



Evidence-Based Health Promotion for Older Adults:
Collaborating with Community Partners



Physical Activity - Resources

I. Overview

According to the Centers for Disease Control and Prevention (CDC), 28-34% of older adults age 65-74 reported no physical activity, with inactivity rates increasing to 35-44% in adults age 75+ in the year 2000. The Agency for Healthcare Research and Quality (AHRQ) identified correlates of physical inactivity such as increased rates of overweight and obesity, consequently leading to increased risk of chronic disease(s) such as diabetes, high blood pressure, and heart disease – ultimately leading to greater healthcare costs.

II. Assessment

- A. [Physical Activity Programs Checklist](#). (PDF)
- B. [How Physically Active Are You? An assessment of level and intensity of physical activity – Rapid Assessment of Physical Activity \(RAPA\)](#). (2006) (PDF).

III. Evidence-Based Program Reports

- A. [Active Start: Replication Report](#). (PDF).
- B. [EnhanceFitness: Replication Report](#). (PDF).
- C. [EnhanceWellness: Program Summary](#). (PDF).
- D. [Healthy Moves: Replication Report](#). (PDF).
- E. [NCI-ACES: Replication Report](#). (PDF).

IV. Toolkits

- A. Belza, B. and the PRC-HAN Physical Activity Conference Planning Workgroup (2007). [Moving Ahead: Strategies and Tools to Plan, Conduct, and Maintain Effective Community-Based Physical Activity Programs for Older Adults](#). (PDF).
- B. [First Step to Active Health](#). (Evidence-based strategies, assessment tools, guidelines, and resources for patients and healthcare providers to improve health and functional ability)

V. Articles/Literature

- A. Wellman, N. S., Kamp, B., Kirk-Sanchez, N. J., & Johnson, P. M. (2007). [Eat Better & Move More: A community-based program designed to improve diets and increase physical activity among older Americans](#). *American Journal of Public Health*, 97(4), 710-717. (PDF).

VI. Additional Resources

- A. [National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older](#). (A coalition of organizations, web links, conferences, information, and resources devoted to active aging).
- B. [NIH SeniorHealth: Exercises for Older Adults](#). (Exercises, progress charts, and videos)
- C. [Project Enhance](#). (Information for individuals, administrators, and researchers on the community-based programs: EnhanceFitness and EnhanceWellness)