

Active seniors, healthy seniors

Trans-institutional implementation in Utebo (Spain) (Multimodal Training intervention program 65+ ; MTi 65+)

Participant institutions: Utebo City Council*, Aragón Institute of Health Sciences, Carlos III Institute of Health, Health Service of Aragón, Government of Aragón

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Abstract

Fifty one adults over 65 years of age (29 of them women) have been recruited in the Primary Health Care Center of Utebo and referred to the Municipal Sports Services to participate in the Multimodal Training intervention program 65+.

To reach the success of the implementation the Government of Aragón (public Health System and Departments), and the Utebo City Council collaborate within the framework of a regional Community Care strategy to ensure the sustainability of the intervention. The Carlos III Institute of Health collaborates in the implementation (Chrodis+ partner in the task).

At this stage, baseline measurements of participants have been performed and activities have started (physical and educational programs). The MTi 65+program is being implemented as expected and participants show high interest in the tasks without relevant dropouts.

Main adaptation performed in the Spanish implementation of the MTi 65+:

tight collaboration among diverse public institutions and social environment



How do we do this?

The activity has been integrated into the Regional strategy concerning citizen involvement based on a catalog of community assets related to health.

The process developed over time has included:

- 1.-Recruitment system of older adults at the Primary Health Care Center (Fig.1: group of participants).
- 2.-Training phase of the Sports Services personnel of the Utebo City Council (methodology MTi 65+program).
- 3.-Formal inclusion of the activity in the portfolio of those Sports Services.
- 4.-Starting of the activity with recruited users:
 - initial measurements.
 - MTi 65+program implementation. At this stage finishing the 4 th month: physical activity –resistance, endurance – (Figs. 2 and 3), health educational course (Fig.4).
 - checking of physiology activity levels (v.gr.: Figs. 5 and 6).
- 5.-Creation of a group of users endowed with social visibility.

Conclusions

1.- Institutional collaboration

The successful collaboration among diverse public institutions and integration of the program into a Regional Government strategy forecast the success of the implementation.

2.- Participation

The degree of participation, tasks fulfillment and declared satisfaction of the participants is high.

3.- Social visibility

The activity has had a major impact on media. V. gr: <http://alacarta.aragontelevision.es/programas/aragon-en-abierto/jueves-25-de-abril-25042019-1800> (minute 57.10 onwards)

Introduction

Environment

In older adults to promote health and prevent chronic diseases it is required to foster actions that encourage physical exercise.

According to data from the National Health Survey of Spain (ENSE) 2017, 29% of men and 39% of women between 65 and 74 years old declared themselves sedentary. In the age group of 75 to 84 years, these figures amount to 39% of men and 59% of women.

Valuable outcomes

- 1-Body and biological data.
- 2-Functional motor data.
- 3-Functional measures of health status.
- 4-Process indicators.

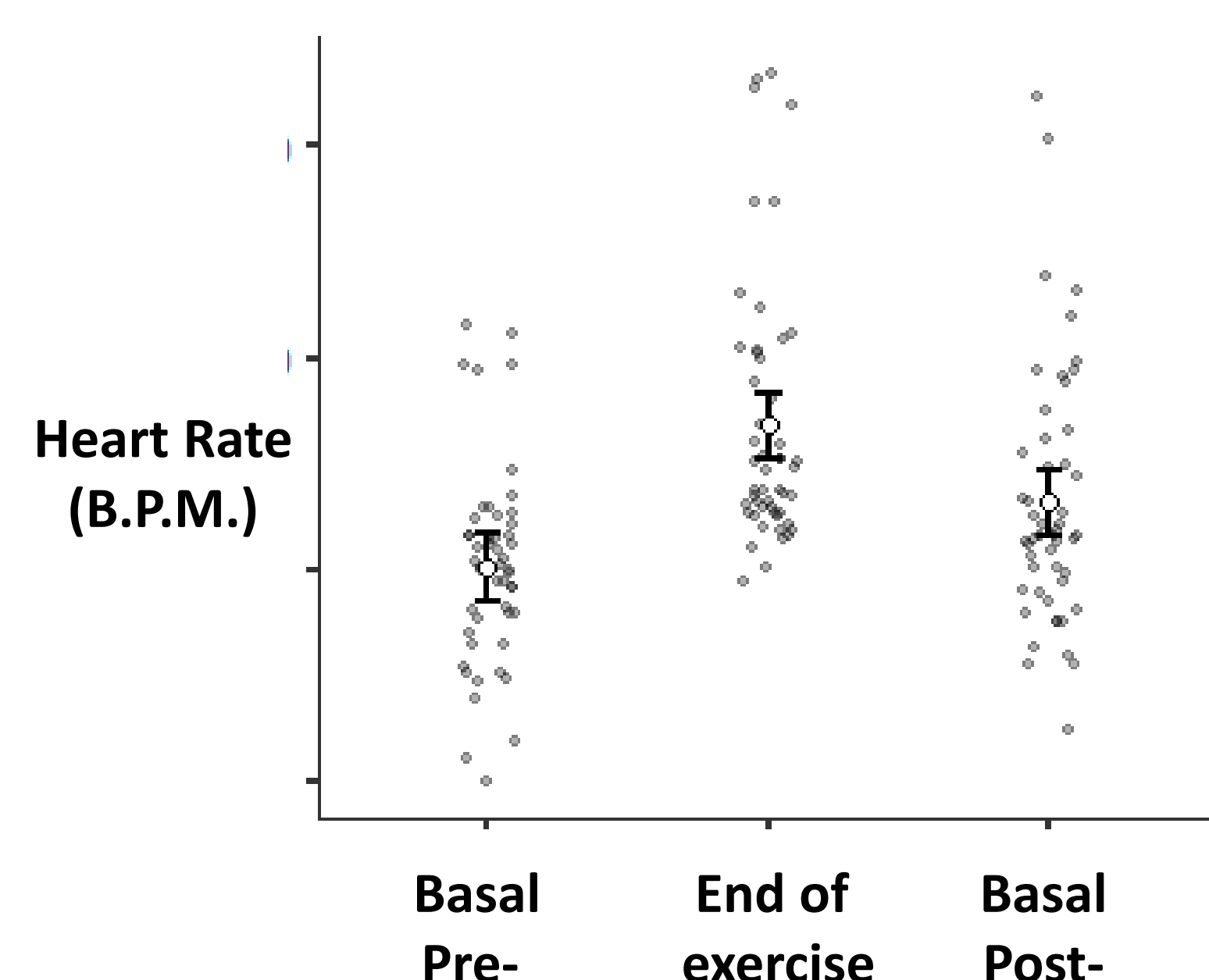


Fig. 5. 6-Minute Walk test
Differences in heart rate between Basal (Pre and Post-exercise) and End of exercise measurements($p < 0.001$).

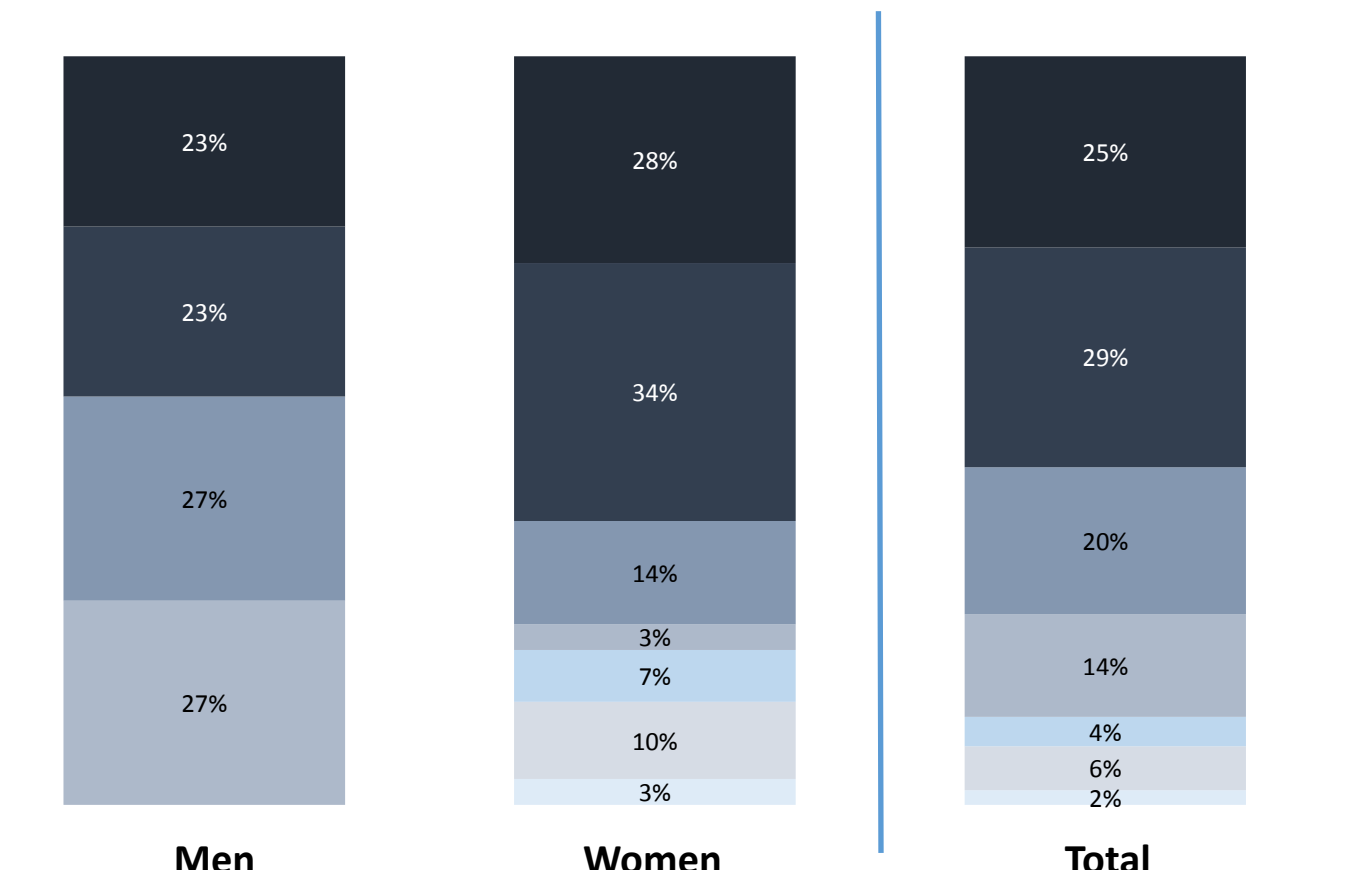


Fig. 6. Distribution of subjects according to sex and initial performance (Short Physical Performance Battery).
The scoring includes three tests that measure time to accomplish each task: balance, 4-meter gait speed, sit-to-stand-5times. 0=lowest score; 12 highest score.