

Implementing the
health@steps
program for healthy living
in family health teams

S. Cook, M. Stuckey, R. Petrella

AFHTO Conference Oct 16, 2012

Introductions

- Sheila Cook
 - Knowledge Broker
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 - www.healthesteps.ca
- Melanie Stuckey
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 - @mistuckey
 - #STEPtest #healthesteps

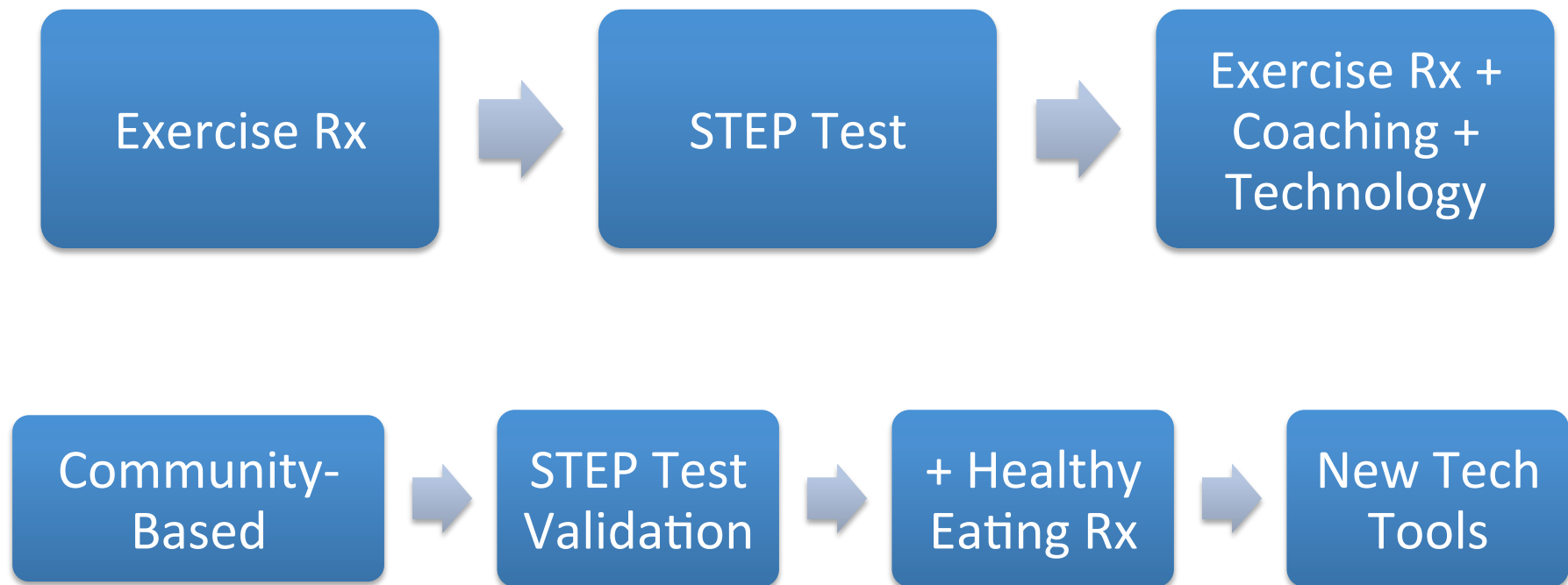
Funding and Partner Acknowledgements



Poll

1. Exercise is important to chronic disease prevention and management.
2. I consistently talk with patients about the importance of exercise.
3. I provide coaching to patients about exercise and help them set SMART exercise goals.
4. I consistently give patients exercise prescriptions.

Program of Research & Knowledge Translation Overview

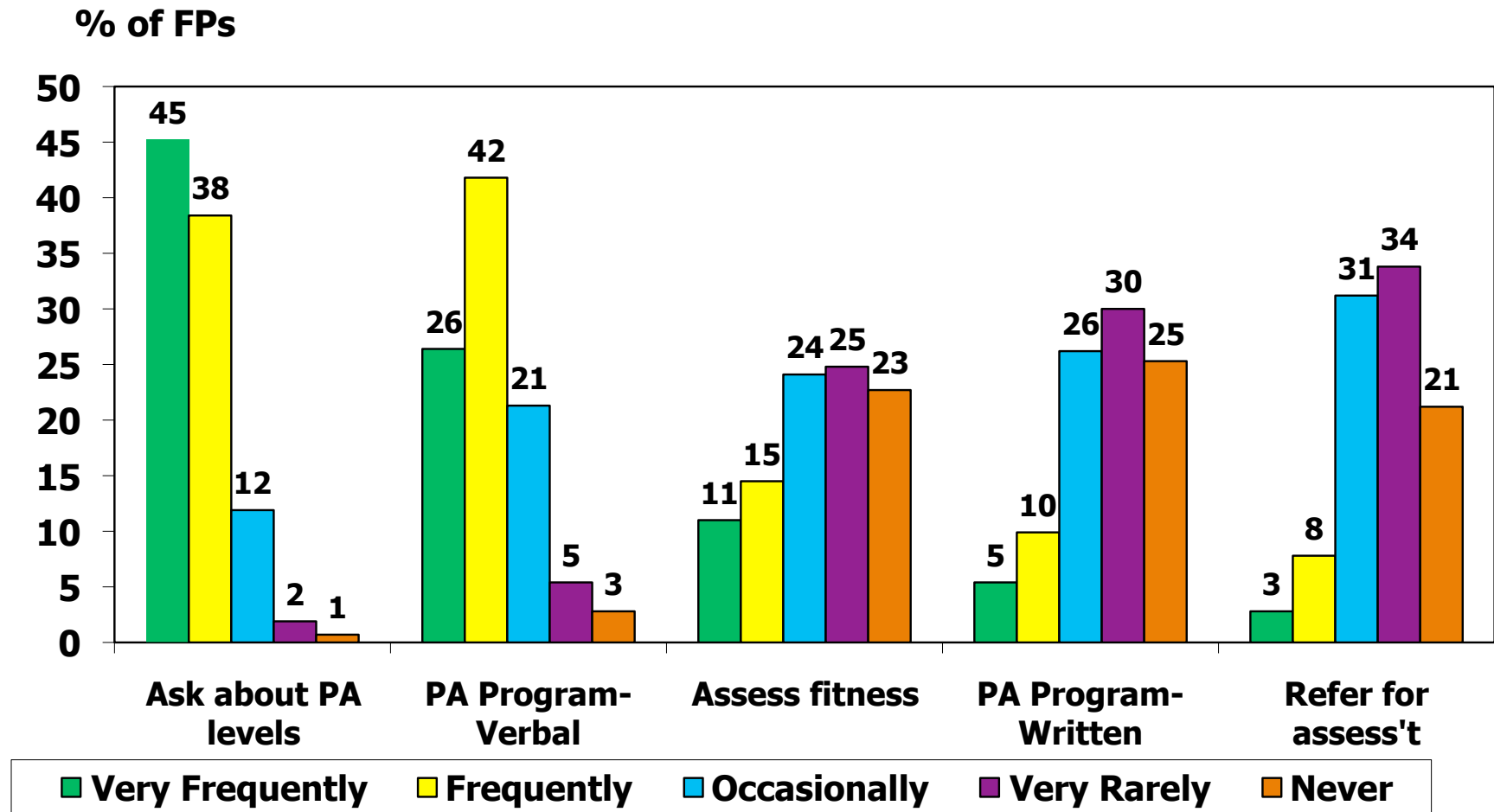


Why do we need exercise counselling in primary care?

- Physical activity is effective in chronic disease management and prevention.
- U.S. Preventive Task Force recommendation:
 - ALL patients should receive activity advice from their family physician.
 - Tailored to lifestyle and health status.

Harris et al (1989) JAMA 261(24): 3590-98

Exercise Counselling in Primary Care



Petrella et al. Am J Prev Med, 2005

Barriers to exercise counselling in primary care

- Counselling skills/confidence
- Perceived ineffectiveness
- Organizational support
- Reimbursement
- Materials/tools
- Time

Marcus et al (1995), Med Exerc Nutr Health, 4:325-34
Petrella and Wight (2000), Arc Fam Med 9:339-44

Step Test and Exercise Prescription (STEP™)



- 20x at a normal pace
- Calculate VO_{2max}
 - Age
 - Sex
 - Body Weight
 - Time to complete test
 - Post-test HR

Petrella and Wight (2000), *Arc Fam Med* 9:339-44

Exercise Prescription

STEP™
Step Test Exercise Prescriptions

R_x EXERCISE PRESCRIPTION

Date: _____

Fitness → VO_{2max} : _____ ml/kg/min

Classification: _____

Frequency: _____ days per week ← **Frequency**

Training Heart Rate: _____ beats/min

Intensity → _____ beats in 10 sec

Aerobic activity: walking, cycling, _____ ← **Type**

Time: Begin with _____ minutes

increase by _____ minutes

to reach 30 minutes per session

_____ MD

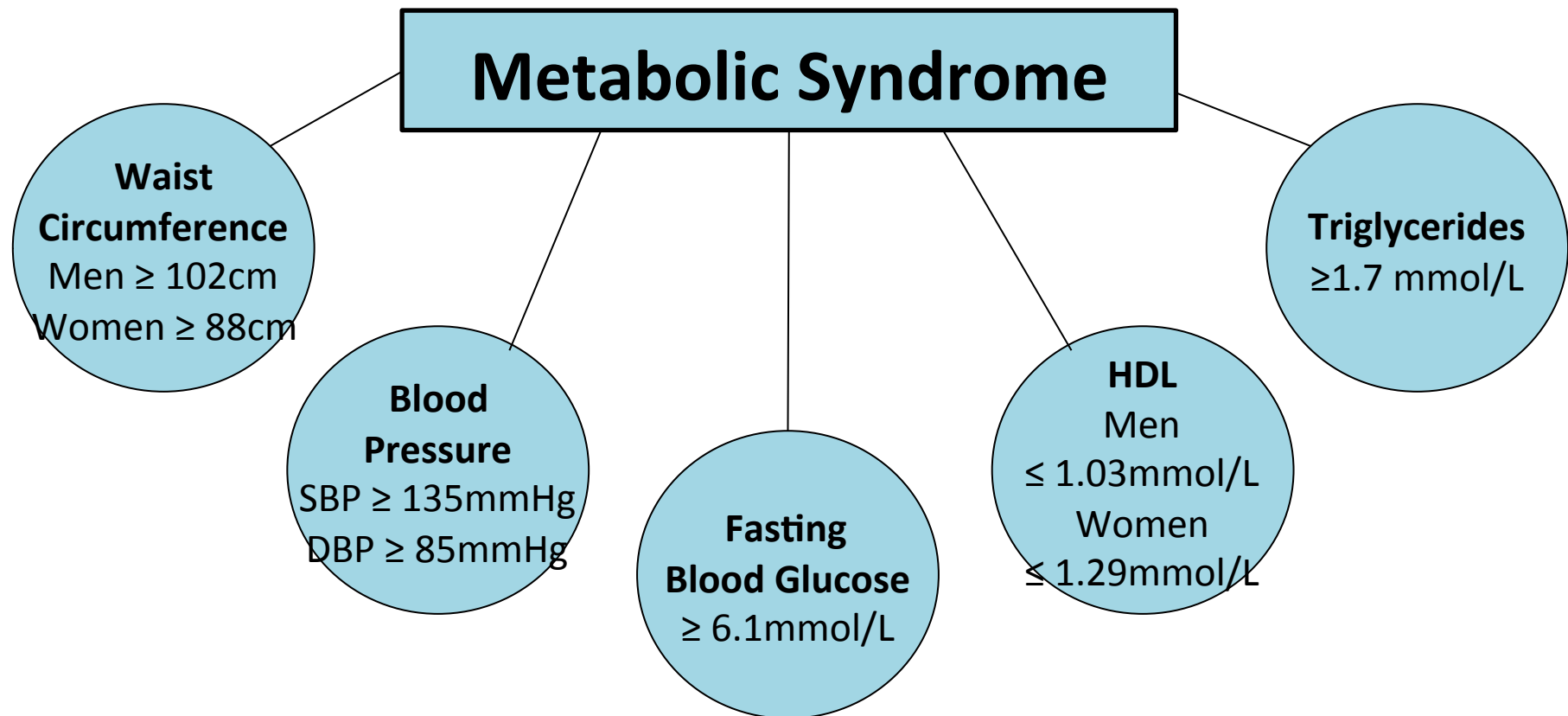
Results

Health Measure	Post-STEP™
Fitness	↑ 7-18%
Weight	↓ (BMI+WC)
Blood Pressure	↓
Blood Glucose	↓
Cholesterol	↓ (no change HDL)
Vascular	↓ stiffness

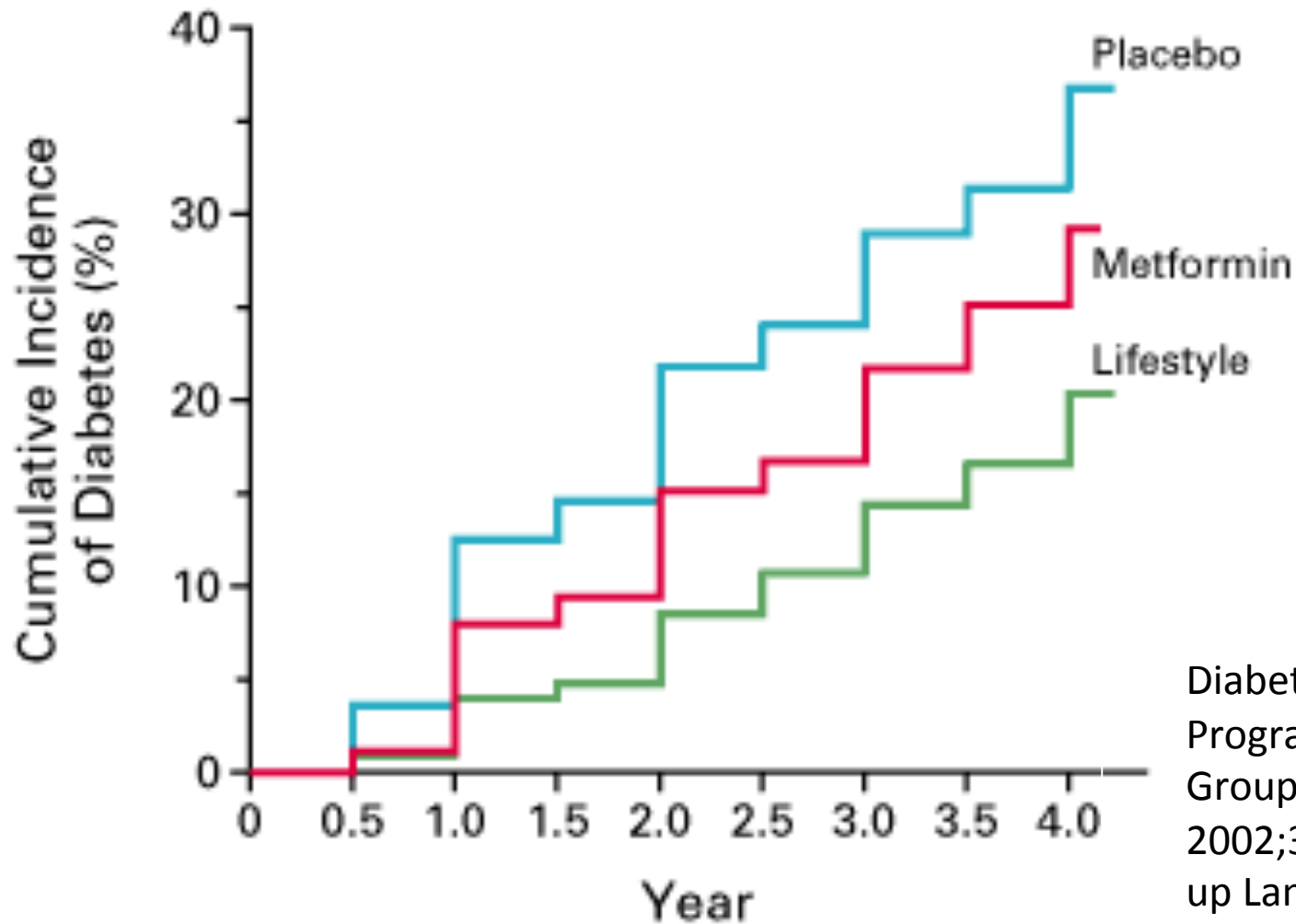
Stuckey, Knight, Petrella (In Preparation)

Discussion of STEP™ Results

- Greatest health improvements in at risk populations.



Discussion of STEP™ Results



Diabetes Prevention
Program Research
Group. NEJM
2002;346:393 Follow-
up Lancet 2009
(findings maintained)

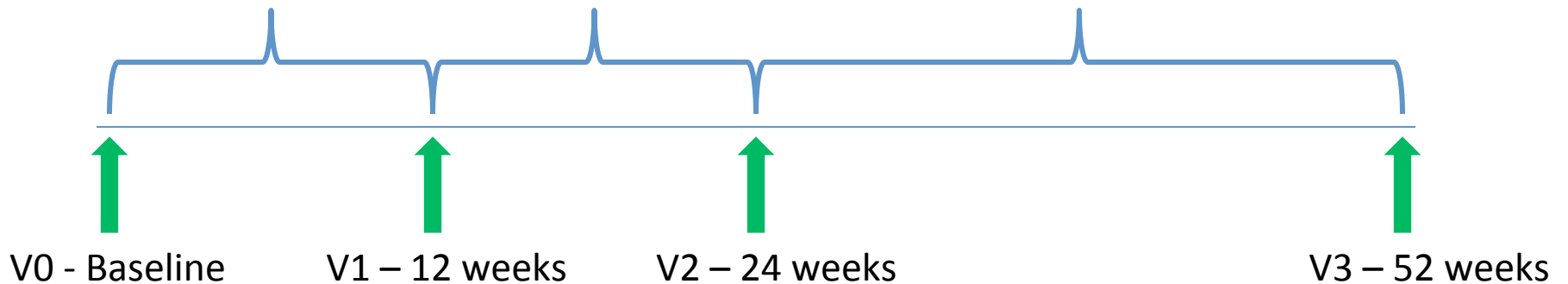
STEP™ Limitations

- Physician time
 - Allied Healthcare Professionals
- Validated in older adults
 - Petrella et al (2001) J Am Geriatr Soc 49:632-8
 - Validation for all adults 18y+ currently underway
- Heart Rate is needed in calculation
 - β -blockers

ARTEMIS Research Study

Home-monitoring

- blood glucose
- blood pressure
- pedometer steps
- body weight



Clinic Visits:

- STEP™ by Kinesiologist
- Metabolic Syndrome risk factor assessment

PRELIMINARY Results

Measure	Change after 1 yr
Fitness	↑
Waist Circumference	↓
Blood Pressure	↓
Blood Glucose	↔
Triglycerides	↔
HDL	↔

Community Consultations

This is meat, potatoes and gravy country – we know we need to be healthier, we don't know how.

We made such good progress. Provide us with on-going support

Ideas about technology and health. Very open.

Don't abandon us after the study is over.

Community Consultations

“Web site – one place to go for trusted information that takes rural living into account.”

Make the program available to more people on a long-term basis.

I want my doctor to know what’s going on. I liked being accountable to someone else.

Family Health Team Pilots

- ✓ Use existing staff and space resources
- ✓ Do not add to physician backpack
- ✓ Fit into existing workflow as much as possible
- ✓ As many participants as possible in 90-minutes
- ✓ Help us identify patients at risk and support referrals to allied health team
- ✓ Integrate into EMR but no special stamps

HealthSteps Response

- FHT Program:
 - Supported training process for local HealthSteps Coaches
 - Knowledge Broker works with team to develop processes (e.g. recruiting, scheduling, implementing, tracking)
 - 90-minute session facilitated by local coaches
 - Up to 8 participants per session

www.HealthSteps.ca

[Home](#) [Learn](#) [Eat](#) [Move](#) [Relax](#) [Change Coach](#) [Sessions](#) [Planning Healthy Events](#) [Youth](#)

What's New

1. Free Nutrition Advice from a Registered Dietitian by Phone or Email - Eat Right Ontario - <http://www.eatrightontario.ca> OR 1-877-510-5102.
2. [Get involved in research.](#)
3. Try some [interactive learning.](#)
4. Now you can easily contribute to the blogs without signing in. Please offer your ideas, suggestions and questions.
5. Check out our new fall [stretches](#) and [strengtheners](#) that focus on arms and shoulders.
6. If you are interested in participating in an [ARTEMIS-STEP™ study](#), or would like more information, please contact the study coordinator Emily at 519-685-4292, ext. 42858 or send her an [email](#).

Last updated September 28, 2012

Home

[Healthy Living Trackers](#)

[Fall Recipe](#)

[Stretches of the Month](#)

[Strengtheners of the Month](#)

[Relaxation of the Month](#)

[Food for Thought](#)

This is my Life



September 28, 2012

September and October - The perfect time for making a change!

Jody Schuurman

I love September and October, because it signals to me a time for change, new routines and fresh starts. Like New Years - it's a time that gets me thinking about what I can do differently this school year, what habits I'd like to change, and what new habits I'd like to form.

17 Views | 0 Comments

[View All >](#)

Current Weather

The Weather Network Full Forecast

London, ON

12°C A few clouds

Events

FHT Program

- Quick HealthSteps Check-Up
- STEP™ Test
- Individual Exercise Rx
- Teach how to take HR
- Healthy living resources
- Goal setting with support of coach and other participants
- Self-Directed exercise program
- Repeat every 1 -3 months

HealthSteps™ Pilots



Large employer



Walk for Wellness Programs



Group of Youth

What we've learned

- Recruiting, referrals and reminders requires constant attention
 - Role of marketers is new for many
 - Tough to get men and families on board
- Takes time to build health literacy
 - How to take heart rate
 - How to set goals
 - Concept of self-management and accountability
- Participants like the positive environment, having a goal and tracking progress

Barriers to implementation	Facilitators to implementation
<ul style="list-style-type: none"> •Small teams with few resources. •Full workloads and annual plans already established. •Concerned about risk of STEP™. •Physicians and Allied Health referrals. •Build “KT relationship”. •Training and support for coaches. •Weather. 	<ul style="list-style-type: none"> •Physician champion. •Full health team participation. •Promotional items (pedometers, etc.) •Local champions to develop trust relationships and refer to other organizations in the community. •Knowledge broker support. •Teams sharing tools and experiences.

Feedback

“Highly recommended.”

“My joints were telling me it was time to get active again.”

“This is a once in a lifetime opportunity.”

Future Research & KT

- Funding to pilot HealthSteps in rural and remote communities across Canada
 - Include secure social networking
 - Healthy eating Rx
- Together with Dietitians of Canada - Develop, deploy two new healthy living apps



Future Research & KT

- Applying for funding:
 - Support the HealthSteps Network
 - Evaluate effectiveness of different combinations of CDM strategies
 - Build new technology-based tools (e.g. web based tracker, enhanced GlucoGuide)
 - Expand to other chronic diseases and age groups
 - Collaborate with international partners



Participate in HealthSteps™

- Interact at www.healthsteps.ca
- Join the HealthSteps Network
- Currently working on a implementation kit for FHTs
- Continue to seek research and KT partners
- info@healthsteps.ca