



# Ready to Move Pre / Post Cumulative Data

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Updated 5/1/17



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## Fall 2013 through Spring 2017 Tracker used: Fitbit Flex

242 - Student coaches

314 Clients (267 Women and 47 Men)

### IU Employee Rank:

203 – Staff Appointment/Professional

110- Academic Appointment/Faculty





## General Health – Pre RTM program

BRFSS Question on Fairbanks survey: Would you say that in general your health is:

Fairbanks Average	% who stated good, very good, or excellent
2013	89.7%
2015	89.3%

Pre Survey	% who stated good, very good, or excellent
RTM Average	86%



# Health History Information as reported by participants

Health risk	Cumulative IUB/IUPUI
Arthritis	28%
Lower Back Pain	33%
High BP	20%
Diabetes BG>100 mg/dl	8%

\*Attracting participants with health problems



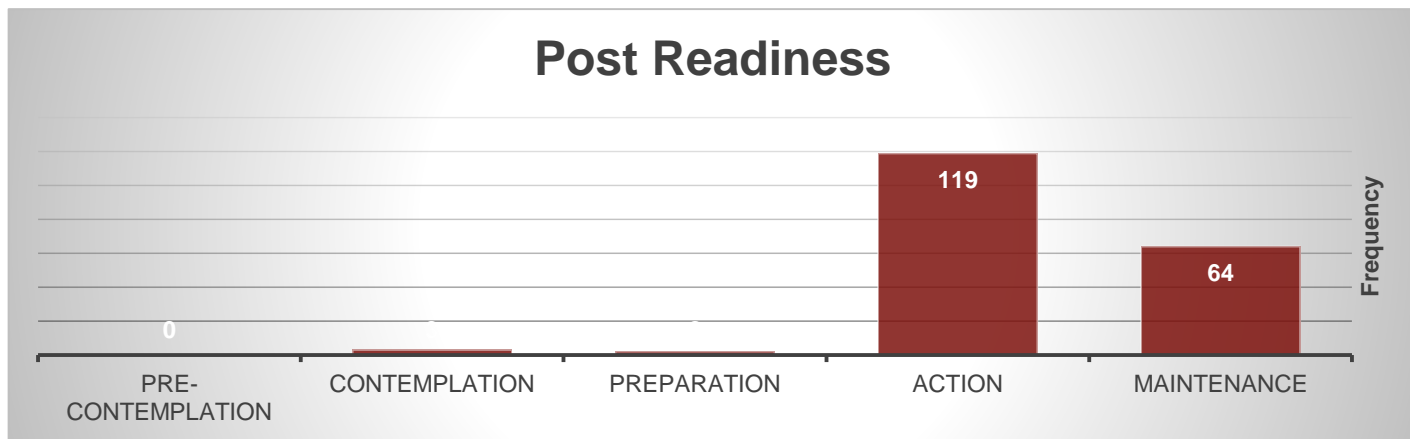
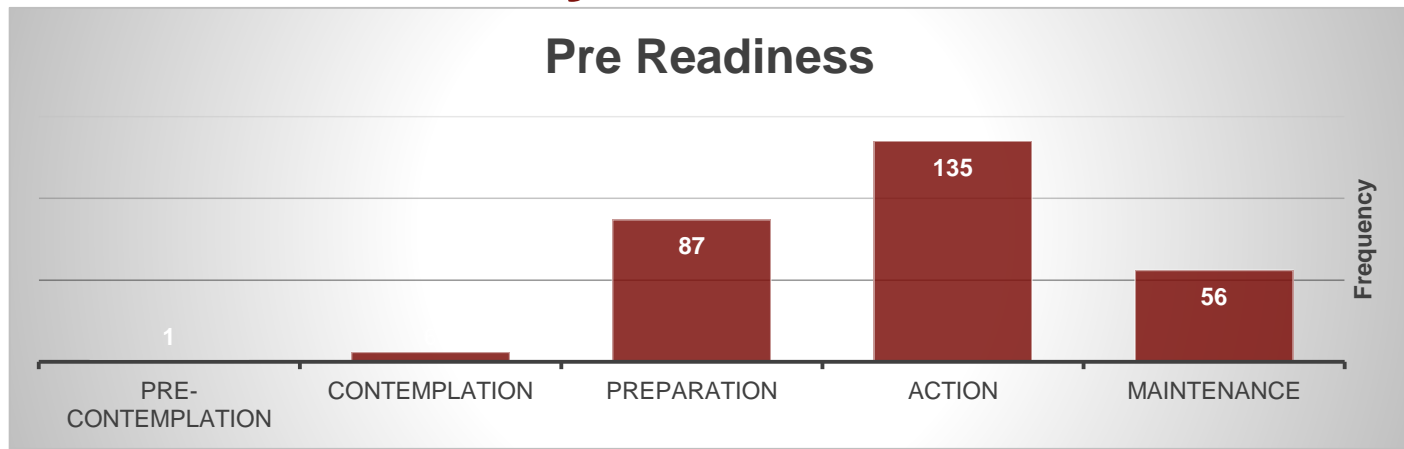
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# Pre/Post Program Evaluation 2013-2017





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





# Physical Activity Importance

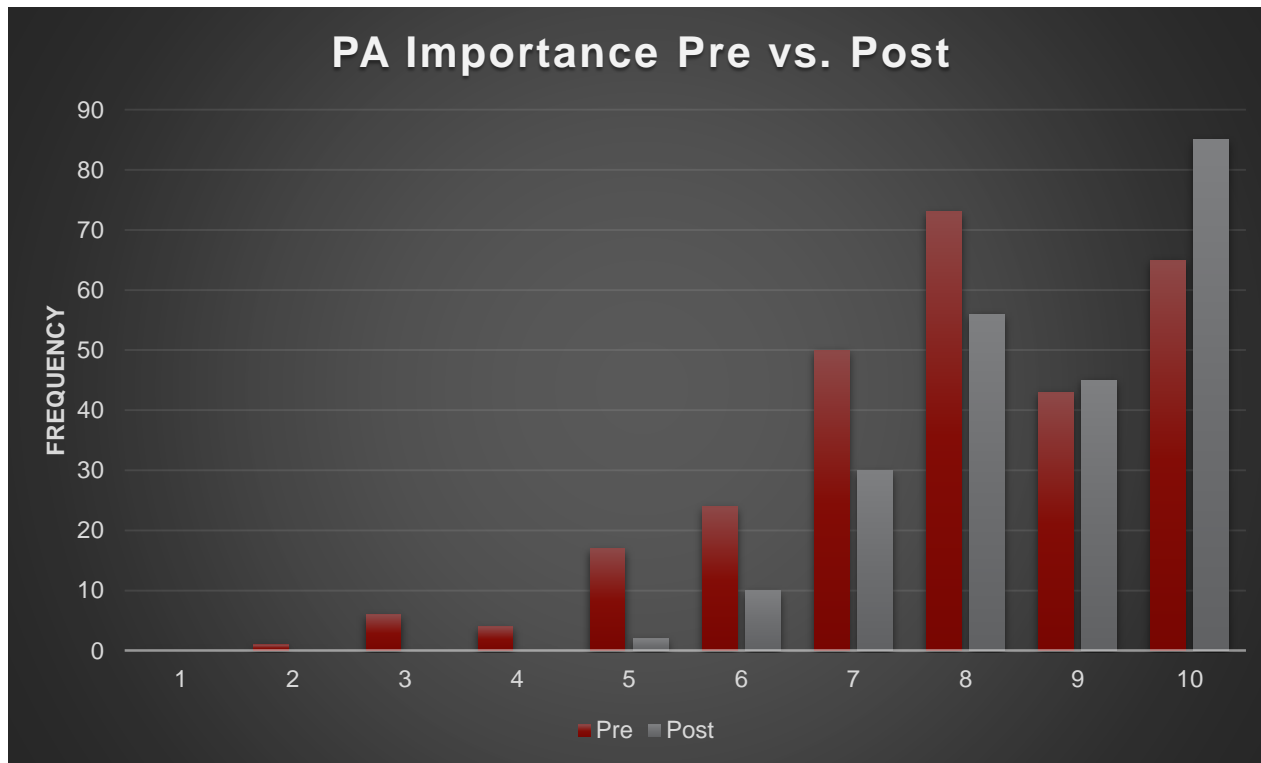
Rate the importance of physical activity to you  
*1 being not important and 10 being very important*

	Pre Survey	Post Survey
RTM Average	7.9	8.6



# Physical Activity Importance

Rate the importance of physical activity to you  
*1 being not important and 10 being very important*







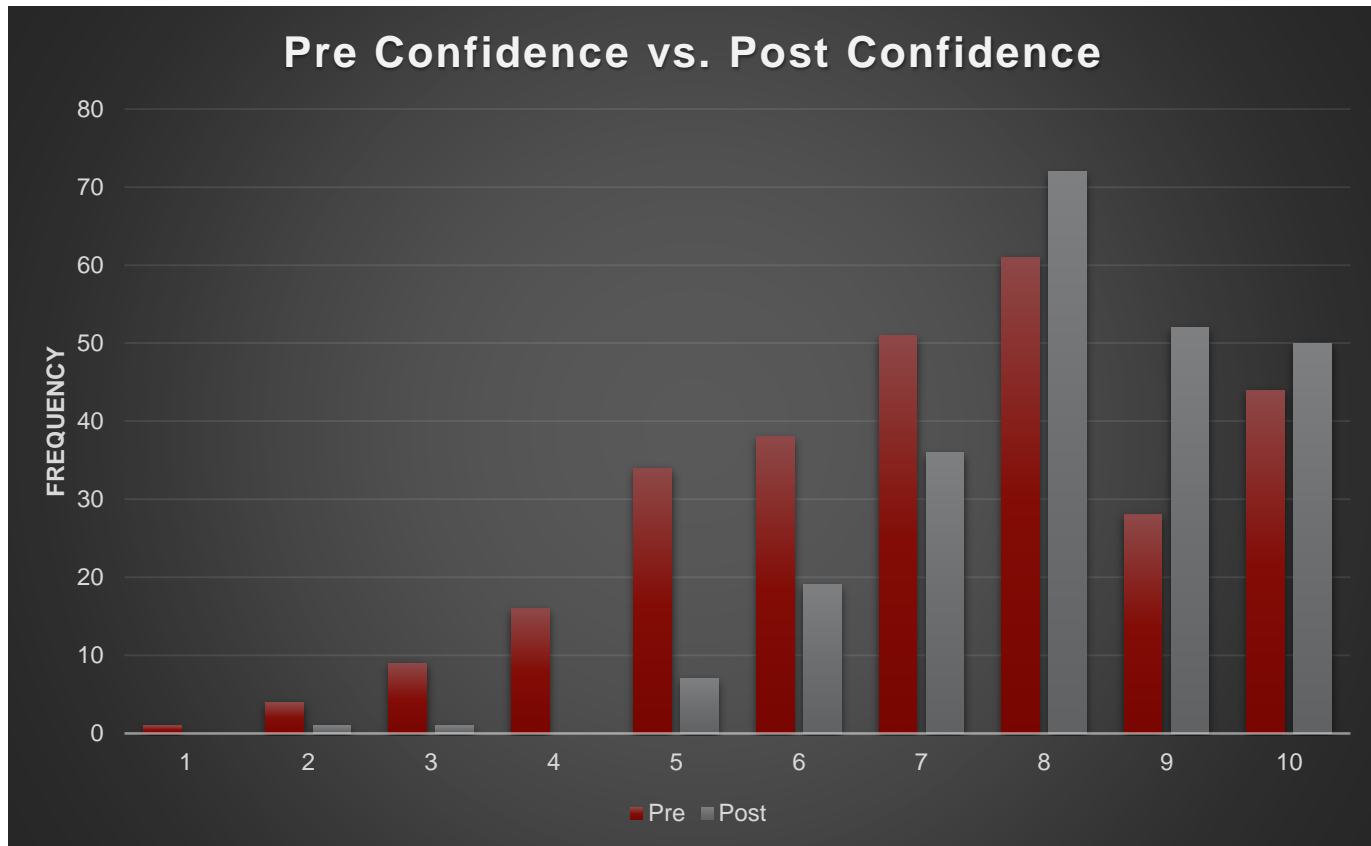
**My confidence in my ability to reach and sustain regular physical activity/movement**  
***Lowest =1 and Highest=10***

	Pre Survey	Post Survey
RTM Average	7.25	8.10



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

*Lowest =1 and Highest=10*





# Sitting Time

**What amount of time do you spend sitting during the course of most days of the week? (K09)**

*% who stated approximately  $\frac{3}{4}$  of the time or almost all of the time*

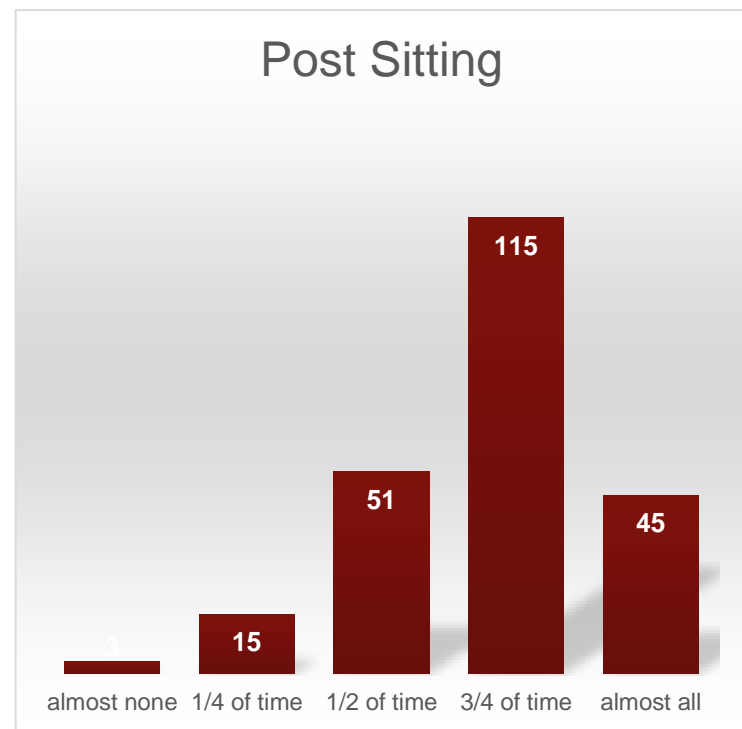
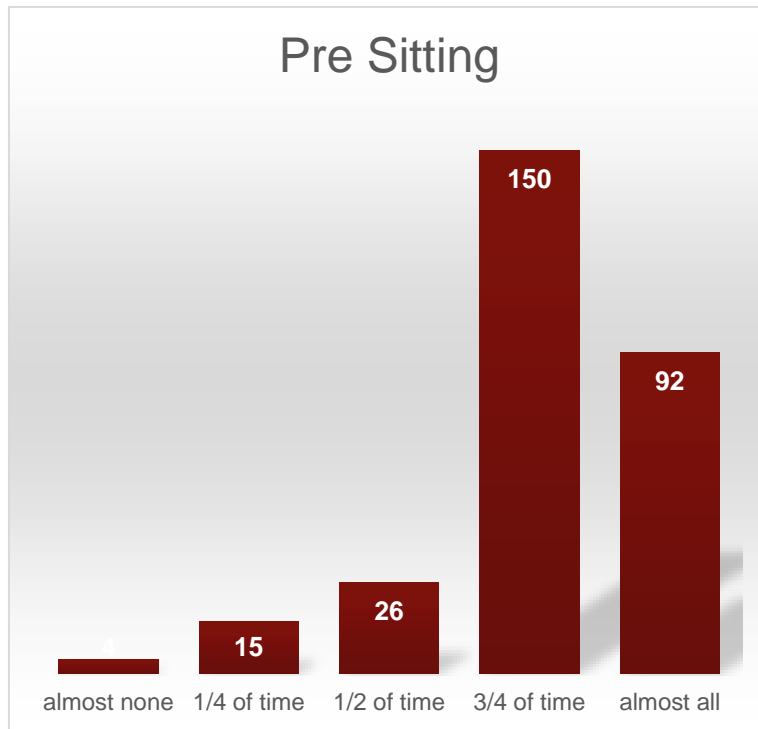
	Pre Survey	Post Survey
RTM Average	77%	72%



# Sitting Time

What amount of time do you spend sitting during the course of most days of the week?

*% who stated approximately  $\frac{3}{4}$  of the time or almost all of the time*





## Sitting At Work (BRFSS)

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

Fairbanks Average	% Mostly Sitting
2013	83.7%
2015	82.2%

	Pre Survey	Post Survey
RTM Average	92%	91%



## Sitting At Work (BRFSS)

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



\*Not impacting sitting time at work



# Getting Up At Work

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 Average	>5x
2013	78.9%
2015	72.9%

	Pre Survey	Post Survey
RTM Average	64%	72%



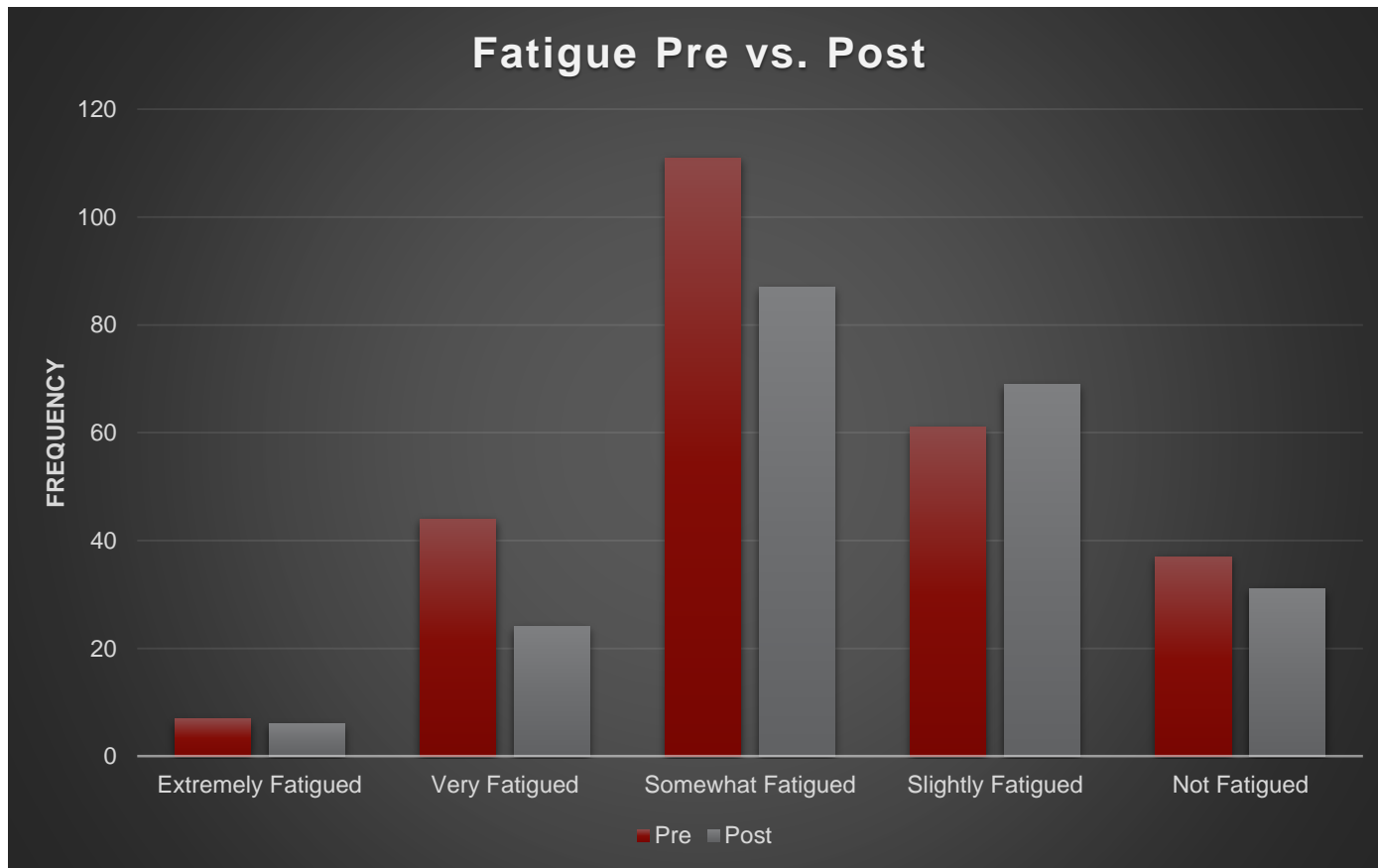
## Post: This experience improved my productivity at work

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean
	1	2	3	4	5	
<b>Cumulative</b>	2	15	73	110	86	3.96





# How fatigued do you feel during a typical workday?





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

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Mean (out of 5)</b>
	1	2	3	4	5	
<b>Cumulative</b>	5	5	13	91	173	4.47

**Post: The coaching experience met my expectations**

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Mean</b>
	1	2	3	4	5	
<b>Cumulative</b>	4	5	17	71	191	4.53



**Post: I believe engaging with students connects me better with IU**

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Mean</b>
	1	2	3	4	5	
<b>Cumulative</b>	5	1	25	86	175	4.50

**Post: I would recommend my movement coach to someone else**

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Mean</b>
	1	2	3	4	5	
<b>Cumulative</b>	5	3	6	52	217	4.67



## What did your student health coach do especially well?

- “My coach was great. She had a very positive attitude the entire time. She was incredibly well organized and her plan for me was perfect. I wouldn’t have made the changes I did without my coach.” IUB
- “Motivation! My coach was always very positive, and he helped me see my small steps.” IUPUI



## **Do you have a different picture of your IU community than you had before you began this Healthy IU program?**

- “I am new to IU but I feel like a “kid in a candy store” for so many reasons. Being in an environment that so encourages movement and healthy lifestyles and actually provides me the opportunity to do so is GREAT!” IUB
- “I think IU cares about their staff by holding these programs.” IUPUI



## Post - My activity tracker will help me sustain a healthy lifestyle once my coaching ends

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean
	1	2	3	4	5	
Cumulative	6	5	21	114	137	4.32

“It kept me focused on my goals and my progress. Also, it made me more motivated when I saw my progress.”

“The tracker holds me accountable and makes me want to do more.”



## Post: How was your day-to-day health influenced?

### Top 3:

- ✓ Got more steps/activity
- ✓ Increased awareness of activity and sleep
- ✓ Setting/meeting goals



## **Post: Has the RTM program changed your views on PA? Give an example.**

### **Best quotes:**

- “I have always exercised, but it has been more point in time. This program is about more throughout the day.” IUB
- “I can do more physical activity at my desk than I thought.” IUB
- “Walking meetings with my coach were a great break in my day and helped me refocus on my own energy.” IUPUI
- “By helping me form the habit of getting up and moving, I am able to manage my stress somewhat.” IUPUI





**Post: Has the RTM program changed your views on PA? Give an example.**

**IUB**





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**Post: Has the RTM program changed your views on PA? Give an example.**

**IUPUI**

A word cloud of teal-colored text on a white background. The words are arranged in a roughly circular pattern. The most prominent word is 'Stress' in the center, written in a large, bold, sans-serif font. Other words include 'stressful' at the top, 'health' on the right, 'exercise' at the bottom, 'time' on the left, 'walk' and 'break' on the right side, 'day' on the left side, 'great' on the left side, and 'coach' at the top left. The words vary in size and orientation, creating a dynamic visual effect.

coach stressful  
great **Stress** health  
day time walk break  
exercise



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

## Best quotes:

- “Self-care is critical and I must make that a priority in my work week.”
- “I CAN DO IT!!! I can do something about my health and get stronger!”
- “Keep moving, and move more than I am moving today, keep progressing.”



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





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

## Best quotes:

- “Find ways to incorporate moving with working.”
- “These young coaches really help. I was a bit skeptical, but found my coach to be very knowledgeable and fun.”
- “Finding time, even 10 mins. at a time, to move throughout the day and how this can help reduce stress in conjunction with the health components.”
- “The conviction that I will have the health I want. I’m not sure I would achieve my goals without the support and knowledge shared with me.”



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

A word cloud of teal-colored text on a white background. The words are of varying sizes and orientations, representing the most common takeaways from the RTM program. The largest word is 'work', followed by 'really', 'move', 'time', 'someone', 'day', 'make', 'coach', 'accountable', and 'goal'.

someone day  
time **work** make  
accountable move really goal  
coach



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# The Next Article

(Deinhart, Kennedy-Armbruster, Ryder  
ACSM Translational Journal: In progress)

