

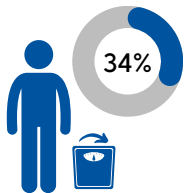


# Addressing Chronic Disease Through Virtual Program Delivery

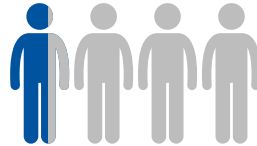
## RELEVANCE

A lack of proper physical activity can lead to **chronic disease**.

In Delaware...



...34 percent of adults are obese.



...fewer than a quarter meet the national Physical Activity Guidelines for Americans.



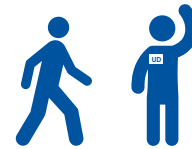
...13% report arthritis limits their activities.

## RESPONSE

UD Extension offered the **Walk With Ease** program, which is proven to...

- Reduce pain and discomfort
- Increase balance, strength and walking pace.
- Build confidence in being physically active.
- Improve overall health.

Participants joined for **6 weeks**



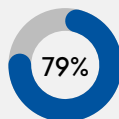
In-person or virtually (English)



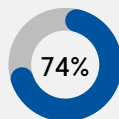
or self-paced via email (English & Spanish)

## RESULTS

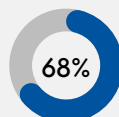
**67** people participated throughout 2022



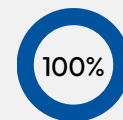
said their health was good, very good or excellent.



were physically active at least 2+ days per week



were physically active for 11 to 30 minutes on those days.



Increased their knowledge.

Plan to continue their physical activity routine.

Would recommend the program.

Used the participant guidebook.

Were happy with the Walk With Ease program overall!

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## RELEVANCE

A lack of proper physical activity can lead to chronic diseases like hypertension and diabetes. In Delaware, 34 percent of adults are obese and fewer than a quarter meet the national Physical Activity Guidelines for Americans. But many adults find physical activity difficult or painful; One-quarter of them have been diagnosed with arthritis, with 13 percent reporting that arthritis limits their activities.

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## RESPONSE

The Walk With Ease program is an evidence-based fitness program sponsored by the Arthritis Foundation. Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis.
- Increase balance, strength and walking pace.
- Build confidence in one's ability to be physically active.
- Improve overall health.

For six weeks, participants joined either live virtual education sessions once per week (in English) or participated in a self-paced email series (available in English or Spanish) and participated in self-directed physical activity sessions at least three times per week. In addition, participants received weekly guidebook reading assignments, email support and additional resources.

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## RESULTS

Sixty-seven people participated in the 2022 Walk With Ease program. Of those surveyed after the program:

- 79% said their health was good, very good or excellent.
- 74% were physically active at least two or more days per week.
- 68% were physically active for 11 to 30 minutes on those two or more days.
- 100% increased their knowledge about physical activity and walking.
- 100% plan to continue their physical activity routine as a result of the Walk With Ease program.
- 100% would recommend Walk With Ease to a friend, family member or co-worker.
- 100% indicated they used the Walk With Ease participant guidebook and will refer to the emails or handouts in the future.
- 100% were happy with the Walk With Ease program overall.

Several participants added notes, sharing their post-program accomplishments in physical activity, with one participant having begun a weekly chair pilates class and another now able to use a foot cycle.

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## RECOGNITION

The Walk With Ease at Work program is funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). Walk logs (English and Spanish), pencils and post-program incentive items are funded with a grant from the American Lung Association. The Arthritis Foundation, Oregon State University Extension and South Dakota State University Extension helped create six short videos to accompany the self-paced email series.

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## PUBLIC VALUE STATEMENT

Walk With Ease addresses chronic disease in Delaware by providing individuals with the knowledge and support they need to begin and maintain a cost-effective, basic introductory fitness program. It is also a low-cost, effective program for employers to offer their employees.