Brain & Body Group Fitness Program

Overview

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History

- What is Brain & Body Fitness (formally known as LEEPS)
- Partnership with YMCA
- Group Programming

Program Logistics

- Staff Training/Instructors
- Sessions (fall/winter, summer, winter/spring)
  - 12 weeks
  - 1.5 hours
  - Incorporates the 3 main areas (physical and mental/language exercises and social engagement)
- Registrations
- Paperwork
- PROMIS Survey
- Location
- Supplies
- Cost
UW-Eau Claire Partnership

- Active in the Eau Claire County Dementia Coalition
- Expressed interest
- Students participated by being a volunteer in the early days of LEEPS
- Attended classes to learn more

UW-Eau Claire Research Findings

Methods:

A modified Patient-Reported Outcomes Measurement Information System (PROMIS) tool (National Institute of Health, 2010) was developed by the YMCA to assess outcomes of participation in the BBF program. BBF participants and caregivers completed the PROMIS tool at the beginning and end of their participation in the program. Each of the subscales that assessed depression, fatigue, anxiety, and sleep were found to have excellent reliability (Cronbach’s alpha) for both BBF participants and caregivers. Response options on the scale range from 0 (Never) to 4 (Always).

- **Anxiety** was measured by 4-items (e.g., My worries were overwhelming) that demonstrated excellent reliability at both pre- and post-test for BBF participants (α = .87 pre; α = .84 post) and caregivers (α = .84 pre; α = .81 post).
- **Depression** was measured by 4-items (e.g., I felt depressed) that demonstrated excellent reliability at both pre- and post-test for BBF participants (α = .92 pre; α = .95 post) and caregivers (α = .90 pre; α = .84 post).
- **Fatigue** was measured by 3-items (e.g., I felt run down) that demonstrated excellent reliability at both pre- and post-test for BBF participants (α = .94 pre; α = .84 post) and caregivers (α = .93 pre; α = .91 post).
- **Sleep** was measured by 4-items (e.g., I had poor sleep quality) that demonstrated excellent reliability at both pre- and post-test for BBF participants (α = .82 pre; α = .90 post) and caregivers (α = .89 pre; α = .88 post).
Data has been collected for multiple cohorts from 2017-present. This slide presents data from 49 BBF-affected participants and 38 caregiver-affected partners. Dependent-samples t-tests were conducted with 1000 bootstrapped samples used to determine 95% confidence intervals for each analysis.
Implementing In Your Community

- Interest
- Connect with local ADRC – Dementia Care Specialist
  - ADRC: Find a Local Aging and Disability Resource Center | Wisconsin Department of Health Services
- Location
- Volunteers
- Marketing

Let’s Hear from Participants!
Class Sample....

Questions and Answers
Contact

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