

ABSTRACT SUBMISSION AIC 2016: #26

1. Title:

Effectiveness in the real-world: results of scaling-up an evidence-based program

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3. Key words:

real-world evaluation; older adults, arthritis, scaled-up behavioral intervention

4. Abstract text:

a. Background and aims

Interest in scaling-up health interventions is increasing in an effort to impact population-level health outcomes. However, research informing translation to scaled-up delivery is lacking along with evidence of effectiveness when implementation occurs in real-world settings. This presentation will describe the process of scaling-up and evaluating Walk with Ease (WWE), an evidence-based arthritis program funded by the Centres for Disease Control, the results, and implications for future scale-up.

b. Methods

We examined adoption of WWE, reach, implementation outcomes, and participant retention via observations and program data. Effectiveness was assessed using pre/post-program health surveys collected from participants.

c. Results

Thirty-six WWE programs were implemented by diverse organizations that successfully enrolled the targeted number of participants ($n=598$). Most participants were females (82%) and sedentary (62%); 72% had arthritis. Overall, fidelity was good, but workplace settings and classes taught by ≥ 2 leaders had low fidelity scores ($p<.01$, $p<.05$, respectively). WWE demonstrated effectiveness: participants reported significant reduction in pain and fatigue, and increased physical activity (see Table). Adjustments for missing data modestly affected these associations. Participant attendance average was 12.8 of 18 classes, and 64% were considered program completers. Almost half of the participants indicated that they were extremely likely to continue walking on their own post-program and 57% of leaders indicated that they were willing or interested in leading WWE in the future.

d. Conclusion

The WWE program demonstrated effectiveness despite barriers to fidelity and retention. We will discuss our experience scaling-up WWE, barriers encountered and solutions enacted, and implications for future efforts.