



The Rensselaerville Institute

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Project EMMA

(Eat Better, Move More, Age Well)

*A Program of the Council on Aging
in Buncombe County, North Carolina*

An Outcome Assessment

The Rensselaerville Institute

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Section I: Introduction and Key Findings

Project EMMA: *Eat better, Move More, Age Well*

A project of The Council on Aging of Buncombe County, Inc. and supported by a grant from The Blue Cross Blue Shield of North Carolina Foundation, EMMA is a partnership with Appalachian Sustainable Agriculture Project and the YWCA of Asheville.

Project EMMA focuses on two goals:

1. Improved access to/and increased consumption of fresh local foods.
2. Increased physical activity and overall mental well being through regular exercise classes and alternative therapy programs.

Key Findings

- 74% of participants noticed an improvement or significant improvement in their overall health after participating in Project Emma.
- The majority of participants had an increase in the number of fruits and vegetables consumed over the course of a week.
- More than half of participants increased the amount and duration of exercise since participating in Project Emma.
- Approximately half of participants reported the Program helped with reducing depression.
- 65% reported an improvement in one or more of the following; strength, endurance and mobility.
- 70% of participants reported an improvement in their health and well being that they attribute to the program.
- 58% of responders reported a change in a specific behavior that impacted their health as a result of the program.

Section II: Purpose, Method, and Respondents

The purpose of this assessment is to evaluate the effectiveness of Project EMMA in meeting its two primary goals:

1. Improving low income seniors' access to and increased consumption of fresh local foods.
2. Increasing physical activity and overall mental well being of low income seniors through participation in regular exercise classes and alternative therapy programs.

Specifically, we hope to determine whether participants in Project Emma changed their behavior in the following areas:

- eating more fresh fruits and vegetables
- exercising more
- improved mobility, endurance, and strength
- improved sense of overall wellness
- reduced feelings of depression
- use of alternative therapies for chronic illness

Approach

Participants in Project Emma gather to eat lunch and participate in activities at one of five Senior Dining Sites, located in senior and community centers in Buncombe County. Participants were contacted in person at Dining Sites, given an overview of the study, and asked to participate by responding to a short interview (Appendix A for interview questions). When they agreed to participate, they were asked to go to a confidential location at the senior or community center, where they signed a consent form. They then responded to the interview questions one at a time. We chose to interview people face to face rather than have them complete a survey questionnaire for two reasons:

1. When people are facing someone they are much more likely to answer honestly, openly, and more thoroughly; and
2. Interviewers have the opportunity to ask for clarity when a response is unclear.

We randomly interviewed between 5-12 participants at each of five senior dining sites: 10 at one site, 8 at one site, 11 at one site, 5 at one site, 12 at one site, for a total of 46 participants interviewed. While we are not claiming this is a stratified random sample, we do believe it is generally reflective of the participants at sites. There was no selection of interviewees based on their activity level, income level, eating habits, or any other factors.



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Participants' answers to the interview questions were recorded and later transcribed (See Appendix B for responses to questions).

2. Participants

Participants in Project EMMA are over 60 years of age, both male and female. Buncombe County Council on Aging staff estimates that approximately 90% of the participants in Project EMMA are low-income or just over that amount and are struggling economically. .

Participants were told, prior to being asked the interview questions, that we were interested in knowing if their involvement in Project EMMA caused changes in the way they are eating, exercising, feeling, and their overall health and well-being.

Section III: Results by Goal

Goal 1: *Improving Access to and increased consumption of fresh local foods.*

We investigated if and how participants in Project EMMA have increased their consumption of fresh local foods by asking a specific question about their consumption of fresh fruits and vegetables: 'How many fresh fruits and vegetables do you eat each week? Has it increased, decreased, or stayed the same since being involved in Project EMMA? We also asked open ended questions about changes in their learning and habits.

Participant consumption of fresh fruits and vegetables has increased since their involvement in Project EMMA

28 of 46 (61%) of those interviewed reported an increase in consumption of fresh fruits and vegetables following participation in Project EMMA; the average being 20 per week. The remaining 18 reported their intake stayed the same. Nobody reported a decrease.

To get to improved access to fresh local foods, we asked participants about their activity visiting local food markets.

Access to fresh local foods has not improved

Six of the 25 participants who responded to a question about their visits to local tailgate markets said they have increased. 18 said it has stayed the same, and one participant said they visit less due to no longer driving.

Improved access to fresh fruits and vegetables is one of the major goals for this program, with the expectation that providing coupons for purchase of produce at local farmers markets would be one way to achieve the goal. According to Project EMMA staff, this goal was not reached due to multiple barriers by the state for receiving coupons for program participants to use to purchase food at the farmer's market.

Goal 2: *Increasing physical activity and overall mental well-being of low income seniors through participation in regular exercise classes and alternative therapy programs.*

To assess achievement of this goal, we looked at (1) frequency and duration of physical activity and exercise of participants currently, and whether this is an increase, decrease, or the same since being involved with Project EMMA; (2) frequency of feelings of depression and whether this is has increased, decreased, or stayed the same; (3) number of participants using alternative therapies and whether this is an increase, decrease, or the same; and (4) if they've experienced any changes in their health or well-being they attribute to participation in the program.



Physical activity in participants has increased in frequency since participating in Project EMMA

32 of 47 (68%) participants reported their level of exercise, i.e. gardening, walking, yoga, chair exercise, has increased from what they were doing prior to participation in Project EMMA, with 31 reporting they currently exercise at least four times per week.

19 of 47 respondents (40%) reported they exercise, i.e. gardening, walking, yoga, chair exercises, at least daily; with an average of eight times per week. 12 reported exercise four to six times per week, 13 two to four, one reported walking once per week when before they were doing nothing, and two participants reported no exercise at all.

Physical activity in participants has increased in duration since participating in Project EMMA

Of the 42 participants responding to a question about how long they exercise each time, 35 reported they exercise at least 30 minutes each time.

>60 minutes	45-60 minutes	30-44 minutes	10-29 minutes
7 participants	13 participants	15 participants	7 participants

Use of alternative therapies hasn't increased due to participation in the program

31 of 42 respondents (74%) reported they do not use alternative therapies. 10 respondents (24%) do use alternative therapies. These include; herbal remedies, yoga, chiropractor, homeopathic remedies, acupuncture, massage, green tea, and vitamins. Of these, only one reported this had increased since being in the program.

Participants have experienced improvements in their health and well-being they attribute to participation in the program

32 of 45 (71%) participants reported their participation in the program has led to positive changes in their health or well-being. Here's what a few participants reported:

Can't say enough, life altering, made many new friends

Not sure how I managed before the program, not so lonely anymore, great to be with people

Deal with stress better with exercise program

Exercise has helped me be more alert, able to remember more

Confidence increased, more positive

Helps in general day to day life

Helps with depression

Participation in Project EMMA helped decrease feelings of depression in many participants

Of the 43 participants responding to a question about feelings of depression, 16 people reported they don't experience depression. Of the remaining 27 who do, 23 (85%) reported their depression has decreased since their involvement in the program. The four remaining reported their depression has stayed the same.

Spending time with other people was a big motivation for many program participants to participate in the program. Well over 50% of participants mentioned the isolation they experienced prior to the program, and how Project EMMA got them out of the house and meeting new friends.

Participants are experiencing improvements in their overall health they attribute to participation in Project EMMA

The majority of respondents (34 of 46 or 74%) reported their overall health is improved and they attribute it to the program.

Of the 43 respondents reporting on the level of their overall health since being involved with the program, 37 (86%) reported their overall health is average to good, and improved. 29 reported their overall health is good and has improved following their involvement in Project EMMA. Eight reported average overall health that has improved since their involvement, while six reported poor health overall.

Participants have experienced an increase in their mobility, endurance, and strength

Of 38 respondents to a question about mobility, endurance, and strength, 31 (82%) reported they have experienced an increase since their involvement in Project EMMA. Seven participants reported their mobility, endurance, and strength has remained the same.

A few select comments from participants:

All areas improved greatly – used to lay on couch now can take better care of self and house

Helped improve all, more mobility

Limited mobility but good endurance and strength, could not have enjoyed square dancing for 3

hours unless exercising

Above average in all areas, can do more now because of program

Results not directly responding to the two goals:

Participants have learned about the importance of exercise, eating healthy and fall prevention, balance, and movement, and they've incorporated these into their daily living.

We asked participants being interviewed what they learned from Project EMMA and we got the following results: 18 reported learning and incorporating exercise, stretching and breathing techniques; five learned an appreciation for eating healthy; six said they learned about how to prevent falls, balance better, and move correctly. 13 reported they learned nothing.

Participants have changed their habits due to their involvement in Project EMMA

Of the 42 participants responding to a question about whether and how their involvement in Project EMMA helped to change their habits, 28 (67%) responded positively. 14 reported their habits didn't change.

A few comments from participants:

Yes, more fruits and vegetables and biggest change is the exercise – now exercise over 14 x's per week for over a year

Changed eating and exercise habits

Exercise every day now, meet friends more, get out more and that is good

Exercising every week, eating more regularly, taking short trips now – couldn't before

More conscious of finding opportunities to be more active, becoming second nature, parking far away from the door, doing stairs to start the day, walking every aisle in the grocery store

Section IV: Moving Forward

Suggestions for Ways to Get Better Results

Based on the data we collected and conversations with Council on Aging staff, we offer the following suggestions:

1. One of the major goals for this program was increasing access to fresh fruits and vegetables for participants. This goal was not reached due to multiple barriers by the state for receiving coupons for program participants to use to purchase food at the farmer's market.

To remove this barrier, advocacy at the state level to ensure access to the coupons and an increase in per person allotment of coupons is needed. This will likely require a legislative change and/or an administrative change. The Council on Aging has information about effective policies and procedures for this type of program from other states that would help North Carolina be more successful in distributing coupons. If the Council on Aging is not positioned well to engage in advocacy, they could connect with a group that has a mutual interest in improving implementation of the law or making a legislative change to strengthen the law.

Additionally, in communities around the country, roving farmers markets have been very successful. In this model, farmers bring their produce to the sites. This eliminates a transportation barrier. This is one potential method of getting fresh fruits into the hands of program participants.

2. There was a difference from site to site regarding the engagement and enthusiasm of site coordinators. The Council on Aging must rely upon site sponsors for hiring and supervision of site coordinators, and generally has little influence over the quality of staffing. The site coordinator clearly has a significant impact on the number of people who participate and their level of excitement. A "Spark Plug" in the mix is a good way for each dining site to increase participation and inspire older adults to improve their health. In sites where the employee is not determined by the Council on Aging, an internship program for students at UNC Asheville may be a way to increase energy and participation in the program.
3. Each site has a different number of times per week (1-3 times per week) that they offer group physical activity. Those participants in the program with more opportunities to exercise engaged in more physical activity over the course of the week than others.
4. Weather seems to be a factor in consistent exercise for program participants. During colder months participants reported not exercising as regularly as during warmer months. The program might consider adding another day indoors during the colder months to assist program participants in maintaining better health through consistency in exercise.



5. A reduction in the feeling of isolation was indicated earlier as an outcome of the program. This may be an area to talk more about with program participants to determine if alternative or additional group exercise experiences would encourage more physical activity. For example, one of the dining sites is also responsible for square dancing classes that several of the participants said they were now attending because they had the strength and endurance to keep up. Of the few people who are engaged in square dancing activities, all stated they attend to see friends and for the social interaction as their primary motivation.
6. Each site is unique in how food is obtained in the community for program participants. Therefore, there is variation in the number of fresh fruits and vegetables from site to site. Setting targets for the number of fresh fruits and vegetables to be served at each dining site per week for program coordinators and food preparers might be a way to ensure consistency within the program.
7. The program seems to drastically enhance the health of the participants who were eating very few fruits and vegetables and exercising very little. It might be worthwhile to find ways to drastically enhance the health of participants who have good habits and make them great habits. In the few cases during this study when participants exercised daily and consumed well above the intake of the recommended 5 fruits and vegetables per day, participants seemed to have more energy and a brighter outlook on life.
8. Presentations to encourage the use of Alternative Therapies have not been successful with this group. It might be worthwhile to determine the types of presentations or relevance of the information presented if you plan to continue to have presentations. Many of the responders seemed to have a dislike or distrust of Alternative Therapies. However, presentations on balance, fall prevention and pain reduction through stretching has been well received by this group and changed behavior in a positive way that impacts their health and well being. Increasing these presentations or repeating information might be a helpful strategy as some participants reported having trouble remembering the information from presentations after a certain length of time.
9. Another strategy to consider: think of seniors at dining sites as being in three categories: low health behaviors, moderate and high. Project Emma could focus on people falling in the first 2 categories. The plan could be to target low-income seniors who do not engage in the targeted behaviors, and who can benefit from the program so they make or implement small changes in behaviors such as eating 10 or more vegetables per week at the end of 3 months. A second target could be low-income seniors who engage in moderate activity and sporadic healthy eating habits and move them to engaging in 3 consistent physical activities per week and consumption of 4-5 fresh fruits and vegetables per day. Being specific about who is participating and what success would look like for different categories of participants might help site coordinators gauge and achieve success more easily.



Introducing an Outcome Framework

Our strongest recommendation is the introduction of an outcome framework that can shift the focus from after-the-fact evaluations like this one to the proactive defining, tracking, verifying and reporting success as part of program implementation. The time is ideal. You know the successes and shortfalls you have experienced and key factors of exploration. This allows you to create a framework to enhance achievement in very strong ways.

1. Restate your goals to achieve more clarity in language and intent.

You can reduce the gaps and overlap and move from activity to result statements. For example, 'Improving low income seniors' access to and increased consumption of fresh local foods' can be restated to something like:

'An increased number of low-income seniors who don't eat healthily consume at least 2 fresh fruits and vegetables each day for at least 3 months,' and 'Increasing physical activity and overall mental well being of low income seniors through participation in regular exercise classes and alternative therapy programs' can be restated as two separate goals:

'An increased number of low-income seniors who are inactive engage in physical activity at least three times per week for at least 30 minutes, for at least 6 months' and

'An increased number of low-income seniors who are isolated and/or have episodes of depression, reported they have decreased depression and/or isolation lasting at least 3 months.'

- ### 2. Define and rely on milestones rather than work plans.
- Milestones on a quarterly basis are those predictors that participants are on course to achieve targets. For example, if the first quarter is a time where the participant engages with the program and starts coming regularly, the milestone states what they should incorporate at home by the end of three months.
- ### 3. Focus quarterly, six month, and annual reports on the extent to which milestones and targets (goals) have been achieved.
- General activity is much less important to cover than is actual progress against projection. For example, a 6 month check up might reveal that inactive seniors are exercising 1 to 2 times per week instead of 3 for 3 months is actually enough physical activity to decrease depression. In some cases, this will include a discovery that different milestones were more important than those originally stated. Having participants who struggle with depression exercise 1 time per week could be the new target for participants who struggle to regulate their mood.
- ### 4. Provide site coordinators as well as participants with the tools they need to track to success.
- The key is to have data and other formats for including tracking as part of program activity. This need not be complex. Tracking then leads to counts and other forms of



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verification such that external evaluations may in the future be less needed or certainly anticlimactic. You will know where you are as part of what you do.



Appendices



Appendix A: Interview Questions for Project EMMA Participants

1. Tell me about your overall health since being involved in Project EMMA.
2. How many fresh fruits and vegetables do you eat each week? Has it increased, decreased, or stayed the same since being involved in Project EMMA?
3. How often do you get exercise i.e. gardening, walking, yoga, chair exercises? Has it increased, decreased, or stayed the same since being involved in Project EMMA?
4. When you exercise, for how long do you typically do the activity? Has it increased, decreased, or stayed the same since being involved in Project EMMA?
5. How often do you experience feelings of depression? Has it increased, decreased, or stayed the same since being involved in Project EMMA?
6. How would you describe your mobility, endurance and strength? Has it increased, decreased, or stayed the same since being involved in Project EMMA?
7. How many times do you visit local tailgate markets? Has it increased, decreased, or stayed the same since being involved in Project EMMA?
8. Do you ever use Alternative Therapies for your health conditions? If yes, what kinds of Alternative Therapies do you use? Has it increased, decreased, or stayed the same since being involved in Project EMMA?
9. Are there any other changes in your health or well being that you attribute to participation in the program?
10. What did you learn from Project EMMA?
11. Did your involvement in Project EMMA help you to change your habits? If so, which ones?

Appendix B: Data Tables

Question 1: Tell me about your overall health since being involved in Project Emma

Response	# who answered
Health is not good	2
Health is the same	10
Health is good and the program helped	17
Health is significantly improved and participant credits program	17

Responses

Good/Improved	Average/Improved	Poor
<ol style="list-style-type: none"> 1. Overall health is good, exercises at home by herself and at class 2. Good , diabetic – under control in part because of classes 3. Good health 4. Doing good 5. Doing well except for knees 6. Good, great improvement 7. Diabetic, memory problems but still good health, program helped tremendously 8. Good, helped with joints and pain 9. Good, helped substantially 10. Good, improved since program began 11. Good, improved 12. Feel healthy 13. Health is good, improvement 14. Overall health good, even better because of program 15. Good, same 16. Misdiagnosed with medical problems, not problems after beginning regular exercise 17. Feels pretty good with exercise 18. No health problems now, high blood pressure is now normal 19. Excellent, hasn't been to the doctor except for check-ups in past several years, program helps keep her doing well 20. Good health, diabetic, improved 21. No comparison, shoulder surgery left little mobility not using hand weights and have better outlook on life 22. Very good, major improvement with program 23. Very good, improved 24. Excellent, improved 25. Good, improved 26. Good, improved 27. Good, a lot better 28. Very good, helped some 29. Good, improved 	<ol style="list-style-type: none"> 1. Average health 2. Average, same 3. Average, helped with stiffness 4. Major health problems, program helped 5. Gotten better since participating 6. Health OK – same 7. Mediocre, helped and encouraged her Spinal problems, couldn't hardly walk, improved drastically, does not need the scooter 8. Ok, improved 	<ol style="list-style-type: none"> 1. Not very good health, bad back 2. Not good, kidney problems and high blood pressure 3. Not very good, same 4. Not good, stayed the same 5. Has quite a few health problems but this program is helping to feel better 6. Going downhill, Parkinson's progressing broke hip – not able to continue with exercises for a while



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Question 2: How many fresh fruits and vegetables do you eat each week? Has it increased decreased or stayed the same since being involved in Project Emma?

Range of responses to the number of fresh fruits and vegetables varied from 1 per week to 63 per week. The average number of fresh fruits and vegetables consumed by participants was 16 per week. Also add the median.

Response	# who answered
Intake stayed the same	10
Intake increased	25
Intake drastically increased	3

Responses

Increased Consumption	Same Consumption
<ol style="list-style-type: none"> 1. 28 per week, drastic increase since program began 2. Vegetable and fruits every day, increased 3. Vegetable and fruits every day, increased 4. 14 fruits per week, increased 5. 21 fruits per week, 3 vegetables per week, increased 6. 14 fruits and vegetables per week, stayed the same 7. 8 per week, increased 8. 8 per week, slight increase 9. 16 per week, significant increase 10. 14 per week, increased 11. 14 per week, increased 12. 14 per week, increased 13. 15 per week, moderately increased 14. 14 per week, more 15. 21 per week, slightly more 16. 21 per week, increased 17. 14 per week, increased 18. 14 per week, slight increase 19. 21 per week, increased 20. 21 per week, increased 21. 20 per week, increased 22. 35 fruits and vegetables, increased 23. 21 per week, Increased since Project Emma 24. 14 per week, increased 25. 63 per week, increased 26. 10 per week, increased 27. 49 per week, increased 28. Not many, increased a small amount 	<ol style="list-style-type: none"> 1. 15 fruits per week, 14 vegetables per week, stayed the same 2. 1 fruit per week, does not eat vegetables, stayed the same 3. 28 fruits and vegetables per week, stayed the same 4. 5-6 per week, same 5. 20 per week, same 6. Hardly none, same 7. 10 per week, same 8. 2 per week, same 9. 28 per week, same 10. 14 per week, same 11. 4 per week, same 12. 10 per week, same 13. 35 fruits and vegetables, stayed the same 14. 20 per week, same 15. 5 per week, stayed the same 16. 35 per week, same 17. 25 per week, same 18. 35 per week, same



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Question 3: How often do you get exercise i.e. gardening, walking, yoga, chair exercises? Has it increased, decreased, or stayed the same since being involved in Project EMMA?

Responses

Daily or more	4-6x/week	2-4x/week	1x/week
1. Every day, increased	1. 5xs per week, increased	1. 3xs per week, same	1. None
2. Every day, increased	2. 5xs per week, improved exercising	2. 2xs per week, increased	2. None, same
3. 9xs per week, increased	3. 3 to 4xs per week, same	3. 2xs per week, no increase	3. 1x per week, increased – was not walking at all
4. 7xs per week, increased	4. 3 or 4xs per week, increased	4. 2xs per week, no increase	
5. Every day, increased	5. 4xs per week, increased	5. 3xs per week, same	
6. 7xs per week, same	6. 4xs per week, increased	6. 3xs per week, increased	
7. 16 times per week, increased	7. 5xs per week, same	7. 2xs per week, increased	
8. 8xs per week, major increase	8. 4xs per week, a little increase	8. 3xs per week, increased	
9. 9xs per week, increased	9. 5xs per week, same	9. 2xs per week, increased	
10. 8xs per week, same	10. 4xs per week, same	10. 2xs per week, increased	
11. 14xs per week, major improvement	11. 5xs per week, increased	11. 3xs per week, increased – lifting weights	
12. 8xs per week, increased	12. 6xs per week, same	12. 3xs per week, same	
13. 9xs per week, same		13. 2xs per week, increased	
14. 10xs per week, same			
15. 7xs per week, increased			
16. 7xs per week, increased			
17. 7xs per week, same			
18. 7xs per week, increased			
19. 7xs per week, increased			



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Question 4: When you exercise, for how long do you typically do the activity? Has it increased, decreased or stayed the same since being involved in Project EMMA?

Responses

>60 minutes	45-60 minutes	30-44 minutes	10-29 minutes
1. 1 hour, much more	1. 45 min per day, same	1. 30-45 minutes per day, 15 minutes of walking, same	1. Up to 30 minutes per day, stayed the same
2. 1 hour, same	2. 45 minutes, same	2. 30 minutes, slight increase	2. 10-30 minutes, same
3. 1-2 hours per day, increased	3. 45 minutes, increased	3. 30 minutes, increased and able to go farther each month	3. 10 minutes, increased
4. 1 hour, same	4. 45- 60 minutes, same	4. 30 minutes, same	4. 10-45 min, increased
5. 1 hour, same	5. 45 minutes, same	5. 30 minutes, increased	5. 20 min, same
6. 60 minutes, same	6. 45 minutes, same	6. 30-45 minutes, same	6. 15 minutes, increased
7. 1 hour, increased	7. 45 minutes, increased	7. 30 min to 1 hour, same	7. 20 minutes, same
	8. 45 minutes, increased	8. 30-45min per day, increased	
	9. 45 minutes, increased	9. 30 minutes, same	
	10. 45 minutes, increased	10. 25-45 minutes, increased	
	11. 45 minutes, increased	11. 30-45 minutes, increased	
	12. 45 minutes, increased	12. 30 minutes, more	
	13. 45 minutes, increased	13. 30 minutes, increased	
		14. 30 minutes, increased	
		15. 40 minutes, same	



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Question 5: How often do you experience feelings of depression? Has it increased, decreased or stayed the same since being involved in Project EMMA?

Responses:

Decreased/Program Helped	Stayed the Same
1. Every once in awhile, decreased	1. Never, same
2. 1x per week, decreased depression	2. Every day, same
3. 1 to 2 xs per week, better since participating in the program	3. Depressed all the time, same
4. Some problems, depression is less	4. No depression, same
5. Not depressed, gives confidence – helps	5. No really ever depressed, program helps to keep mood good
6. Sometimes depressed, helped to ease depression	6. No depression, program hasn't helped
7. No depression, helped to improve mood	7. No depression, same
8. Sometimes depressed, helped	8. Not depressed, didn't help
9. Rarely depressed, more positive	9. Very seldom depressed, same
10. Not depressed, helps to feel better	10. Never depressed, same
11. Rarely depressed, a little better	11. Never depressed, same
12. Sometimes, helps a lot	12. Sometimes depressed, same
13. Yes, bipolar and has anxiety, decreased depression dramatically	13. Never depressed, same
14. Some depression, decreased depression	14. No problems, same
15. Sometimes depressed, helps tremendously	15. No problems, same
16. Rarely depressed, reduces depression	16. No problems, same
17. Struggle with depression all life, no problems now	17. Not really, same
18. Some depression, reduces depression	18. No problems with mood, same
19. Has struggled with depression, helps	19. No problems, same
20. Sometimes depressed, helps tremendously	20. Depressed every day, same
21. Depressed some of time, helps	
22. No depression, look forward to it, need to be with people	
23. Not as depressed, might be because of new girlfriend	



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Question 6: How would you describe your mobility, endurance and strength? Has it increased, decreased or stayed the same?

Responses:

Increased/Program Helped	Stayed the Same
1. Moving easily, all areas better	1. No areas good, didn't change
2. All areas good , increased in all areas with the program	2. Good, same
3. Good mobility, strength and endurance, improved	3. Good except strength, same
4. Not so good, helped with mobility	4. Good in all areas, same
5. All areas good, helped improve in all areas	5. Pretty good in all areas, same
6. Average to good in all areas, improved all areas	6. Endurance and strength good, same
7. Very good, helped	7. Not the best in any areas, same
8. Good, helped	
9. Good, all are better	
10. Average, all are better	
11. Good, all are better	
12. Good, helped with all	
13. All areas improved greatly – used to lay on couch now can take better care of self and house	
14. Helped improve all, more mobility	
15. Good, all improved	
16. Good mobility – not strong, helps a lot this program	
17. Limited mobility, better now	
18. Ok – helped a lot	
19. Good in all areas, Increased strength	
20. Not so good, walking faster and have more energy	
21. Good in all areas, increased in all areas	
22. Limited mobility but good endurance and strength, could not have enjoyed square dancing for 3 hours unless exercising	
23. Above average in all areas, can do more now because of program	
24. All good, all areas improved	
25. All good, all areas improved	
26. All good, improved muscle tone	
27. All good, upper body strength has improved	
28. Good, improved	
29. Poor in all areas, improved	
30. Poor in all areas, improved upper body strength	
31. Average in all areas, improved greatly	



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Questions 7: How many times do you visit local tailgate markets? Has it increased, decreased or stayed the same since being involved in Project EMMA?

Responses:

Increased/Program Helped	Stayed the Same	Decreased
1. Go 1x per week when weather is warmer, increased 2. 2-3xs per month in warm weather, go more often now 3. Yes, go more often now 4. Yes, go occasionally, no increase 5. Goes a lot in the summer, increased 6. Yes, more	1. Loves farmers market, goes regularly in warm weather 2. Occasionally go, same 3. Goes 1 x per month, same 4. Sometimes, same 5. Hardly ever goes, same 6. Goes occasionally, same 7. Yes, goes often, same 8. Goes every week in the warm weather 9. Yes, goes regularly, same 10. Yes. goes when can find a ride, same 11. No, same 12. Yes, goes frequently, same 13. Yes, goes frequently, same 14. Yes, 2 xs per month, same 15. No, grows own vegetables, same 16. Yes, same 17. Yes, same 18. No, same	1. Yes, less now because not driving

Several sites had not implemented any options for going to local tailgate markets because of the difficulty of participating in the program and accessing the coupons. 21 of the potential 46 participants were not engaged in any activities related to tailgate markets.



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Question 8: Do you ever use Alternative Therapies for your health conditions? If yes, what kinds of Alternative Therapies do you use? Has it increased, decreased or stayed the same since being involved in Project EMMA?

- 31 of 42 respondents (74%) reported they do not use alternative therapies.
- 10 respondents (24%) do use alternative therapies. These included; herbal remedies, yoga, chiropractor, homeopathic remedies, acupuncture, massage, green tea, and vitamins. Of these, only one reported this had increased since being in the program.
- One responded 'not sure.'



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Question 9: Are there any other changes in your health or well being that you attribute to participation in the program?

Responses

Yes	No
1. General outlook is better	1. No changes
2. Feels great because of Program for the past several months	2. No changes
3. Increased sense of well being, lost weight	3. No
4. Exercise has helped her be more alert, able to remember more	4. No
5. Doesn't think she would be as well off as she is	5. No
6. Better blood sugar, blood pressure, likes being with people, feels better	6. No
7. Helps with daily life, communicating with others	7. No, not able to participate
8. Yes, confidence increased, more positive	8. No
9. Yes, helps in general day to day life, wants to have more exercise time with the group	9. No
10. Yes, lift, helps with depression, rounds out exercise program, more conscious of what needs to be done to stay healthy, loves being with people	10. No
11. Yes, likes to be with people, makes her feel better	11. No
12. Yes, stronger and move around better	12. No
13. Yes, feel better, helps to get moving easier	13. No
14. Helped in many areas, moving better, more positive	
15. Psychologically, physically and spiritually helped	
16. I always feel like I am having a good day when I exercise	
17. Mental and emotional state is better	
18. Helps to keep going and moving	
19. Sense of purpose, gets him out of the house	
20. Deal with stress better with exercise program	
21. Can't say enough, life altering, made many new friends	
22. Not sure how she managed before the program, not so lonely anymore, great to be with people	
23. Yes, more cheerful attitude	
24. People person, class has made life better	
25. Gets her up and out and that is what she wants	
26. Feels better, more mobile	
27. Doing more reps with weights	
28. Moving more at home, more stable on feet	
29. Doesn't fall anymore, more capable of taking care of herself	
30. Has not been ill for a long time and credits the program for part of that	
31. Sleep more and better, more willing to do things	
32. Blood pressure is down and staying down because of program	



Question 10: What did you learn from Project EMMA?

Responses

Exercise, Breathing	Eating Healthy	Fall Prevention, Balance, Movement	Nothing
1. Learned to take better care of self with exercise 2. Yes, when things don't feel good to stretch 3. Yes, exercise is different from she would normally do, learned new ways to stay fit 4. Yes, when you are stiff you need to exercise 5. Breathing and stretching 6. Yes, breathing classes helped 7. Yes, learned how to exercise differently 8. Yes, breathing, correct posture and trying a variety of new things has helped with overall movement and strength 9. Breathing exercises helped, balance classes helped 10. Breathing properly was new information 11. Yes, walk with ease now that learned to stretch and warm up 12. Stretching and	1. To eat more fruits and vegetables and the importance of not eating fried foods 2. Nothing 3. Learned to eat more fruit would help 4. How to eat properly and value of eating fresh fruits and vegetables 5. Learned what to eat	1. Yes, learned about the right way to move 2. Yes, fall prevention and balance 3. Yes, how to move to improve health, not cause injury 4. Good speakers talk them about safety and injury prevention 5. Injury prevention 6. Learned how to get out of chair in a safe way	1. Nothing 2. Nothing 3. No 4. No 5. No 6. No 7. Enjoyed programs, couldn't name what learned 8. No 9. No 10. Nothing new 11. No 12. No 13. No



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<p>warm ups – proper ways to do this</p> <p>13. All the exercises</p> <p>14. Everything was new for how to exercise for her</p> <p>15. Stretches</p> <p>16. Yes, learned how to use the exercise band</p> <p>17. Exercise band exercises were all new</p> <p>18. Stretching neck, fingers and ankle, don't have injuries or sore places anymore</p>			
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Question 11: Did your involvement in Project EMMA help you to change your habits? If so, which ones?

Responses

Yes	No
1. Helped increase my consciousness about healthy eating at home	1. No
2. Doesn't eat as much, smaller portions, moves more throughout the day	2. No
3. Yes, more exercise and going out	3. Didn't change habits
4. Yes, changed, moving more, eating more fruits	4. No
5. Yes, increased walking and physically more active	5. No
6. Yes, move differently, mentally try to be conscious of being positive	6. No
7. Yes, trying new activities all the time	7. No
8. Yes, lifting weights regularly	8. No
9. Yes, more fruits and vegetables and biggest change is the exercise – no exercise to over 14 x's per week for over a year	9. No
10. Changed eating and exercise habits	10. No, already exercising
11. Yes, starting walking every day	11. No
12. Yes, walking moving more	12. No
13. Yes, exercise every day now, meet friends more, get out more and that is good	13. No
14. Yes, exercising more, eating more fruits and vegetables	14. No
15. Yes, trying every day to move more	
16. Exercising every week, eating more regularly, taking short trips now – couldn't before	
17. Yes, started square dancing classes at the center because I can do it now	
18. Yes, trying to be more active throughout the week	
19. More conscious of finding opportunities to be more active, becoming second nature, parking far away from the door, doing stairs to start the day, walking every aisle in the grocery store	
20. Yes, more active every day	
21. Yes, eating habits are different, healthier	
22. Yes, eating more fruit, exercising more	
23. Yes, happier, not down, do more at home	
24. Yes, no examples	
25. Yes, added more to exercise routine	
26. Yes, works harder when exercising, wears self out	
27. Yes, getting out of the house more to exercise	
28. Yes, doing hand weights more	