

MODIFIED MOVES, MAXIMUM RESULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Enhance®Fitness FACT SHEET: JUNE 2019

PROGRAM OVERVIEW

EnhanceFitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more active, energized, and empowered for independent living.

EnhanceFitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, Administration for Community Living, and the National Council on Aging.

IN EACH ENHANCE®FITNESS CLASS, PARTICIPANTS EXPERIENCE:

- A certified instructor with special training
- Exercises focusing on cardiovascular endurance, strength, flexibility, and balance which can help reduce the severity of arthritis symptoms
- An atmosphere that encourages social interaction, which is a vital part of health and well-being for older adults

WHO QUALIFIES?

EnhanceFitness welcomes older adults at all fitness levels. The program is especially beneficial for older adults living with arthritis.

PARTICIPANT SATISFACTION

Over **99%** of participants say they would recommend **EnhanceFitness** to a friend³

PROVEN RESULTS

Studies show:

90% participant retention rate¹

13% improvement in social functioning¹

35% improvement in physical functioning¹

53% improvement in depression¹

26% decreased risk of a medical fall⁴

Fewer hospitalizations and \$945 less in health care costs per year than non-participants²

THE PROGRAM'S REACH JUNE '19

| | |
|---|---------------|
| Number of Y associations offering the program | 255 |
| Number of states delivering the program | 44 |
| Number of EnhanceFitness sites 84% Y Sites 16% non-Y Sites | 460 |
| Number of participants served | 32,042 |

References:

1. Wallace JI, Buchner DM, Grothaus L, Leveille S, Tyll L, LaCroix AZ, Wagner EH. (1998). Implementation and effectiveness of a community-based health promotion program for older adults. *Journal of Gerontology* 53A(4): M301-M306.
2. The Centers for Medicare and Medicaid Services. (2013). *Report to Congress: The Centers for Medicare and Medicaid Services' evaluation of community-based wellness and prevention programs under section 4202 (b) of the Affordable Care Act*. Washington: Government Printing Office.
3. Senior Services. (2013). *What is EnhanceFitness?*. Retrieved from <http://www.projectenhance.org/EnhanceFitness.aspx> and Y-USA evaluation findings.
4. Greenwood-Hickman MA, Rosenberg DE, Phelan EA, Fitzpatrick AL. Participation in Older Adult Physical Activity Programs and Risk for Falls Requiring Medical Care, Washington State, 2005-2011. *Prev Chronic Dis* 2015;12:140574



PROGRAM DEMOGRAPHICS

RACE

| | |
|-------------------|-----|
| Caucasian: | 59% |
| Unknown: | 29% |
| Black: | 7% |
| Asian: | 2% |
| Other: | 2% |
| Multi-Racial: | 1% |
| Native American: | <1% |
| Pacific Islander: | <1% |

ETHNICITY

| | |
|------------------|----|
| Hispanic/Latino: | 3% |
|------------------|----|

AGE

| | |
|---------------|-----|
| Less than 60: | 4% |
| 60-69: | 19% |
| 70-79: | 41% |
| 80-89: | 19% |
| 90+: | 4% |
| Unknown: | 14% |

GENDER

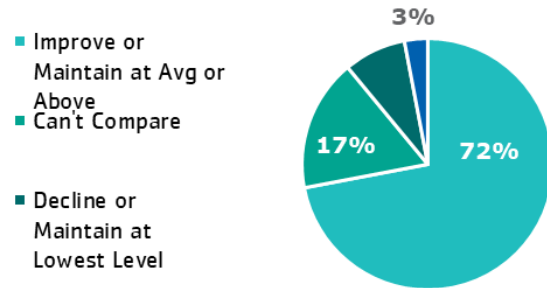
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|----------|-----|
| Female: | 74% |
| Male: | 14% |
| Unknown: | 12% |

REFERRAL SOURCE

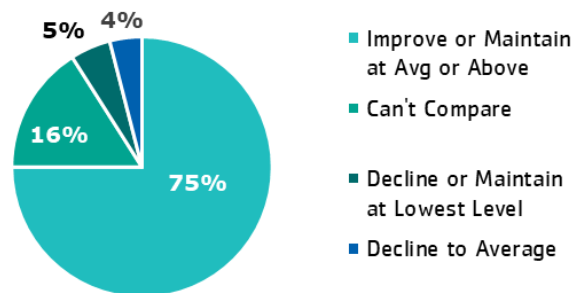
| | |
|----------------------------|-----|
| YMCA Staff or Volunteer: | 43% |
| Friend or Family: | 22% |
| Poster, Flyer, Event At Y: | 10% |
| Other: | 8% |
| Doctor or Other Provider: | 5% |
| Y Website: | 4% |
| Media: | 3% |
| Mailing or Email: | 3% |
| Health Insurance Company: | 1% |

RESULTS

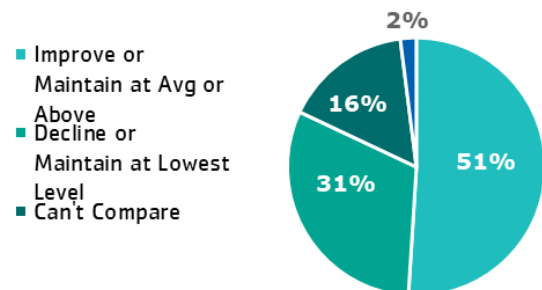
A majority of participants **improved their lower body strength** as measured by the chair stand test, Jan. 2013 - June 2019



A majority of participants **improved their upper body strength** as measured by the arm curl test, Jan. 2013 - June 2019



About half of participants **improved their agility/dynamic balance** as measured by the up & go test, Jan. 2013 - June 2019



ENHANCE®FITNESS National Footprint

For a complete list of EF sites, visit:

ymca.net/enhancefitness

