

Building a Healthy Aging Community at Orchard Cove

Innovative Community-Based Model of Wellness
and Self-Engagement

The logo features the word "Vitality" in a large, bold, yellow font. A red leafy branch graphic is positioned above the letter "i". To the right of "Vitality", the number "360" is written in a teal color with a small "SM" trademark symbol.

What is the Secret to Longevity?



Jeanne Calment (122)

“The keys to long life are olive oil and port wine.”



Antonio Todde (113)

“...a sense of humor and a good glass of red wine every day.”

Lessons from Research for a Long and Happy Life

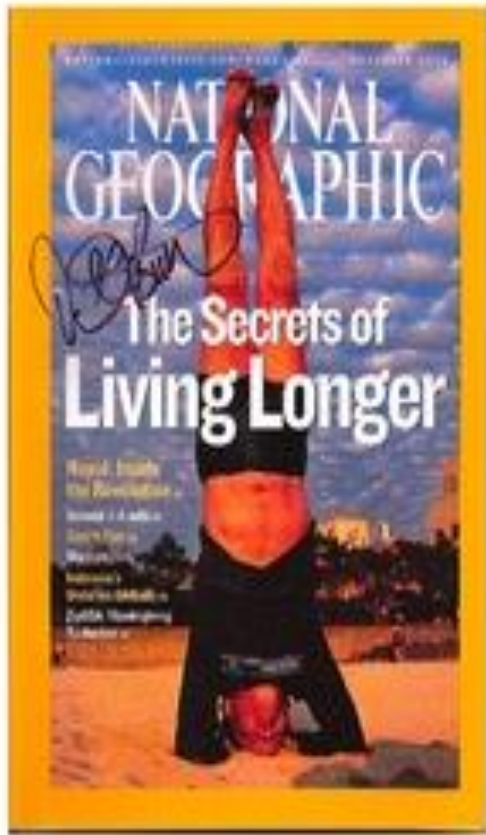
- Physical activity
- Mental activity
- Social engagement
- Reduce cardiovascular risk factors
 - Hypertension, High Cholesterol, Smoking
- Proper nutrition:
 - Calcium, Vit D, low fat, modest alcohol

Social Engagement

- Social connectedness through marriage, family, religion, housing
- Improves health, reduces mortality, enhances recovery.



Blue Zones: The evidence exists



- Sardinia, Italy
- Okinawa, Japan
- Loma Linda, CA
- Nicoya, Costa Rica
- Ikaria, Greece

Vitality 360

- Innovative Wellness Program that puts the member in charge of their own program
- Health Coach involvement
- Set Goals after Collage assessment
- Problem solve
- Uses EBP as part of the intervention
- Medical Connection

Goals of Vitality 360

- Member organizations become “Blue Zones”
- Looks at the entire well-being of a person – the 360-degree view
- Each member can track their progress over time with goal of improving health, lowering costs and enhancing quality of life
- Allows assessment of all aspects of their lives including health, nutrition, physical and mental fitness, community links, lifelong learning and spirituality
- Allow the community to understand the issues its members are facing.
- By having information on the needs and goals of the population, programming and interventions can be proactively engaged to improve the quality of life and function of the members.

Vitality 360 Program

Health Coach works with individual to understand what their life goals are

- Identifies barriers to reaching these goals

Collage assessment reviewed and area of focus chosen

- Brainstorming occurs

Recommendations provided to residents based on Collage assessment for reducing the effects of diseases or disabilities

A personal care plan and strategy evolves over the course of a year.

Primary care doctor involvement -focus on those health issues that are barriers to reaching personal goals

Enrollment Results

- 198 (90%) engaged in Vitality 360 Program
- 16 declined (7%)
- 3 (1%) unable
- Additional 52 took part but have since died or moved
- 89 residents have been enrolled for over a year

Vitality 360 Fitness Enrollment

- 94% of the Vitality 360 participants agreed to a fitness referral (186/198)
- 81% developed Vitality 360 Fitness Plan (145/198)
- 44% referred were not exercising before the referral (63/198)
- 15 Residents developed a Fitness Plan and not part of Vitality 360 Program
- Participation increase from 35% to 76% of its independent living populations
- Average of 64% of residents exercised during first 6 months of 2011

Individual Vitality Plans

- “To lead a meaningful life daily” ... Since joining Vitality 360, I have become a vital part of the Orchard Cove Community after initially feeling like an outsider. I currently lead a committee, have begun exercising along with taking charge of my health. I take part in many daily activities and feel like a true contributor to our community.
- “To maintain my health in order to extend quality time with my children” ... I am so proud of myself! I have now begun going to the gym three times a week, all because this program inspired me to do so. I am feeling great emotionally and physically!

Fitness Testimonials

- Since starting an exercise program with Kerry and watching my wife work out with her has done wonders emotionally for me. I have a great feeling of wellbeing, physically as well as emotionally. I am less tired when I exercise. If I was still practicing medicine, I would be writing prescriptions for everyone to begin an exercise program like what we have at Orchard Cove. It's one of the greatest advantages to living in our community.”
- “Prior to exercising in the gym, I was afraid and unable to pick things up off the ground. Now, I can and it feels so good! I also feel stronger and try to stress to others that don't exercise how much this has helped me and how great it is!”