October 1, 2024



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

Agenda

- Introduction
- Data
- Programs and Services
- Demo
- Questions



Presenters

Erin Bley

- Chronic Disease Prevention & Health Promotion Bureau
 - Montana Arthritis Program
 - Montana Falls Prevention Program
 - Montana Disability & Health Program

Melissa Dale



Evidence-Based Programs

Evidence-Based Programs

- Evaluation shows to be effective to improve health and well-being
- Research shown effective for target population
- Research results published in a peer-review journal
- Fully translated in one or more community sites
 - Effective in real-world community settings
- Products to use to disseminate program



Older Americans Act

- State Unit on Aging
- Title III D
 - Evidence-based health promotion and disease promotion
- Funding allocated by population



Data



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Montana Physical Activity Data

- **20%** of Montana adults report not engaging in physical activity
- **2 out of 3** Montana adults are overweight or obese
- **Regular** physical activity improves overall health
- **Reduces** risk and helps **manage** chronic health conditions
- **Recommended**—150 minutes of moderate-intensity aerobic activity each week



Older Adult Physical Activity

- Significant health benefits
 - Stronger muscles
 - Improve balance
 - Maintain independence
- Inactivity increases with age
- Adults 65+
 - Walking
 - Gardening and yard work



Physical Activity Benefits

- Weight management
- Reduce health risks
- Strengthen bones and muscles
- Improve ability to do daily activities
- Reduce falls
- Prevent and manage chronic health conditions
 - Arthritis
 - Diabetes
 - High blood pressure



Programs and Benefits



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Stepping On

Educational Falls Prevention Program



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Stepping On

- Falls Prevention Program
- Adults 60+
 - Fallen or have a fear of falling
- 7-weeks + 3-month follow-up
- Educational and exercises
- Guest Experts



Stepping On Benefits

- Reduce falls by 31%
- Decrease fear of falling
- Adapt new safety behaviors

Fewer falls mean fewer injuries, fewer visits to the emergency room, fewer hospitalizations, and fewer deaths due to a fall.



Stepping On Demo



Stepping On Training

- Must have two facilitators
- Training 2.5 days
- April 1-3, 2025, in Helena



Stay Active & Independent for Life (SAIL)

Physical Activity Arthritis Management and Falls Prevention Program



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SAIL

- Exercise class
- Adults 65+
- 12-week exercise class
 - Strength, balance, and flexibility
- All fitness levels
 - Sitting or standing
- Healthy living educational tips
- Fitness Check



SAIL Benefits

- Reduce the risk of falling
- Manage chronic health conditions
- Improve balance, mobility, and leg strength
- Maintain independence
 - Build strength
 - Improve balance
 - Agility



SAIL Demo



SAIL Training

- At least 1 leader
- In-person training
 - April 22-23, 2025, at Fairmont Hot Springs



Tai Chi for Arthritis & Falls Prevention

Physical Activity Arthritis Management and Falls Prevention Program



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Tai Chi for Arthritis and Falls Prevention

- 8 week or 16-week class
- Warm-up and cool-down exercises
- One or two movements per lesson
 - 6 basic core movements
 - 6 advanced extension movements
- Breathing techniques



Tai Chi for Arthritis and Falls Prevention- Benefits

- Helps improve:
 - Muscular strength
 - Flexibility
 - Balance
 - Stamina
 - Mental
- Manage arthritis symptoms and prevent falls.



Tai Chi Demo



Tai Chi for Arthritis and Falls Prevention Training

- 1 trained leader
- Pre-Training
 - 20-40 hours, pre-training
 - Learn the moves
- TBD
 - Spring 2025 in Kalispell



Walk with Ease

Physical Activity



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Walk with Ease Structure

- 6-week walking program
- Three options
 - Group
 - Meet 3x's/week
 - Educational learn and walk together
 - Self-Directed
 - All communication via email
 - Enhanced
 - Meet 1x/week
 - Participants walk on their own other two days



Walk with Ease Benefits

- Evidence-based
 - CDC-Endorsed
 - Developed by the Arthritis Foundation
- Increase physical activity
- Safe, low-impact cardio exercise
- Decrease
 - Pain
 - Fatigue
 - Depression
- Low-cost
- Sustainable



Walk with Ease Demo



Walk with Ease Training

- Online, on-demand
 - 3-hours
 - \$89/person
- Active CPR certificate
- Trained to offer all 3 versions

<https://www.aaaa.com/courses/arthritis-foundation-walk-with-ease>



Living Well in the Community



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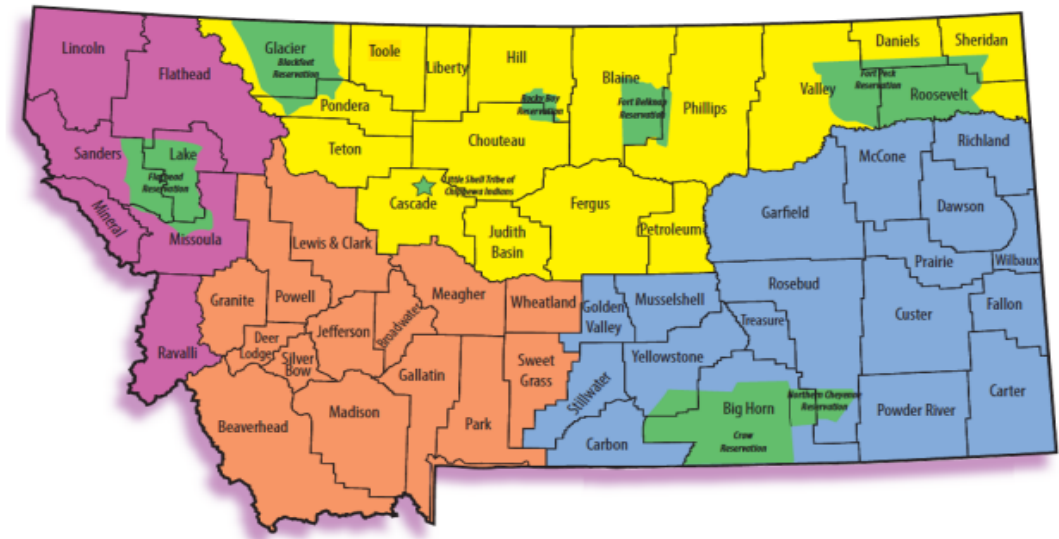
Living Well in the Community

LIVING WELL IN THE COMMUNITY WORKSHOPS!

Living Well in the Community (LWC) is a free, ten-week workshop grounded in Independent Living philosophy that can help people with disability:

- Set quality of life goals
- Practice problem-solving and managing emotions
- Learn tools and skills to help achieve your goals
- Practice self- and systems-advocacy

CENTERS FOR INDEPENDENT LIVING IN MONTANA



Summit Independent Living 1-800-398-9002

Flathead, Lake, Lincoln, Mineral, Missoula, Ravalli, Sanders

North Central Independent Living Services 1-800-823-6245

Blaine, Cascade, Chouteau, Daniels, Fergus, Glacier, Hill, Judith Basin, Liberty, Petroleum, Phillips, Pondera, Roosevelt, Sheridan, Teton, Toole, Valley

Ability Montana 1-800-735-6457

Beaverhead, Broadwater, Deer Lodge, Gallatin, Granite, Jefferson, Lewis & Clark, Madison, Meagher, Park, Powell, Silver Bow, Sweet Grass, Wheatland

Living Independently for Today & Tomorrow 1-406-259-5181

Big Horn, Carbon, Carter, Custer, Dawson, Fallon, Garfield, Golden Valley, McCone, Musselshell, Prairie, Powder River, Richland, Stillwater, Treasure, Willbax, Yellowstone

Montana Reservations

Blackfoot Reservation, Crow Reservation, Flathead Reservation, Fort Belknap Reservation, Fort Peck Reservation, Little Shell Tribe of Chippawa Indians, North Cheyenne Reservation, Rocky Boy Reservation

Living Well in the Community Structure

- Orientation
- Goal Setting
- Building Support
- Healthy Reactions
- Staying on Course
- Healthy Communication
- Seeking Information
- Eating Well
- Physical Activity
- Advocacy
- Maintenance



Living Well in the Community Benefits

The Living Well workshop is about two things:

- Living the most satisfying life possible, and
- Developing healthy living habits

Healthy habits can help you create the life you want, but changing your habits is not always easy.



Living Well in the Community Demo



State Support



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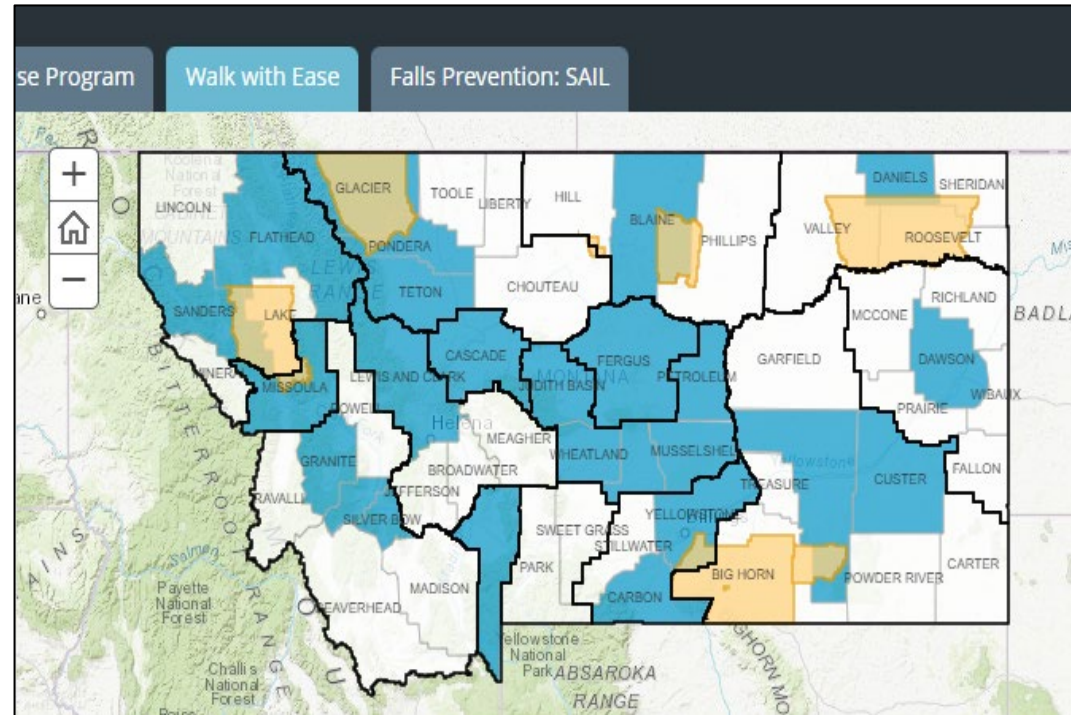
Support

- License
- Training
- Marketing
- Data Analysis
- Program Materials
- Technical Assistance
- Resource Connections



Community Program Map

- Chronic Disease Prevention & Health Promotion Bureau
 - Community Based Programs



<https://dphhs.mt.gov/publichealth/chronicdisease/CommunityBasedPrograms>

Upcoming Events

- Stepping On Leader Training
 - April 1-3, 2025, in Helena
- SAIL Leader Training
 - April 22-23, 2025, at Fairmont Hot Springs
- Tai Chi for Arthritis and Falls Prevention Leader Training
 - Spring/Summer 2025, TBD
- Walk with Ease
 - Online, OnDemand



World Arthritis Day – October 12th

- It's a day when people around the globe unite in recognizing the existence, severity, and impact of arthritis and other rheumatic and musculoskeletal diseases.
- Let's work together to support people with arthritis and help them move through life easier, healthier, and happier.



Overall Prevalence



Age Distribution

Half of adults with arthritis are under 65.



Breakdown by Sex



Health Impact

Adults reporting fair or poor health



Questions



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Thank you



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[Arthritis \(mt.gov\)](https://dphhs.mt.gov/publichealth/arthritis/)

<https://dphhs.mt.gov/publichealth/arthritis/>

