

MULTIMODAL TRAINING INTERVENTION IN KLAIPEDA CITY AND DISTRICT COMMUNITIES, LITHUANIA

The intervention is for the 65+ age group to improve the chances of preventing chronic, non - infections diseases

Neringa Tarvydiene, Jurate Grubliauskiene, Alina Bocman, Toma Stonke

Goal

To improve and maintain health of old age adults through regular movement in two municipalities (urban and rural areas).

Contextual elements

1. Creating environment for intervention.
2. Translation and use of the health surveys instruments, implementation instruments for individual oriented training.
3. Measuring and selecting participants for intervention, evaluating changes every 6 months.
4. Implementing two strength training and one endurance training sessions, coordinating participants homework and lectures about healthy aging and nutrition and social support.
5. Improving cooperation and indoor facilities for ensuring intervention sustainability and dissemination of results.

Description

The intervention takes place in two municipalities – urban and rural. They had different starting situation, facilities and physical activity culture. In Klaipeda city target group population is **22** percent and in Klaipeda District – **15** percent of all population. The Strengths of implementers was good connection with communities, social partners and experience in implementing public health interventions at local level. The biggest challenge was to create or select place for endurance and strength training sessions for long lasting program. Teams created, material for intervention translated into Lithuanian language, participants selected and practical part of intervention started on **November 2018**. During first half year participants did homework, during lectures received information about health promotion, physical activity, nutrition, mental health and healthy

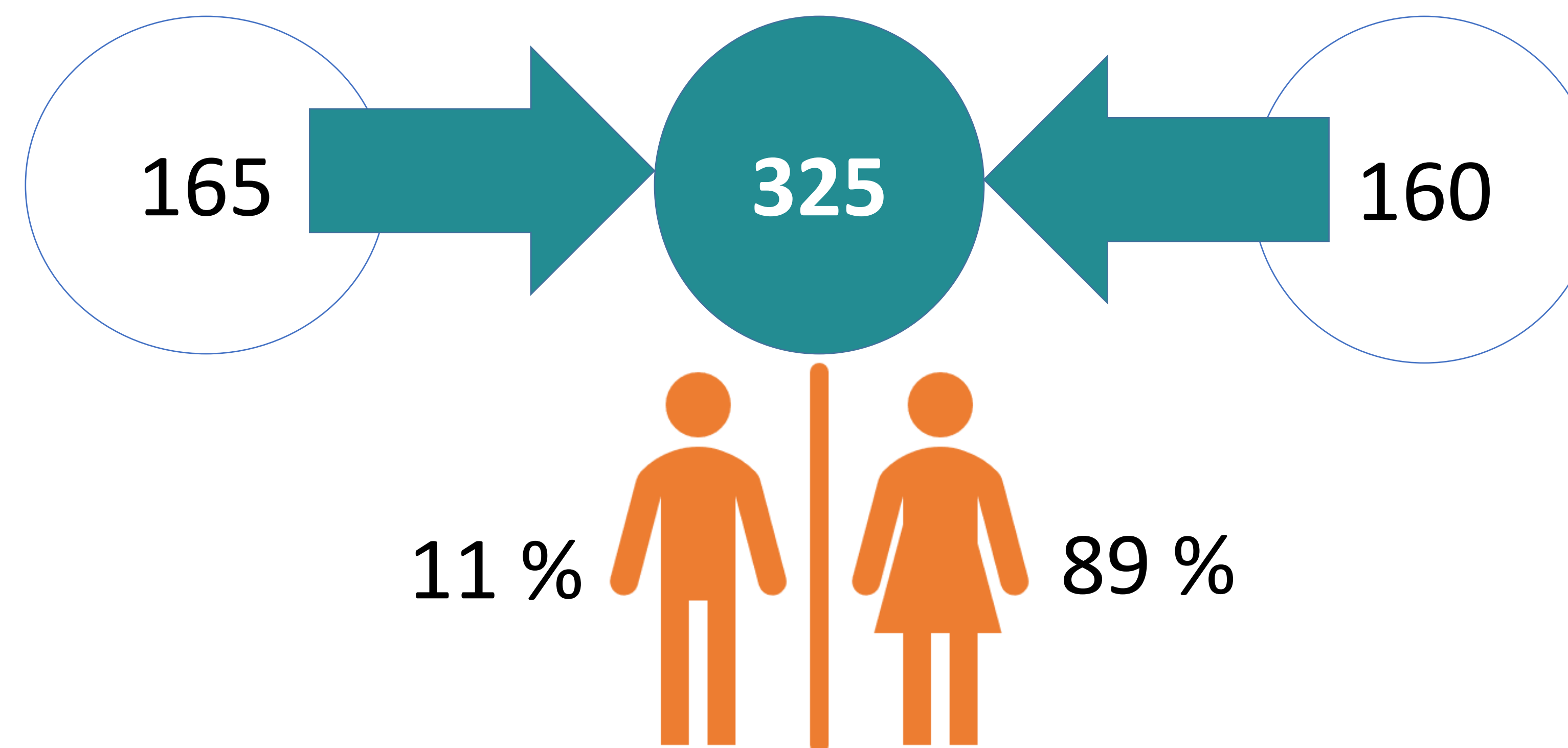
Klaipeda City



Klaipeda District

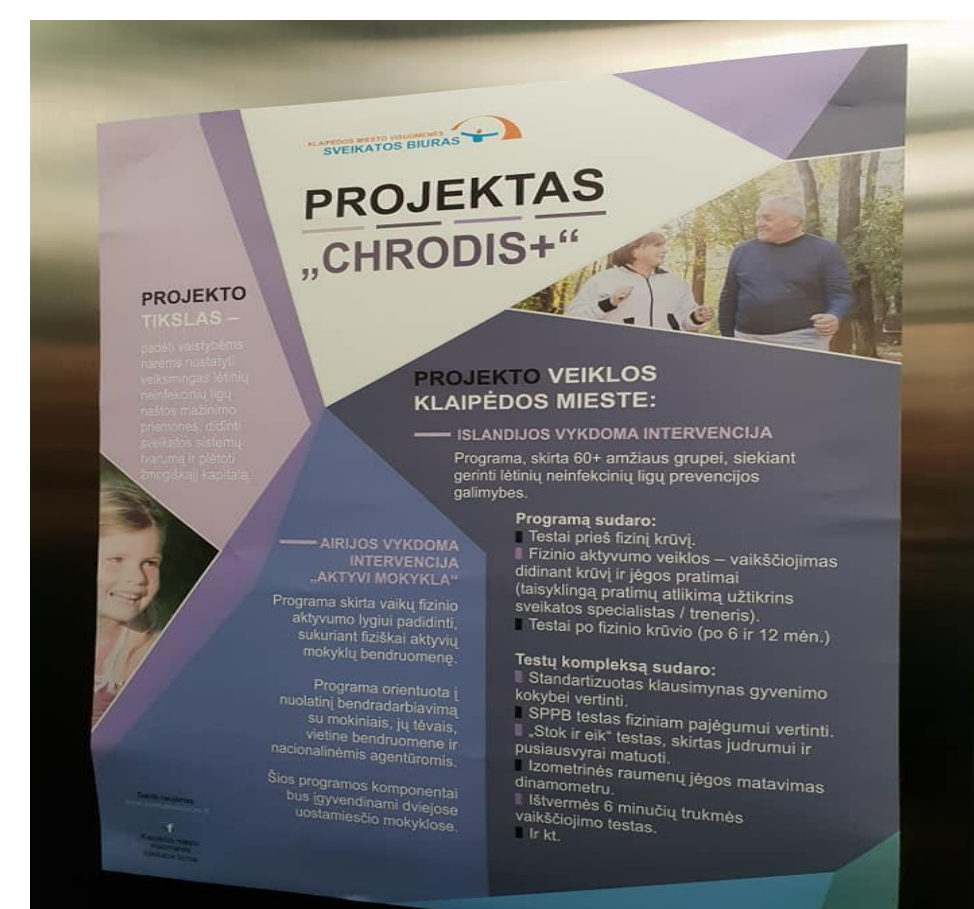
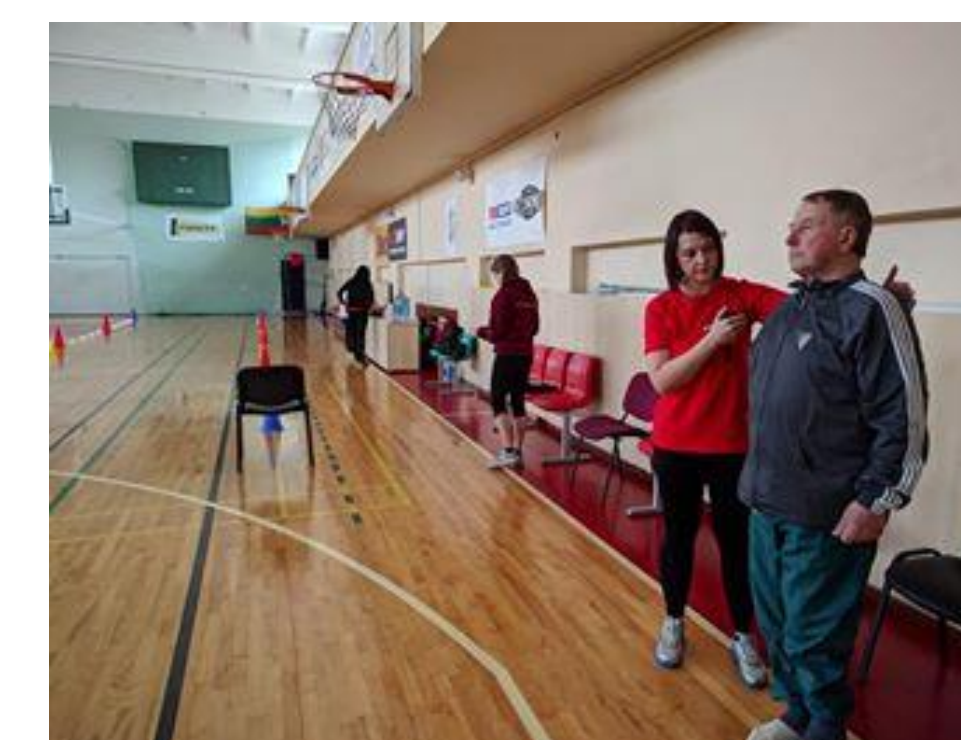


Selected number of participants



Place – two private clubs
„Šansas“ and „Kapitolijus“

Place – Municipal Sport Centre and
Community and Church sport area



Valuable outcome

1st half year results

- **325** participants selected during **11** measurements days in two municipalities.
- Private and municipal sport centers, NGO, politicians and municipality administrations involved into intervention implementation as partners.
- **10** groups works in rural area and **5** in city.
- More than **250** strength and **45** endurance training sessions done.
- Organized lectures on nutrition and health to promote the physical activity of the participants.

Conclusion

The intervention in two municipalities reached first 6 month deadline and now is in the phase for preparation for measurements of participants for first results.

The participants in groups are very different and during the process evaluation we measured that the first groups participants are more independent during the strength training sessions, they are presenting the success stories how physical activity influences their health.

Municipalities and private sector is starting to understand and showing interest in multimodal intervention results.

This intervention can be adapted to both young and older people, as well as to small and larger communities.

Acknowledgements

Intervention coordinator - Hygiene Institute (Lithuania)

Implementers:
Klaipeda City Public Health Bureau
Klaipeda District Public Health Bureau