

Moving and Grooving

Promoting Physical, Cognitive and Social Well-Being

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Objectives

- Identify barriers to sustained physical activity
- Identify at least 3 reasons why there is a need for increased physical activity
- Identify at least 3 qualities of the “Blue Zones” that promote healthier living

Objectives

- Identify physical, cognitive and social benefits of the Women Hiking Kansas and Beyond group
- Identify mobile apps that can highlight hiking trails
- Identify helpful equipment/shoes to make hiking a great experience

Our Current State

- **Leading causes of Death in the United States 2020**

- Heart disease: 696,962
 - Cancer: 602,350
 - Covid-19: 350,831
 - Accidents (unintentional injuries): 200,955
 - Stroke: 160,264
 - Diabetes: 102,188
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- National Center for Health Statistics Data Brief No: 427; December, 2021

Our Current State

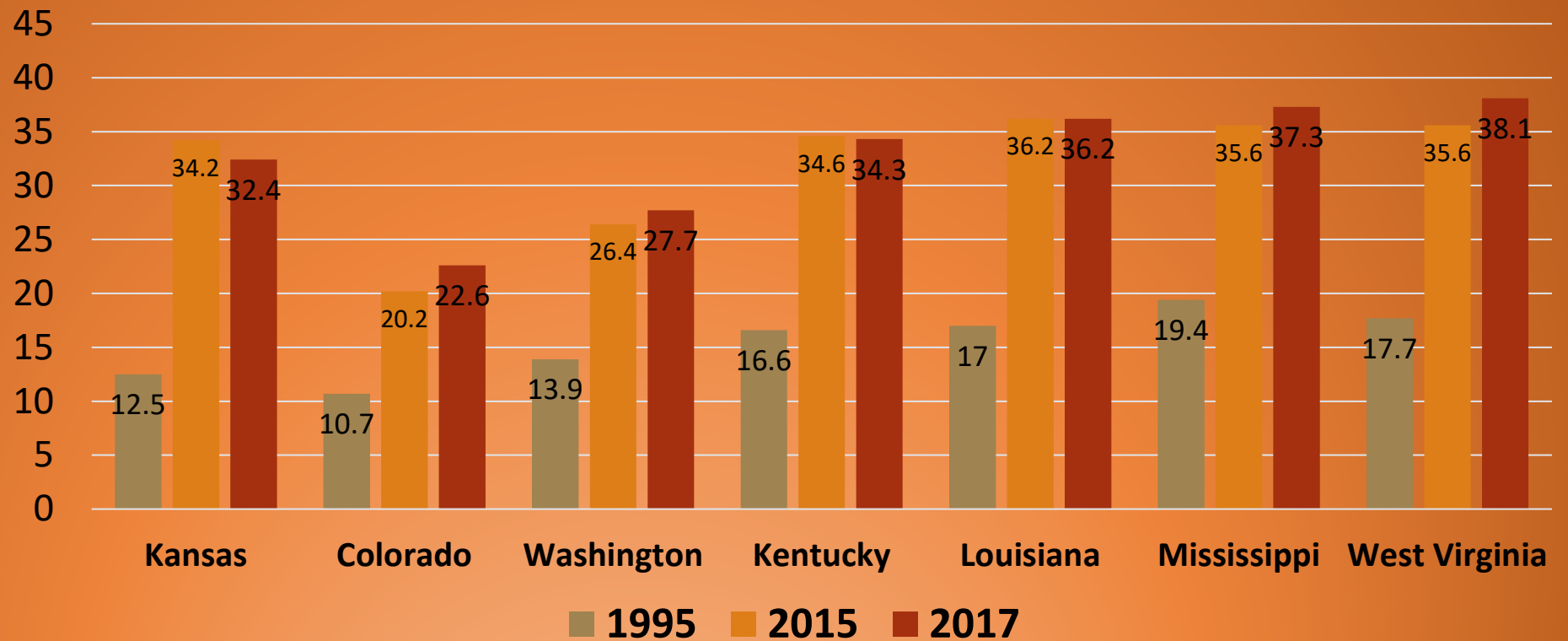
- Rates of obesity have increased in the U.S.
- Kansas is one of the 16 states with obesity rates at 35% or greater
- The COVID pandemic exacerbated changes in eating habits, food insecurity, physical activity and stress
- Cost of health care spending is estimated to increase to \$149 billion annually
- 80% of American adults do not meet the government's national physical activity guidelines for aerobic exercise and muscle strengthening activities

Trust for America's Health, State of Obesity 2021

Obesity Rates from 1995-2017

Colorado at the Low End – West Virginia at the High End

Obesity rates



(CDC, 2016a; The Robert Wood Johnson Foundation, 2018a)

Modifiable Risk Factors

- Tobacco use
- Physical inactivity
- Overweight-Obesity
- High low-density lipoprotein (LDL) cholesterol
- High dietary salt intake
- Hypertension
- Hi Sugar Intake

Why do we even care about weight?

- Obesity means that an individual's body fat and distribution exceeds the level considered healthy
- Body Mass Index (BMI) –common tool used to estimate weight classification

BMI Level	Weight Classification
Below 18.5	Underweight
18.5 to <25	Healthy Weight
25-<30	Overweight
30 and above	Obesity
40 and above	Severe Obesity

Kansas Health Foundation Healthy Living Grant

- The *Win the Day* Initiative
- A project funded through the Kansas Health Foundation Living Grant
In collaboration with
 - The Shocker Neighborhood Coalition
 - Wichita State University Public Policy and Management Center
 - The Wichita Parks and Recreation
- To increase physical activity through utilization of walking paths within the communities and encourage lifestyle changes that promote health

Win The Day Program

- **8 week walking program:** Starting the summer of June 2018
- **12- week program:** Summer 2019
- **Target population:** Individuals living in the 67214- zip code surrounding WSU and the Historic Fairmount neighborhood
- **Adult women 18 years or older:** were invited to participate in a project looking at barriers to exercise and weight perception
- **Baseline data included:** height, weight, waist circumference, calculated BMI, desired weight, blood pressure and heart rate were obtained

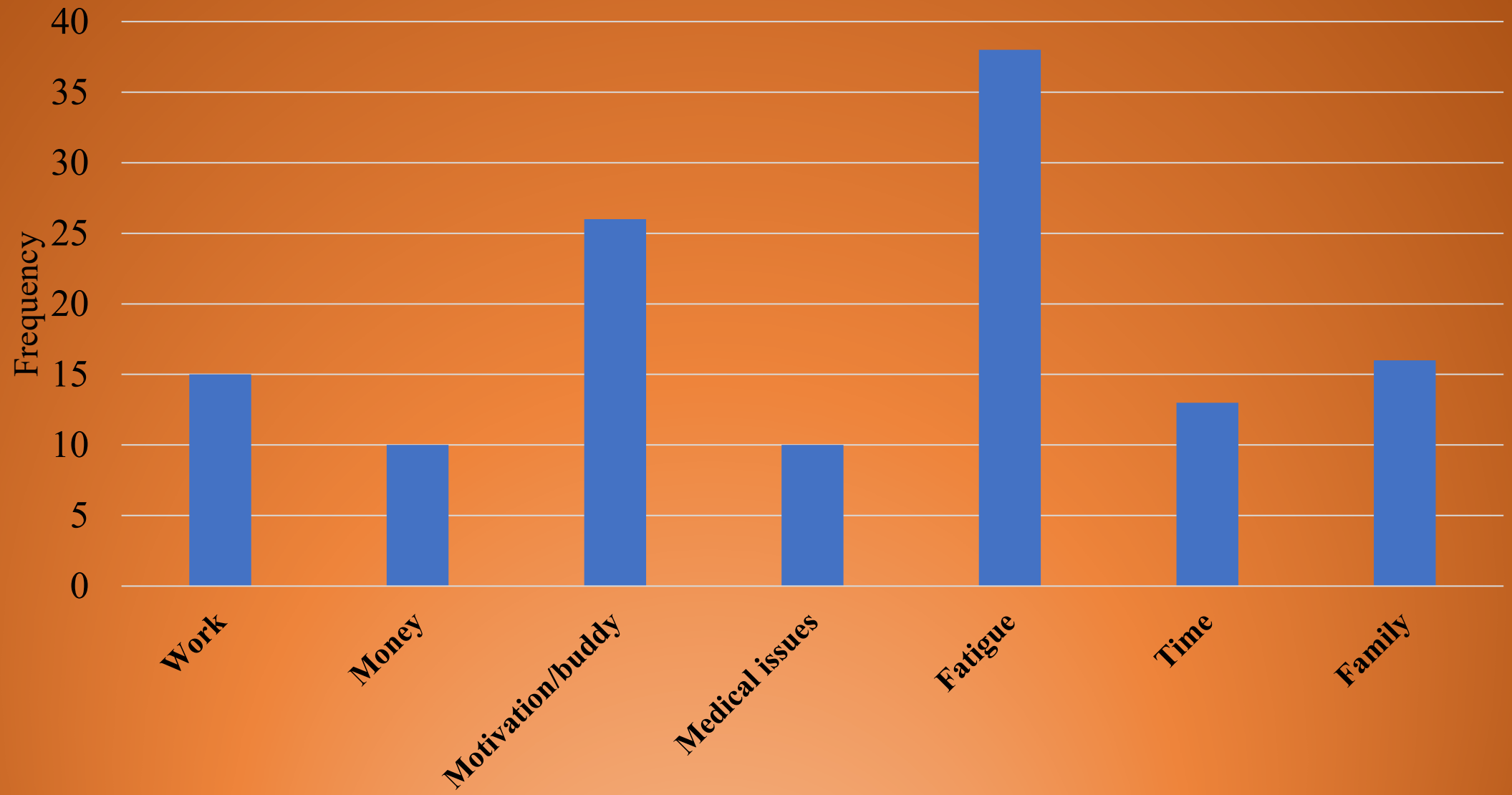
The Win the Day Program

- **1 hour opportunity** – twice a week to utilize walking trails
- **1st 8 weeks:** Fairmount Park Neighborhood Association & WSU
- **2nd session:** Included neighborhood extending to Boys & Girls club
- **Nutritional topics addressed:** logging food intake, hydration, portion size, sugar in our food,
- **Incentives:** (step tracker, water bottler, backpack, paid 5K Walk/Run registration) were given for consistent participation at key landmarks
- **Goal - Increase walkability by:**
 - **creating a sense of community**
 - **establish relationships between the participants**
 - **promote sustainable networks for behavioral change.**

Results

- Summer of 2018: Averaged 44 walkers, Total of 125 participants
- Summer 2019: Total of 213 participants
- 78 females/ 17 males for the study 2018
- 5K walk/run event had 139 participants in 2018
- Pre and post surveys were given as well as body measurements

Barriers to Meet Physical Activity Guidelines

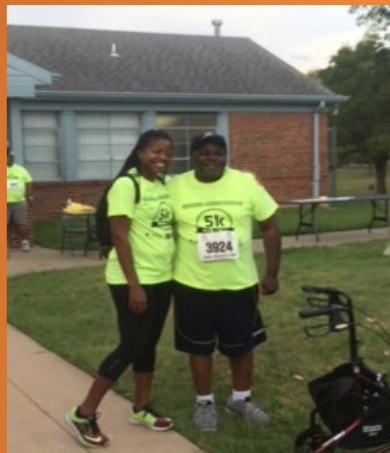


Results

- There was a statistically significant difference ($P, .01$) between the mean desired body weight and ideal body weight .
- There was a statistically significant difference in the individual's perception of their desired weight and their actual pre and post BMI weight categories.

(Their perceived weight category was lower than their actual BMI category in some instances)

*Win the Day
5K Walk/Run took over Shocker Neighborhood!*



So, How Can We Do Better?

More than focusing on weight is lifestyle

Benefits to physical activity

- Improved cognitive function
- Reduced anxiety and depression risk
- Weight reduction
- Improved sleep
- Improved physical function
- Reduced risk of cancer
- Improved bone health
- Reduction in blood pressure
- Reduction in blood glucose levels

BLUE ZONES

- Brand and certification mark developed by Michel Poulain, Dan Buettner, and Giovanni Mario Pes
- Investigated people around the world living longer and better
- Area with people over 100 years old without health problems like heart disease, obesity, cancer or diabetes
- Located in : Ikaria, Greece; Okinawa Japan; Ogliastra Region, Sardinia; Loma Linda, California, Nicoya Peninsula, Costa Rica

Buettner, D., & Skemp, S. (2016)

Lifestyle Habits of the World's Healthiest

- Move Naturally
- Purpose – Okinawans call it “ikigai”
- Down Shift
- 80% rule
- Plant Slant
- Wine at 5
- Belong
- Loved ones First
- Right Tribe

Women Hiking KS AND BEYOND



Good Day Kansas



The Wichita Eagle



The Active Age

History of WHKSAB



Physical Benefits of Hiking

- Weight control & fitness
- Rehab (many recovering from hip & knee replacements)
 - Keeps joints moving

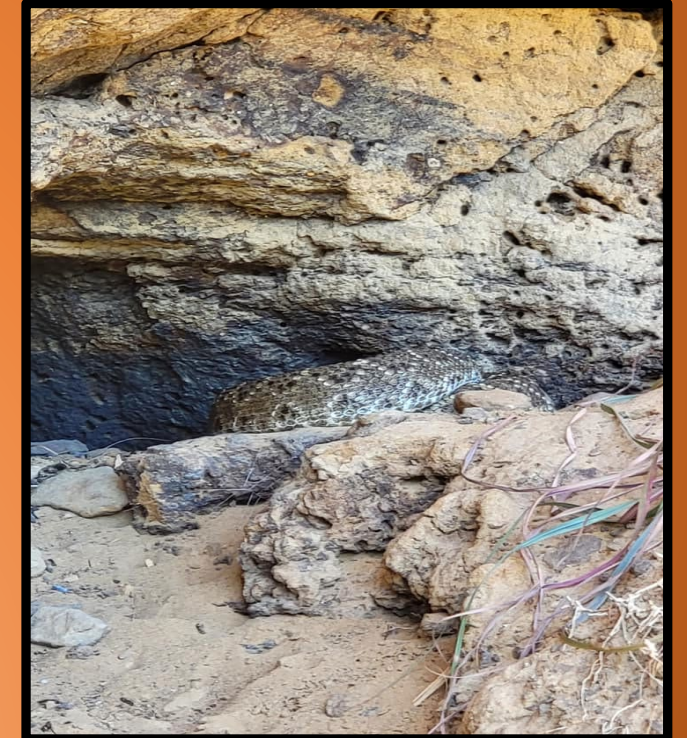


- **Develops better balance**



Cognitive Benefits of Hiking

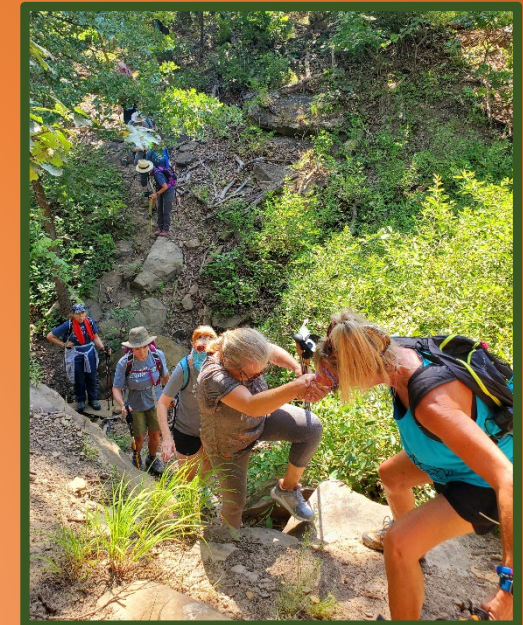
- Logic and reasoning (decision making)
 - Divided attention
- Auditory processing (do you hear what I hear)





Social Benefits of Hiking

- Make new friends/reconnect with old friends
 - Have fun
 - Laugh
 - Smile
- Helping each other out





• **Discover local/state**



MapMyWalk



**Check for
hunting
season**

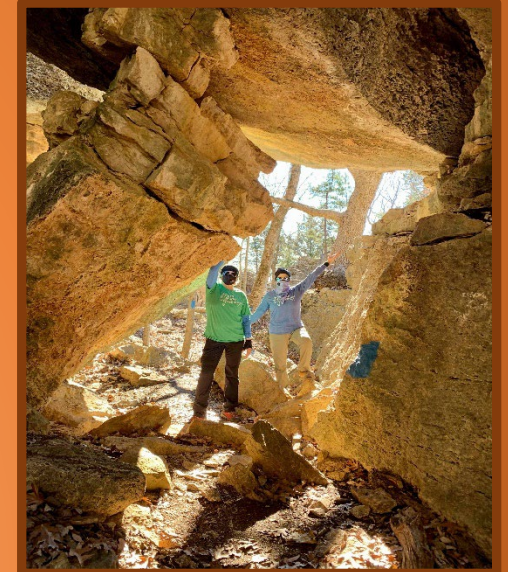


AllTrails App

Hiking Tools



Kansas....YES...In Kansas





Colorado



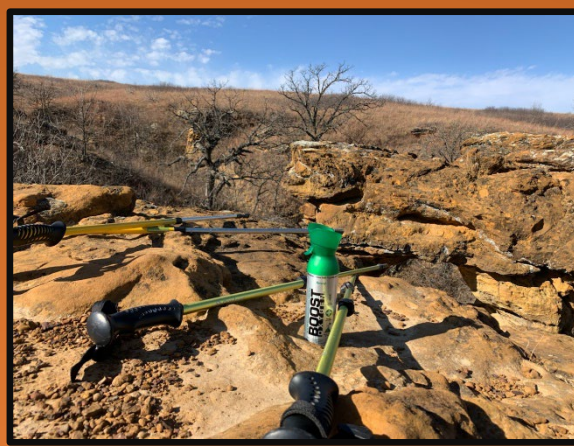
Oklahoma



**South
Dakota**

THE END





BOOST OXYGEN



Website:

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Facebook: Women Hiking KS and Beyond

References

- Buettner, D., & Skemp, S. (2016). Blue Zones: Lessons From the World's Longest Lived. *American Journal of Lifestyle Medicine*, 10(5), 318–321.
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