



Health through the Ages: Partnerships to Promote Health



Kylee Pipgrass, B.P.H.¹, Melinda J. Ickes, Ph. D.²

¹College of Public Health, University of Kentucky; ²Department of Kinesiology and Health Promotion, University of Kentucky



BACKGROUND

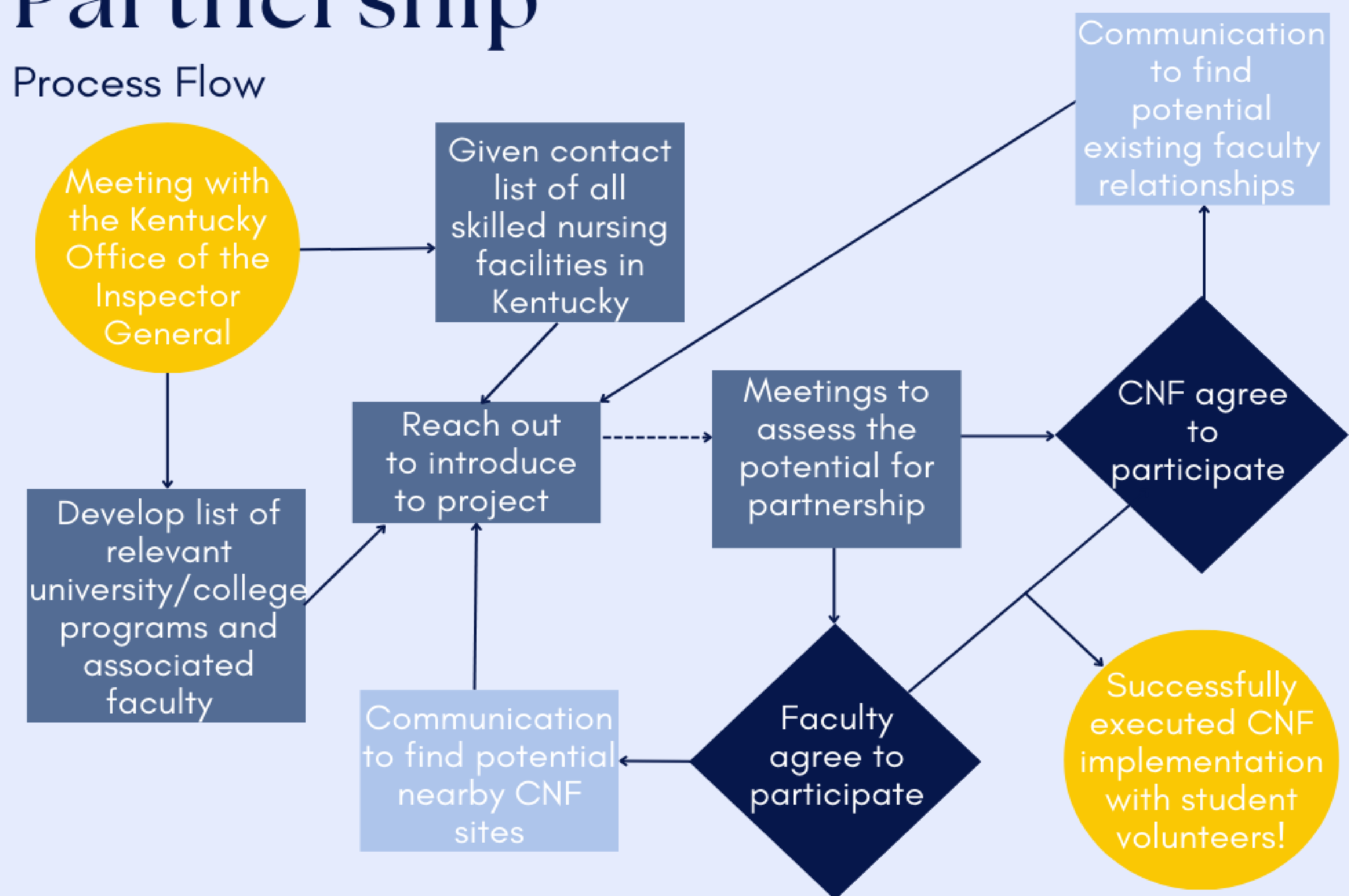
- Annually, between half and three-quarters of CNF residents will fall at least once and many will fall more than once.
- Participation in physical activity amongst older adults remains the lowest of any age group.
- Lack of social engagement and physical activity can contribute to functional declines as well as increase fall risk.
- A significant barrier to improving health in sedentary older adults is getting them to adhere to an exercise-based health promotion program.

PURPOSE

This presentation serves to describe how community engaged programming can be leveraged to strengthen partnerships to promote health among aging adults in skilled nursing facilities across Kentucky.

Partnership

Process Flow



BENEFITS

Resident Benefits

- Promotes social engagement
- Intergenerational component motivates participation
- Evidence for improved cognitive and physical outcomes such as decreased fall risk, better range of motion, improved handgrip strength, and improved agility and speed

CNF Benefits

- Strengthened community partnerships with local colleges and students
- Group support to engage with residents
- 2 continuing education units (CEUs) available for staff

Student Benefits

- Workforce development
- Mentorship and potential professional opportunities through networking
- Develop relationships and empathy building skills

"The benefits have been overwhelming in the last month, and everyone always seems to have a blast."
-Breckinridge Place



Sayre Christian Village



Redbanks Colonial Terrace

THE PROGRAM

Bingocize

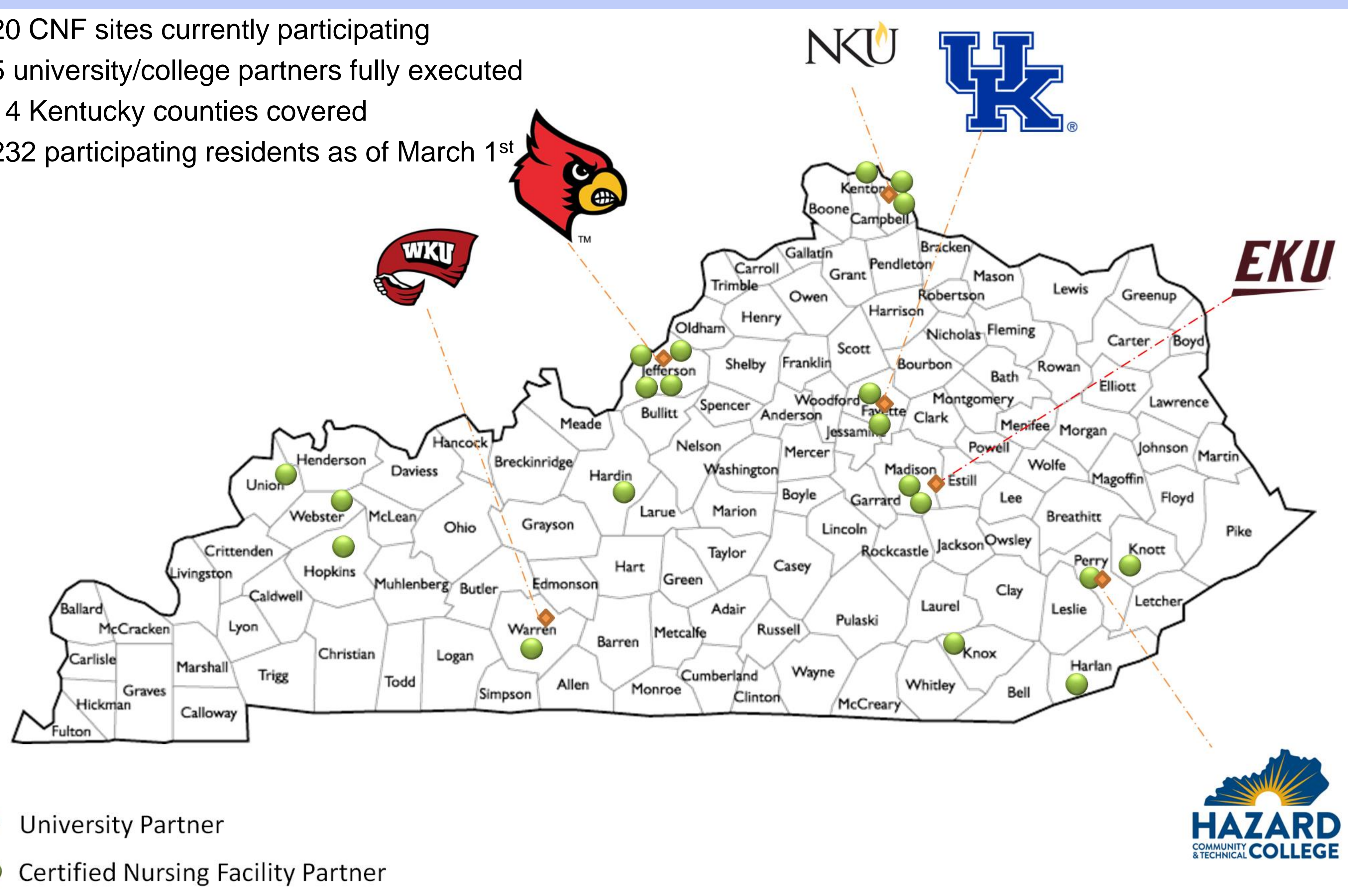
- Evidence-based health promotion program
- Approved through SNAP-Ed and The National Council on Aging (NCOA)
- Combines exercise with the familiar game of bingo
- Twice a week sessions on non-consecutive days, 45-60 minutes each
- Led by staff who have completed the Bingocize Leadership Training

The UK Bingocize Project

- 3-year project (July 2022-June 2025)
- The Bingocize program offered for free to certified nursing facilities (CNFs)
- Funded from Civil Money Penalty Grant (CMP)
- Objectives:
 - Partnerships with 30 CNFs and 6 regional universities/colleges
 - 1100 residents participating
 - 120+ student volunteers

CURRENT PROJECT MAP STATUS

- 20 CNF sites currently participating
- 5 university/college partners fully executed
- 14 Kentucky counties covered
- 232 participating residents as of March 1st



DISCUSSION & CONCLUSIONS

- Aging adults are a vulnerable population that often face disparities in access to tailored health promotion programming.
- Partnerships formed have added value for staff, students, and residents.
- Community and academic partnerships can support engagement and promote sustainability of program activities after program completion.