Walking for Heart Health in Rural Women

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Disclosure

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Conflict of interest: NONE

Sponsorship/funding: Cornell Cooperative Extension of Delaware County Rural Healthcare Alliance

Commercial Support: NONE
Session Objectives

- The learner will understand methodology and strategies used to initiate and promote a pedometer based walking program in a rural community.
- The learner will interpret analysis of data from a pedometer based walking program on outcomes for adult women in a rural community.
Background

- Cardiovascular disease is the leading cause of death worldwide. Most cardiovascular diseases can be prevented if we modify our behavioral risk factors such as increasing physical activity, reducing weight and quitting smoking.

(World Health Organization, Cardiovascular diseases, 2015)
Background

- Decades of evidence demonstrate a relationship between increased physical activity and decreasing the risk of cardiovascular disease.

- These health benefits occur with moderate intensity physical activity of at least 150 minutes per week; evidence suggest a routine of brisk walking qualifies as moderate intensity.

(U.S. Department of Health and Human Services Physical Activity Guidelines, Advisory Committee, 2008)
Purpose of the study

- To influence the cardiovascular risk factors of women in a rural community in upstate New York.
- Implement a 10 week pedometer based walking program to promote healthy lifestyle choices.
- Examine how participation in the program affects known risk factors for cardiovascular disease.
- Examine the utilization of a pedometer with tracking capability to incentivize participants to increase walking.
Methodology

- Quasi-experimental study
- Examine the pre and post cardiovascular and walking measures in a 10 week program
- BMI, BP, total/HDL cholesterol
- 6-minute walk test
- 10 year cardiovascular disease risk
- NIH website
  
  http://cvdrisk.nhlbi.nih.gov/
Methodology

- Convenience sample of those participating in walking program (N = 62 eligible females).
- Pedometer activity was collected throughout the program, with computer downloads at 5 and 10 weeks.
- Participants were asked to walk for at least 150 minutes per week.
- Socio-demographic variables obtained - age, ethnicity, reported educational level.
Procedure

- Pretest measurements obtained
- Participants received a pedometer with tracking capability
- Pedometer data downloaded at 5 and 10 weeks – (heart health presentation)
- Posttest measurements obtained
Delaware County, NY defined as Rural area

(USDA ERS - Rural Classifications, 2013)
### Sample demographics

<table>
<thead>
<tr>
<th>100% Caucasian female - N=62</th>
<th>Age in years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean age</td>
<td>55.0806</td>
</tr>
<tr>
<td>Median age</td>
<td>58.5000</td>
</tr>
<tr>
<td>Standard deviation</td>
<td>13.99566</td>
</tr>
<tr>
<td>Range</td>
<td>50.00</td>
</tr>
<tr>
<td>Minimum age</td>
<td>29.00</td>
</tr>
<tr>
<td>Maximum age</td>
<td>79.00</td>
</tr>
</tbody>
</table>
Level of Education

q4_Level of Education

- HS or less: 3.23%
- HS graduate or GED: 12.90%
- Some college: 24.19%
- College graduate (2 years): 17.74%
- College graduate (4 years): 16.13%
- Post-graduate/professional degree: 25.81%
Pretest Profile

- 61.3% of the participants were moderately physically active for 30+ minutes per day on 3 or more days per week

- They were provided with the following image on the question sheet which was adapted from an Assessment of Level and Intensity of Physical Activity.

Moderate activities
- your heart beats faster than normal
- you can talk but not sing

Fast Walking  Aerobics Class  Strength Training  Swimming Gently

Permission was obtained from Dr. James P. LoGerfo, MD, MPH, University of Washington Health Promotion Research Center.
Pretest Physiologic Profile

- Mean weight 181 lbs. (min 111 lbs. max 305 lbs.)
- Mean BMI 30.7 (min 19.5 max 49.2)
  - According to the NIHLBI: Obese ≥ 30
- Mean SBP 132
- Mean DBP 80
- Mean Total Cholesterol 203
- Mean HDL 55
43.5% were on blood pressure medication
24.2% were on lipid lowering medication
Mean CVD risk score = 2.96%
Mean distance ambulated for 6 min walk test = 690 steps
Data Analysis

- Data was analyzed via the following:
  - Descriptive statistics
  - Paired t-tests of pre and post data
Results and significant findings

- There was a statistically significant improvement \((p < .05)\) in the following measures:
  - Weight, BMI, total cholesterol, systolic blood pressure
  - 6 minute walk test (steps)
  - Aerobic steps from midway through the end of the study after a raffle challenge was implemented
## Paired Samples Test

<table>
<thead>
<tr>
<th>Pair – Pretest - Posttest</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Std. Error Mean</th>
<th>t</th>
<th>df</th>
<th>Sig. (2-tailed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pair 1- weight (lbs) – pretest - posttest</td>
<td>3.12581</td>
<td>5.66719</td>
<td>.71973</td>
<td>4.343</td>
<td>61</td>
<td>.000</td>
</tr>
<tr>
<td>Pair 2- BMI - pretest - posttest</td>
<td>.52565</td>
<td>.97986</td>
<td>.12444</td>
<td>4.224</td>
<td>61</td>
<td>.000</td>
</tr>
<tr>
<td>Pair 3- Systolic Blood Pressure - pretest - posttest</td>
<td>4.62903</td>
<td>11.57758</td>
<td>1.47035</td>
<td>3.148</td>
<td>61</td>
<td>.003</td>
</tr>
<tr>
<td>Pair 4- diastolic Blood pressure - pretest - posttest</td>
<td>1.53226</td>
<td>8.07286</td>
<td>1.02525</td>
<td>1.495</td>
<td>61</td>
<td>.140</td>
</tr>
<tr>
<td>Pair 5- total cholesterol - pretest - posttest</td>
<td>6.21667</td>
<td>21.07701</td>
<td>2.72103</td>
<td>2.285</td>
<td>59</td>
<td>.026</td>
</tr>
<tr>
<td>Pair 6- HDL - pretest - posttest</td>
<td>-1.58333</td>
<td>8.03444</td>
<td>1.03724</td>
<td>-1.526</td>
<td>59</td>
<td>.132</td>
</tr>
<tr>
<td>Pair 7- 10 yr. CVD risk calculator (%) - pretest - posttest</td>
<td>.38333</td>
<td>1.62701</td>
<td>.21005</td>
<td>1.825</td>
<td>59</td>
<td>.073</td>
</tr>
<tr>
<td>Pair 8- distance ambulated in 6 minutes (steps) - pretest - posttest</td>
<td>-42.87097</td>
<td>50.73573</td>
<td>6.44344</td>
<td>-6.653</td>
<td>61</td>
<td>.000</td>
</tr>
</tbody>
</table>
Limitations

- Conducted on college campus
- Limited to Delaware County, NY
- All Caucasian female participants
- Non random sample
- Short study duration
Conclusions

- A community walking program utilizing pedometers with tracking capabilities was successful in improving cardiovascular risk factors, in the short term in a rural community in upstate New York.
Implications & Recommendations for Research

- Population health type community interventions are successful in decreasing cardiovascular disease risk factor in as little as 10 weeks.
- Study is replicable in another rural community.
- Pedometers with tracking capabilities served as an incentive in promoting increased steps.
- A raffle introduced midway through the study helped increase steps for the last 5 weeks.
Acknowledgements

The authors wish to thank the following for their assistance during this research study:

- Melissa Ackerly, SUNY Delhi School of Nursing
- Nanette Cazzolla, Cornell Cooperative Extension of DC
- Jeanne Darling, Cornell Cooperative Extension of DC
- Maja Kryzston, SUNY Delhi School of Nursing
- Dr. Mary Pat Lewis, SUNY Delhi School of Nursing
- Barbara Lister, SUNY Delhi School of Nursing
- Laura Meckel, SUNY Delhi School of Nursing-BSN student
- Laura Ziemba, SUNY Delhi School of Nursing
Thank you for your attendance!

Questions…