

"I have to go on and do what I got to do...."
Preliminary Findings from a Qualitative Study
about Facilitators and Barriers to Physical Activity
among Overweight and Obese Older Veterans

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UAB MEDICINE

Knowledge that will change your world



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- To provide a brief overview about the benefits of physical activity in advanced age
- To briefly discuss my qualitative research study
- To share preliminary findings

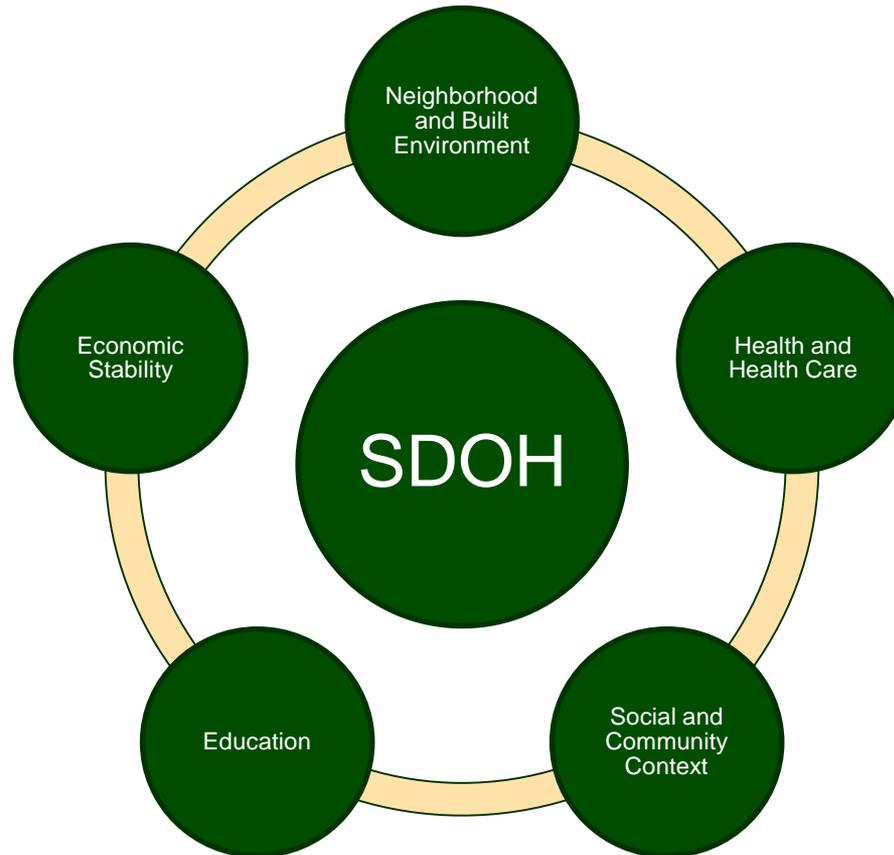
- Benefits to physical activity, especially in advanced age
 - ◆ Prevention and management of chronic health conditions¹
 - ◆ Improves quality of life² and well-being³
 - ◆ Reduces the risk of falls⁴

- Older veterans may have sustained injuries during war or military service that may limit their ability to be physically active in late life.⁵
- Older veterans receiving care at the VA report fair to poor health, as well limitations in ADLs and IADLs.⁶
- Older veterans receiving care at the VA tend to have lower incomes, less education, and be minority.⁷

- To identify facilitators and barriers to physical activity among older veterans who are overweight or obese

- Social Determinants of Health are “*the environmental conditions in which individuals are born, live, learn, work, play, worship, and age that can affect a wide range of health, functioning, and quality-of-life outcomes and risks.*”⁸

Social Determinants of Health⁹

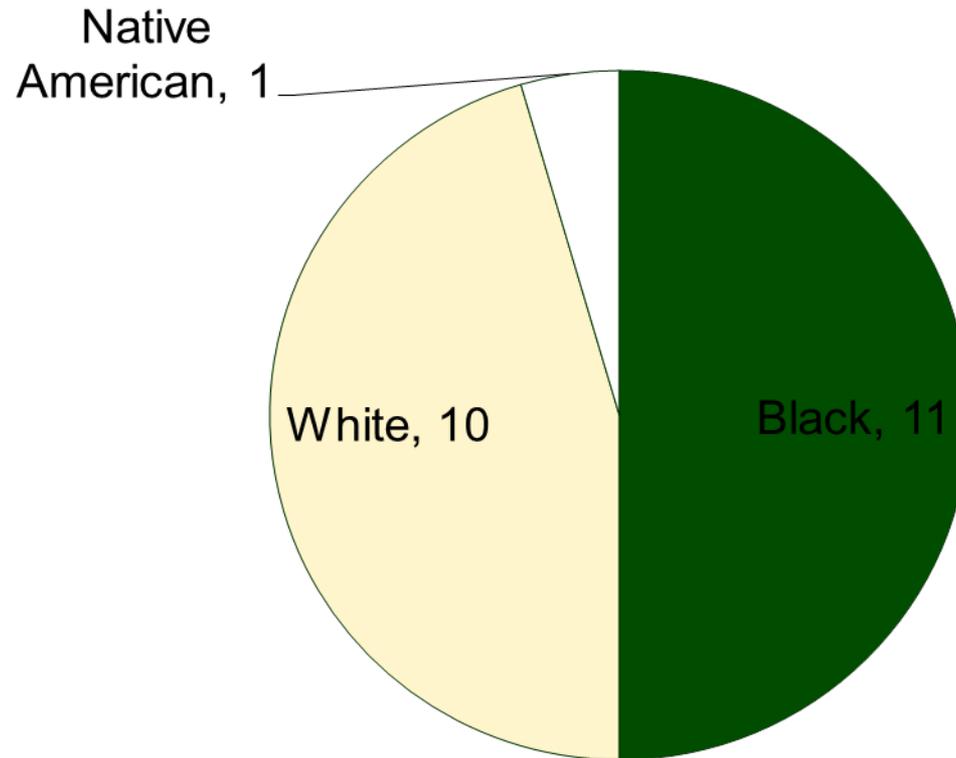


- Eligibility requirements
 - ◆ ≥ 65 years of age
 - ◆ Receive health care at the Birmingham VAMC
 - ◆ Received a referral from their PCP to participate in MOVE
 - ◆ Pass cognitive screening

- Participants identified based on referral to the VA's weight-management program
- Mailed a letter with an "opt-in" form
- Veterans who returned the opt-in form were contacted and preliminary screened over the phone
- Scheduled meeting for cognitive screening and interview
- In-depth semi-structured interviews

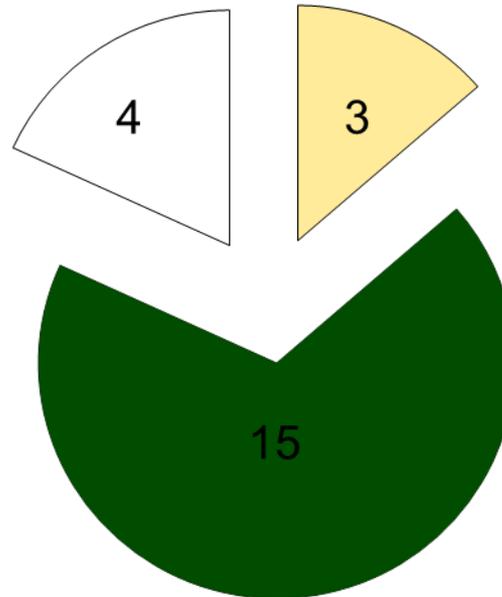
- Qualitative Content Analysis¹⁰
 - ◆ Used to analyze text data
- Summative content analysis
 - ◆ More than word counts
 - ◆ Includes latent content analysis

Demographics



- Age
 - ◆ 65-84 years old
 - ◆ Mean 69.9 years ($SD = 5.05$)
- Gender
 - ◆ 4 Females
 - ◆ 18 Males
- Marital status
 - ◆ 12 Married
 - ◆ 10 Not married

Education



- HS Grad/GED
- Some college
- College Grad

- Income
 - ◆ Over 50% reported \$35,000 or more
- Branch of Service
 - ◆ Over 70% reported serving in the Army

- BMI
 - ◆ 27.8-43.4 ($m = 34.6$, $SD = 4.70$)
- Blood pressure
 - ◆ Systolic 100-169 ($m = 131.04$, $SD = 18.66$)
 - ◆ Diastolic 58-75.45 ($m = 75.45$, $SD = 8.80$)
- Hemoglobin A1c
 - ◆ 6.74 ($SD = 2.07$)

- Facilitators
 - ◆ Health benefits
 - ◆ Having a dog
 - ◆ Family & Friends

■ Health Benefits

- ◆ *I enjoy walking...and I have these “old football knees” and both these knees have been replaced, but it does not hamper me from walking....my arthritis flares up in one of my knees or the other, but if I get out there and walk it out, then I get rid of it.*
- ◆ *Well I got to where I would bend over... my wind would cut off...[chuckles]...I couldn't tie up my shoes!*

- Having a dog
 - ◆ *We have a little poodle, she's 14 but she likes to walk....and we typically expect her to walk at least a mile...and it's up and down hill...you're going up a hill...and she will go right along, so she keeps me moving...I think everyone should get a little dog or a big dog or whatever...I suggest that everybody go out and get a little dog, an ornery dog.*

- Family & Friends

- ◆ *I started walking with the girl next door....she's a chubby little thing too...I was walking, me and her...three-six miles twice a day*
- ◆ *I got some friends, we walk together... so we were doing Railroad Park...we tend to do much better walking as a group.*

- Barriers
 - ◆ Pain
 - ◆ Weather
 - ◆ Family & Friends

- Pain

- ◆ *I don't know if my physical condition has deteriorated cause of not being active or because the health [inaudible]...one knee gives me a lot of pain when I walk for long distance. I got a hip...my sister says it's my hip joint cause of where it hurts [inaudible] probably going to be due for a hip replacement...I don't know if it's because of the inactivity or because my body is falling apart.*

■ Pain

- ◆ *I guess I thought having knee replacements would be like having new knees, but its not...there's not as much pain...you can't stand too long either because it gets to hurting so.*
- ◆ *I think its psychological maybe, but I know the pain is real. Like today, I was sitting longer...it hurts, that's not mental there, that's physical.*

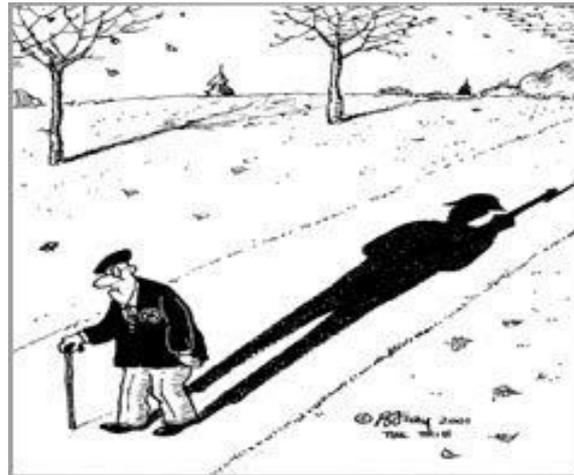
- Weather

- ◆ *If it's cold, I'm not interested in doing it...if it's cold, I'm not going out.*
- ◆ *It depends on the time of year...in the winter, I walk less.*
- ◆ *I just stopped when it got hot.*

- Family & Friends

- ◆ *Sometimes my wife will go with me, but I normally go by myself....you know...cause...that way..., when I'm walking, I'm not holding nobody else up or they not holding me up...everybody go at their own pace.... sometimes she walks so slow, I have to go on and do what I got to do....*

- High exercise efficacy
- High interests in physical activity
- Pain is a major barrier to physical activity, as well as environmental factors



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