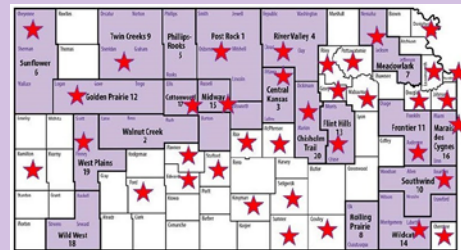


# Stay Strong, Stay Healthy



## 2019 - 2020 Impact Report

# Kansas

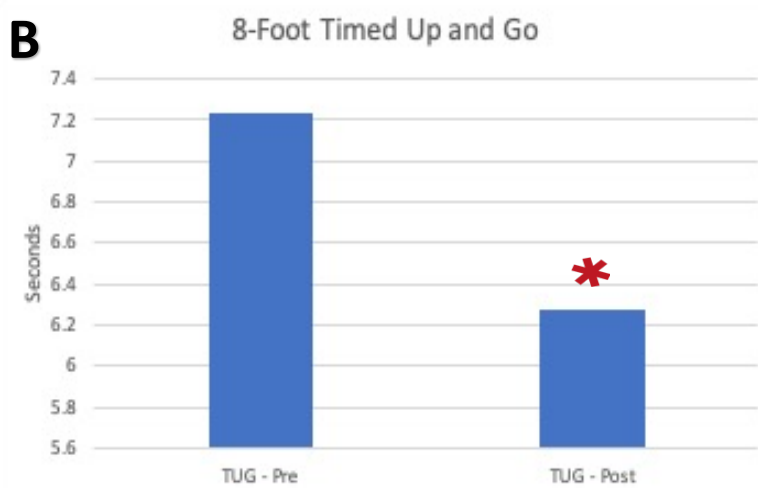
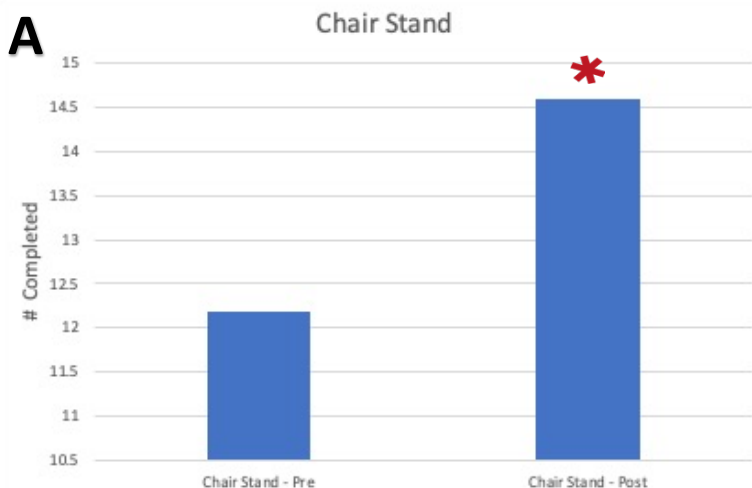


**Stay Strong, Stay Healthy (SSSH)** aims to improve the health of the fastest-growing age group in the United States – older adults. The first baby boomers turned 65 in 2011, 60 percent of whom will manage more than one chronic condition by 2030. Unfortunately, less than 20 percent of older adults engage 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, disease, improving the quality of life for older adults by increasing independence and productive living.

**Using research-based knowledge**, University extension services work with people to understand change, solve problems and make informed decisions. The Stay Strong, Stay Healthy program was initially developed in 2004, by a team of faculty at the University of Missouri – Extension. The program was implemented in Kansas beginning in 2016. Success of the program is supported by published research. A second level of the program 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.

**93%** of participants this year said they felt their overall health had improved after taking their SSSH course! **100%** of participants who completed the course would recommend SSSH to a friend. And **100%** of participants would take another course led by their instructor.

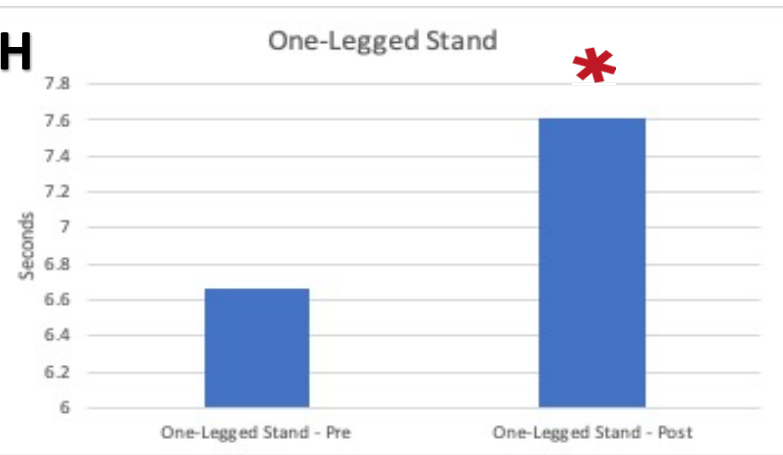
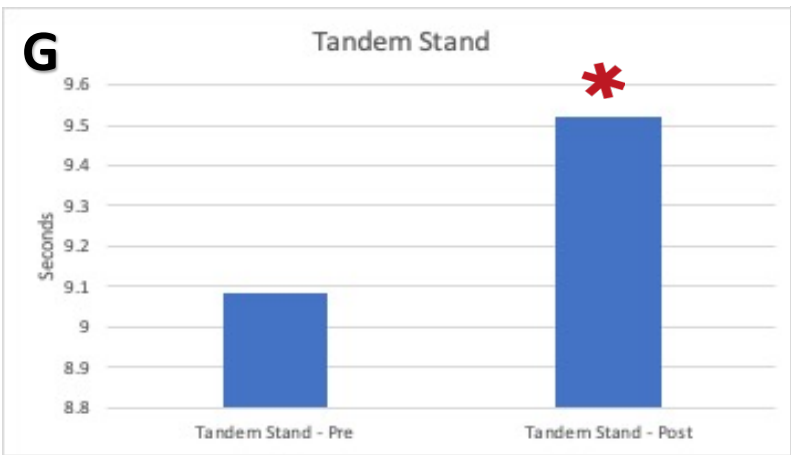
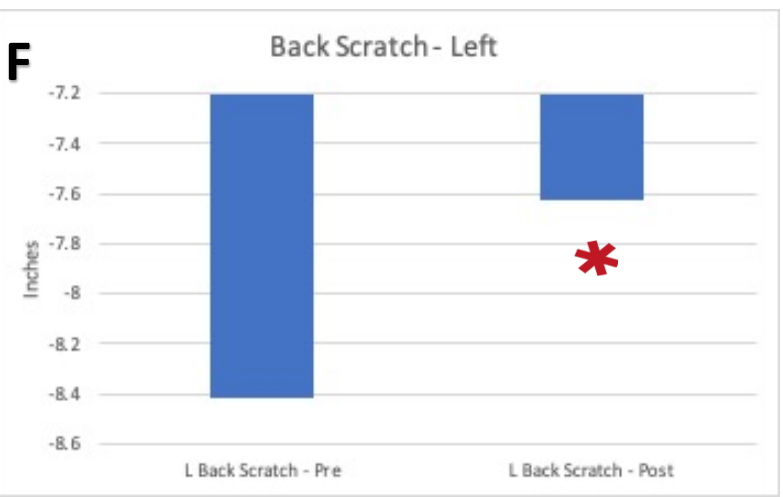
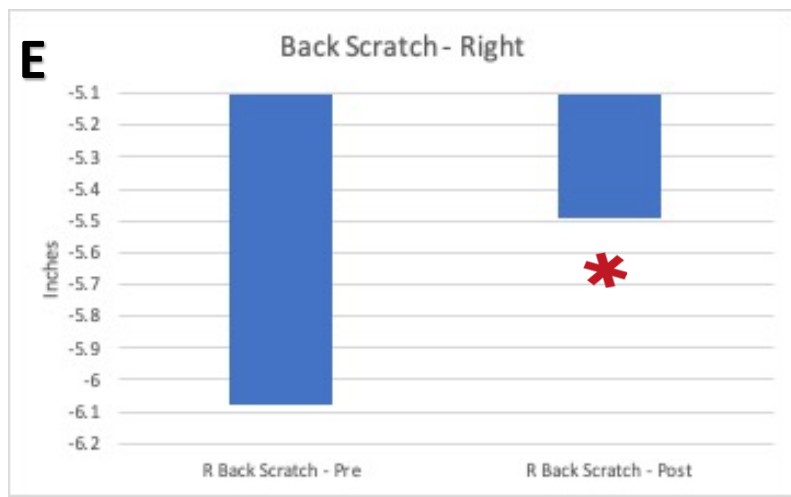
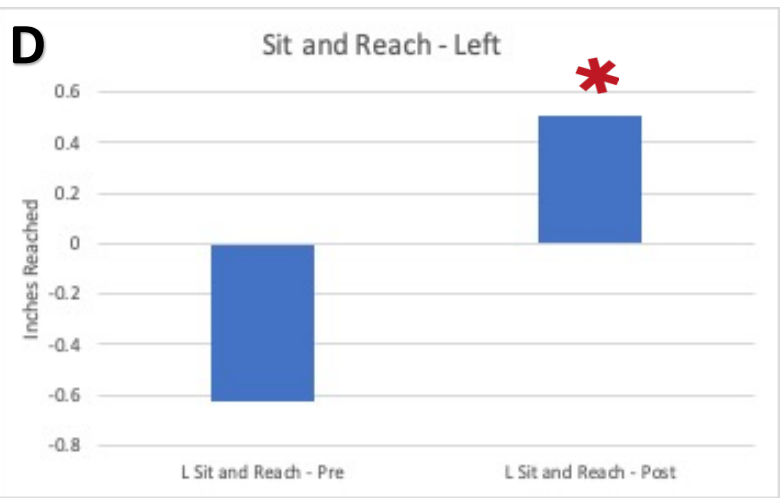
**307 participants started the SSSH courses** offered by trained instructors, throughout the state of Kansas, from October 2019 – September 2020, COVID-19 impacted the ability for instructors to offer classes for much of this time but instructors pivoted to virtual classes near the end of the year. The average age of participants was **74 years old**, with 86% of them being female. 217 participants completed the program. Participants who completes the program attended at least 10 out of 16 classes, each one hour in length. Nutrition education topics, specific to older adults, were presented each week of class.



A) Average number of chair stands completed pre vs. post

B) Average time for 8-foot up and go test pre vs. post

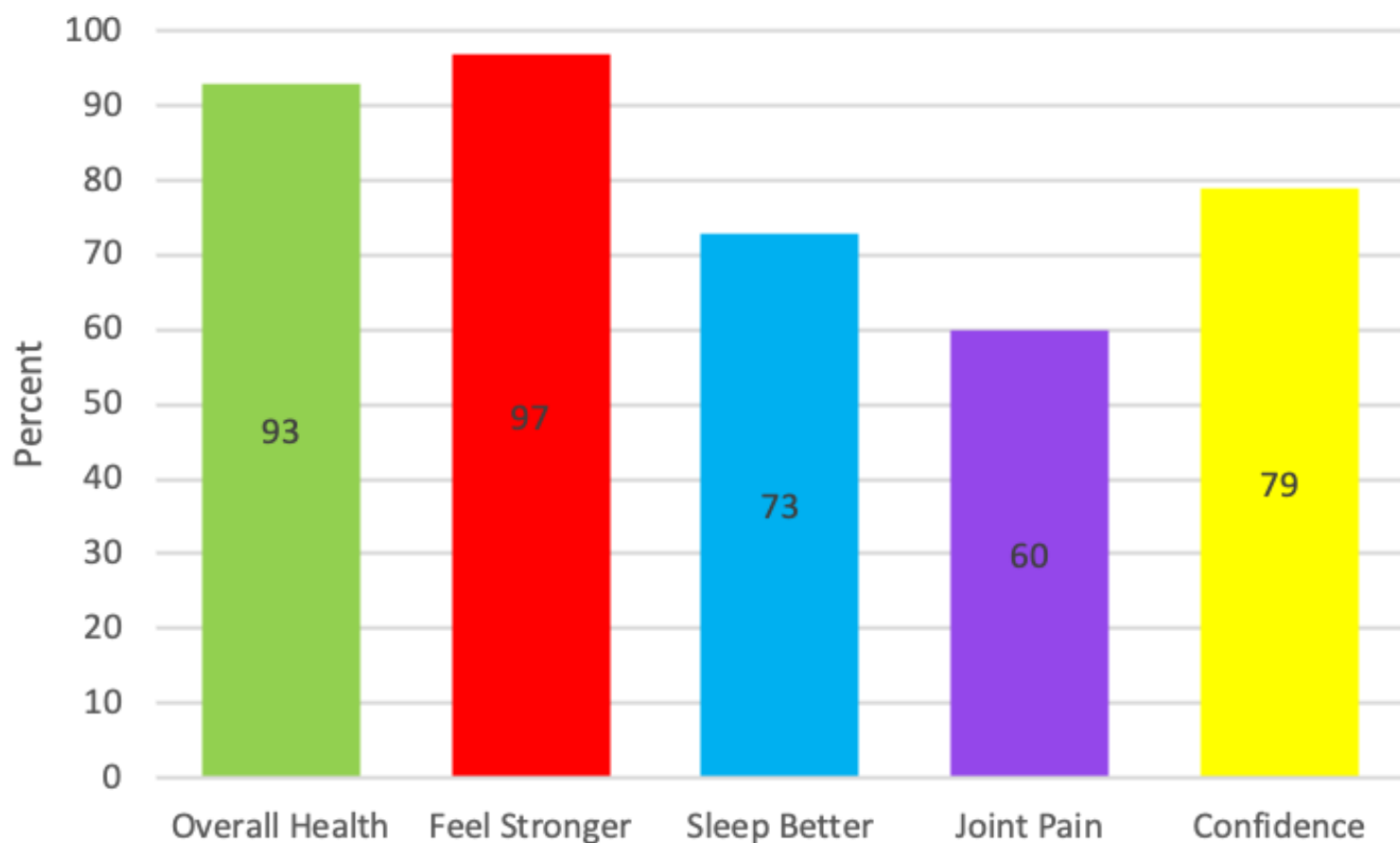
\*p < 0.05, significant difference between post and pre (calculated with a paired t-test)



C) Average inches reached for chair sit and reach (on right leg)  
 D) Average inches reached for chair sit and reach (on left leg)  
 E) Average inches reached for back scratch (with right arm)  
 F) Average inches reached for back scratch (with left arm)  
 G) Average length of tandem stance in seconds.  
 H) Average length of one-legged stance in seconds.  
 \*p < 0.05, significant difference between post and pre (calculated with a paired t-test)

### As a result of SSSH in Kansas:

- 93% of participants feel SSSH improved their overall health.
- 97% of participants feel stronger after completing SSSH.
- 73% of participants feel SSSH helped them sleep better at night.
- 63% of participants that were experiencing joint pain felt it had improved after SSSH.
- 79% of participants feel more confident in themselves to complete exercises on their own after completing SSSH.



### Participant Quotes:

- “This class provided the framework for doing strength training exercises on my own at home. It made me aware of the benefits of doing it”
- “This class introduced me to new exercises that I can do at home. I met new people.”
- “Everyday activities have become easier to do. This class gave me an opportunity to meet new people while improving my health and mobility.”
- “The group meeting made it easier to make a routine for exercising! I just felt better and slept better. I enjoyed the friendship time.”
- “This class gave me new exercises to add to my workouts and much needed social interaction.”

For more information about Stay Strong, Stay Healthy:

Visit: <https://www.k-state.edu/staystrong/>

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