INTRODUCTION

Background & Significance
- Forty-eight percent of Americans do not meet the recommended physical activity guidelines of 10,000 steps per day.
- Physical inactivity is associated with numerous chronic illnesses.
- Health benefits can be achieved with thirty minutes a day of moderate physical activity (e.g., walking).
- The highest rate of physical inactivity occurs in the workplace, which is an ideal setting to influence health behaviors.
- Literature supports the efficacy of a pedometer-based walking intervention as a method to increase daily step counts of adults:
  - Individual & Team Goal-Setting
  - Goal-Setting & Cognitive and Behavioral Support Materials

Purpose
Evaluate a 6-week pedometer walking program to increase daily steps of university employees.

OUTCOMES

1. Number of participants who increased daily step counts by 20% over baseline
2. Program completion rate
3. Program elements with which participants were satisfied or dissatisfied
4. Barriers to attendance
5. Feasibility and cost of initiating a walking program

METHODS

Setting
- Rural, private Midwestern University
- 200 employees

Inclusion Criteria
- Current university employees
- Read English
- Ambulatory without assistance

Design
- Pretest-Posttest, Convenience Sample

PARTICIPANT DEMOGRAPHICS

Gender

Age

Education Level

RESULTS

- Mean increase in daily steps from baseline to 6 weeks: 39%
- Completion rate: 96.4% (54 of 56) completed the 6-week intervention
- Barriers to attendance: Broken pedometer and lack of time
- Cost: $146 per participant
- Perception of University Community & Connectedness: (Scale range = 1-5) Pre-program 2.98, post-program 3.49 (p < .012)

ACKNOWLEDGEMENTS

The Project Manager would like to thank Dr. Lorraine Phillips (Committee Chair), Dr. Jo-Anne Chase (Committee Member), Ms. Julie Lepore (Committee Member), and Hannah LaGrange for their support of this project.

CONCLUSIONS

- Results support the feasibility and potential effectiveness of the Walk for Wellness pedometer-based intervention to increase daily steps.
- An accelerometer or pedometer provided a tangible means of measuring physical activity and providing motivation to increase activity.
- High level of employee interest, along with the high level of program completion demonstrates employees are interested in wellness.
- Program fostered a sense of community and connectedness.
- Results may not be generalized to other workplaces as participants were not a representative sample of the general population.

REFERENCES