

Stay Strong, Stay Healthy



2018 Impact Report

K-STATE
Research and Extension
Family & Consumer Sciences

Stay Strong, Stay Healthy (SSSH) aims to improve the health of the fastest-growing age group in the United States—older adults. The first baby boomers turned 65 in 2011, 60 percent of whom will manage more than one chronic condition by 2030. Unfortunately, less than 20 percent of older adults engage in adequate physical activity, and fewer perform strength training and flexibility exercises. Underserved populations often have even lower rates of physical activity.

By offering access to safe, effective and research-based physical activity, SSSH helps mitigate many of the health issues these older adults face. The program aims to prevent frailty, injury and disease, improving the quality of life for older adults by increasing independence and productive living.

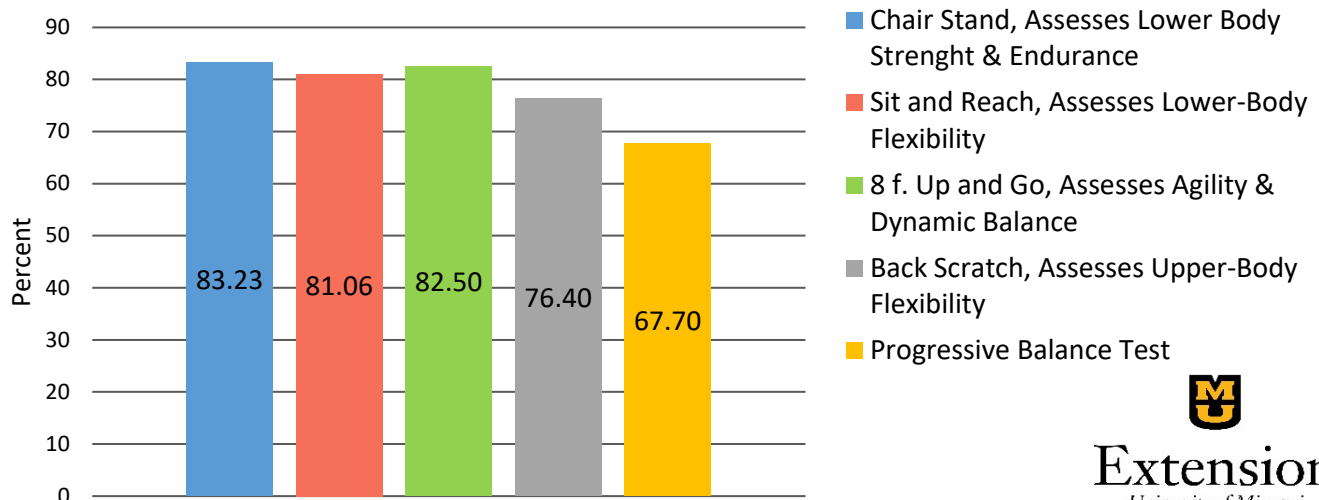
Using research-based knowledge K-State Research and Extension, in partnership with University of Missouri Extension, collaborate to help improve the quality of life for older citizens of the state. The Stay Strong, Stay Healthy program was initially developed in 2004, by a team of faculty at the University of Missouri Extension. Success of the program is supported by published peer reviewed research. A second level of the program (SSSH-2) was added in 2009 to meet the increasing need for a follow-up program. In 2015 the program expanded to reach older adults in multiple states, with Kansas being the first state.



86% of participants would take another course led by their instructor. **100%** of those who responded, would recommend SSSH to a friend. **76%** said the course exceeded or far exceeded their expectations!

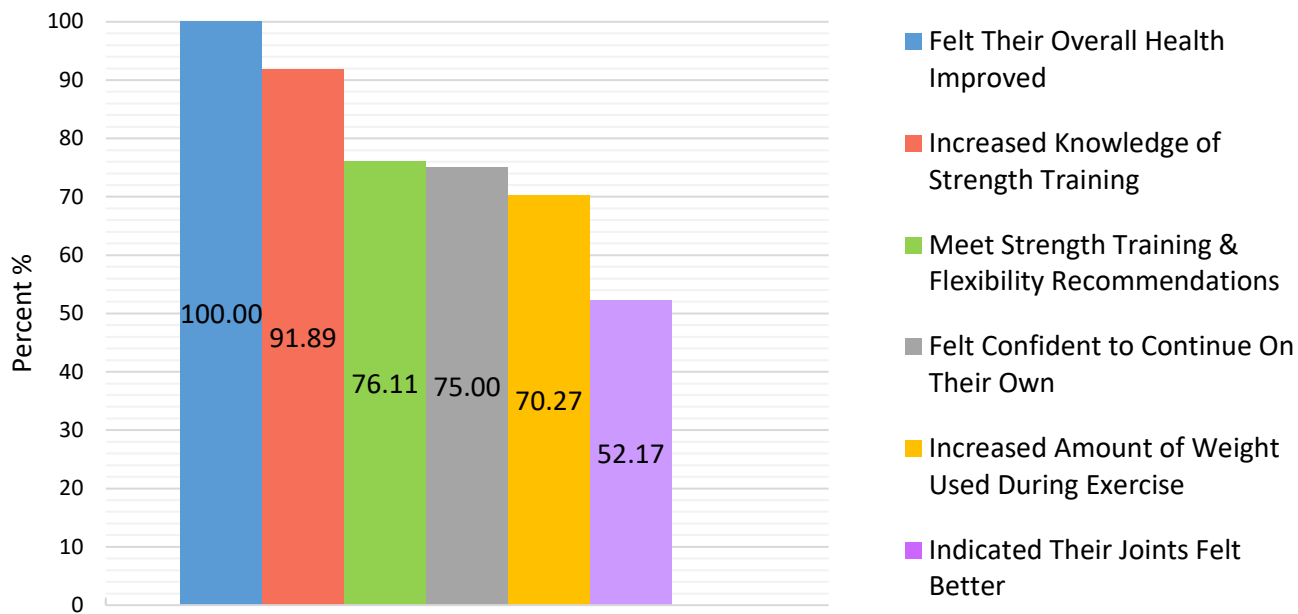
466 participants started SSSH-1 or SSSH-2 courses offered by certified instructors, throughout the state of Kansas, from January 1, 2018-September 2018. Participants average age was 71 years and over 90% were female. The completion rate was **80% (371)**. Participants who completed the program attended at least 10 out of 16 exercise classes, one hour in length. Nutrition education topics, specific to older adults, are available during class.

Fitness Assessment Results Participants Who Improved Fitness or Prevented Decline



Extension
University of Missouri

As a Result of SSSH in Kansas



Kansas Participant Quotes

"I am able to care for my husband fairly well since taking the course. My walking outside has improved."

"I broke my ankle and this paired well with PT to increase the strength and balance in my ankle."

"I have scoliosis and this class has helped me learn how to modify exercises and its helped me to stand up straighter and more consistent throughout the day."

"I can reach further and feel like doing more walking. I can carry more and not hurt my back. I have more endurance."

"Able to reach things on high shelves, easier and without as much pain in shoulder."

"Got me to exercise; Met new people and enjoyed the company."

"More strength getting out of a chair, all over stronger, able to walk better"

"I feel stronger; made my back some stronger; makes me want to do exercises more; I enjoyed them; You done a wonderful job. A big thank you goes out to you."

"Balance is better, breathing is better, confidence is better."

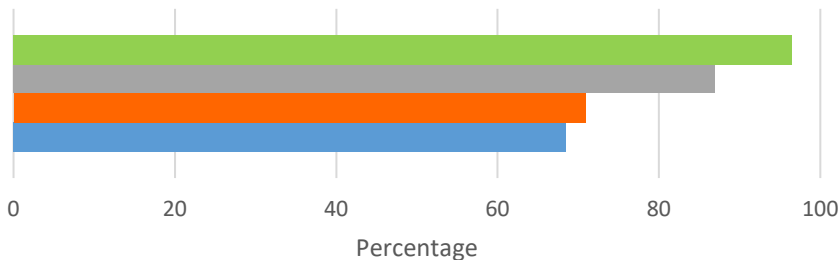
Feel Overall Health is Better Because of SSSH

Somewhat Concerned or Not Concerned at All of Falling During Daily Activities

Continued Flexibility Exercises 2+days per week

Continued Strength Training 2+ days per week

3 Month Follow-up



For More Information about Kansas Stay Strong, Stay Healthy:

www.k-state.edu/staystrong/

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