

Ready to Move Pre-Post Data



LIVE YOUR BEST YOU.

<https://healthy.iu.edu>



LIVE YOUR BEST YOU.

Healthy IU Participants

10 semesters:

Fall 2013 - Spring 2018

IUPUI Fall 2014 - Spring 2017

- 275 Student coaches
- 367 Clients (313 Women and 54 Men)

IU Employee Rank:

- 241 – Staff Appointment/Professional
- 123 - Academic Appointment/Faculty



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Would you say that in general your health is:

% who stated good, very good, or excellent.

Pre Survey Average	
Fairbanks 2015 89.3%	
IUB/IUPUI Average	87%



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Health Questions

	Arthritis	Low Back Pain	High Blood Pressure	Diabetes
Fairbanks 2015	29.7%	30.8%	24.9%	6.5%
IUB/IUPUI Average	23%	29%	26%	6%



LIVE YOUR BEST YOU.

How do you envision your tracking device helping you? (Total)

**No longer on pre

- Motivator/accountability: 90
- Feedback/awareness: 73
- Track progress: 56
- Increase activity/reminder to move: 41
- Set/meet goals: 37
- No expectations: 12
- Competitiveness: 2



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Rate the importance of regular physical activity/movement to you:

1=Lowest 10=Highest

	Pre	Post
IUB/IUPUI Average	7.85	8.67

My confidence in my ability to reach and sustain regular physical activity/movement

	Pre	Post
IUB/IUPUI Average	7.21	8.06



LIVE YOUR BEST YOU.

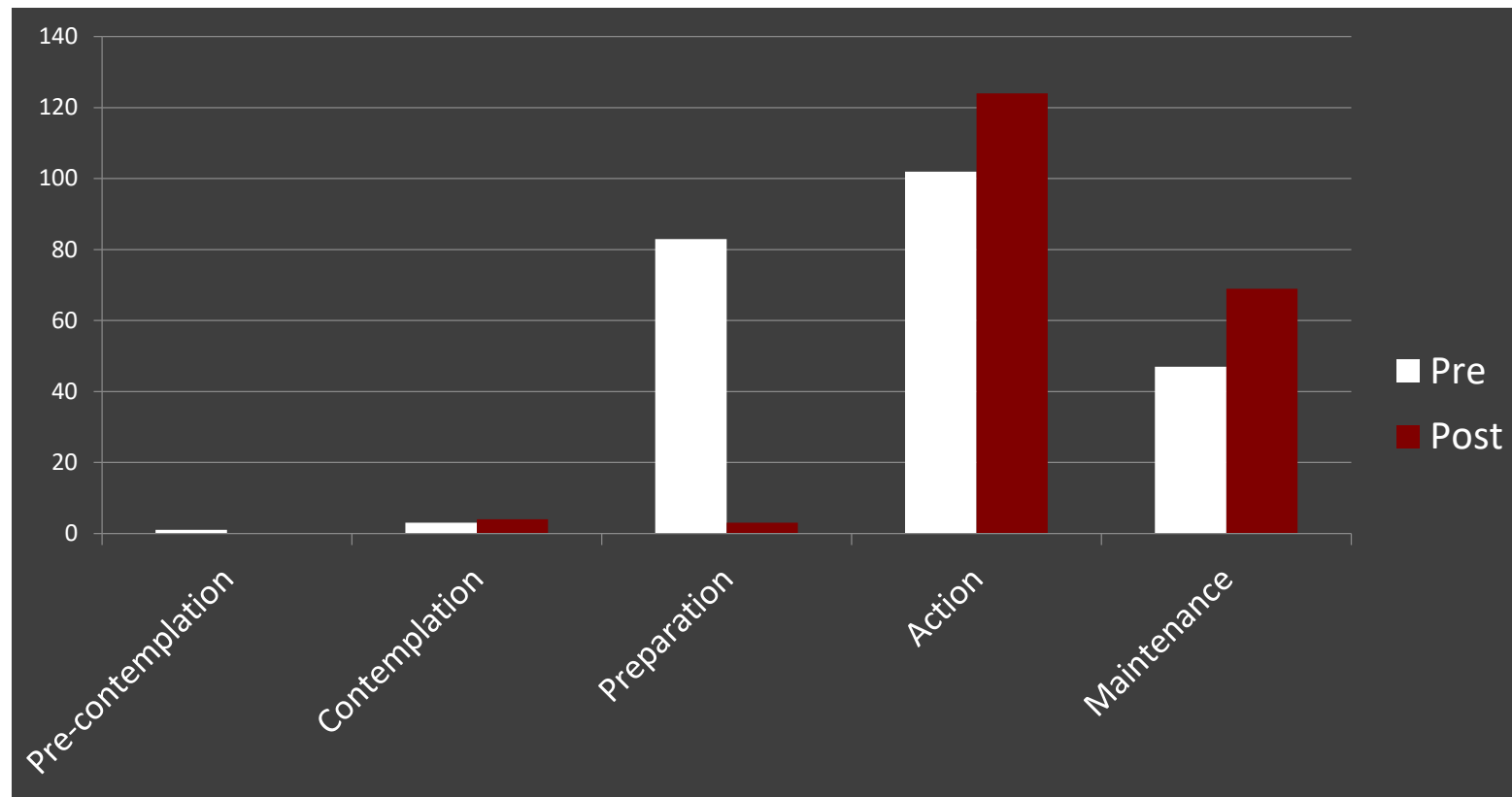
How fatigued do you feel during a typical workday?

PRE-SURVEY	Extremely	Very	Somewhat	Slightly	Not
IUB/IUPUI Average	2%	16%	42%	26%	15%

POST-SURVEY	Extremely	Very	Somewhat	Slightly	Not
IUB/IUPUI Average	6%	12%	39%	30%	14%



My readiness to make changes or improvements to reach or sustain regular physical activity/movement:



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(Katmarzyk et al 2009): What amount of time do you spend sitting during the course of most days of the week?

% who stated approximately ¾ of the time or almost all of the time

	Pre Survey	Post Survey
IUB/IUPUI Average	81%	70%



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When you are at work, which of the following best describes your work: *% who stated mostly sitting*

Fairbanks 2015 82.2%		
	PRE SURVEY	POST SURVEY
IUB/IUPUI Average	90%	91%



During a usual 8 hr. work day, about how many times are you able to get up and move around for any reason, such as walking to a meeting room, the photocopier, the restroom...or just to stand up and stretch?

% who answered >5 times

Fairbanks 2015		
72.9%		
	PRE SURVEY	POST SURVEY
IUB/IUPUI Average	71%	68%



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The movement coach helped me develop an effective plan for my health/fitness goals

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Average
IUB/IUPUI Total	8	4	15	92	184	4.45

The coaching experience met my expectations:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Average
IUB/IUPUI Total	7	6	17	69	195	4.49



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I would recommend my movement coach to someone else

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Average
IUB/IUPUI Total	7	5	6	52	217	4.62

I met people I can continue walking with once my coaching ends

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Average
IUB/IUPUI Total	17	61	81	56	78	3.37



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This experience improved my productivity at work

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Average
IUB/IUPUI Total	5	15	76	110	85	3.88

I believe engaging with students connects me better with IU

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Average
IUB/IUPUI Total	6	1	26	80	180	4.46



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My activity tracker will help me sustain a healthy lifestyle once my coaching ends:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Average
IUB/IUPUI Total	10	5	23	119	131	4.24

I would recommend my activity tracker to a friend

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Average
IUB/IUPUI Total	10	6	24	107	141	4.26



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Did you make a lifestyle change as a result of this program?

% who said yes

Post Survey Average	
IUB/IUPUI Average	75%

Has this program changed your views on physical activity?

% who said yes

Post Survey Average	
IUB/IUPUI Average	75%



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How was your day-to-day health influenced? (Total)

- Setting/meeting goals: 448
- Got more steps/activity: 142
- Increased awareness of activity and sleep: 102
- Get more/better sleep: 23
- Reminded/motivated to make healthy choices/changes: 8
- Noticed difference in energy levels: 9



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What's the number one take-a-way from your participation in the RTM program?

- “A quick couple of minutes of moving around makes you more productive, so there is really no time lost, only gained.”



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