



HEALTHY OUTCOMES OF PREVENTIVE ENGAGEMENTS



**2010 INNOVATION AWARD RECIPIENT
IN EVIDENCE BASED PRACTICE**
FROM THE ONTARIO MINISTRY OF HEALTH AND LONG-TERM CARE &
ONTARIO HOSPITAL ASSOCIATION

HUMAN ENDEAVOUR

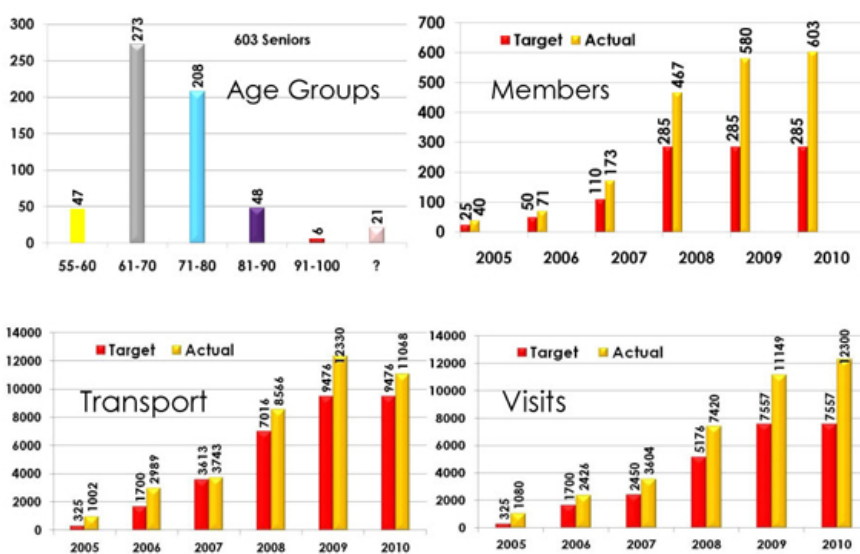
INTRODUCTION

HOPE - Healthy Outcomes of Preventive Engagements project measures the quantitative & qualitative healthy outcomes in physical and mental health as a result of innovative preventive engagements that have been implemented for 603+ South Asian seniors in Central LHIN (York Region) at 5 location over the last 6 years.

Prevention strategies have demonstrated a direct relationship in specific health improvements, reducing emergency department visits, hospitalization & readmissions. HOPE has conducted surveys and one-on-one interviews and the results demonstrate the success of participation in healthy activities, especially in group settings.

BACKGROUND

Human Endeavour started a pilot project in 2005 for South Asian seniors, with only 6 members in the first program. It gradually developed into an innovative wellness program combining health care information, prevention and settlement education. Additional components were added each year for maximum participation and better service delivery e.g. aqua fitness, mental exercises, computer trainings, performing arts, etc. Out of 603 seniors in 2010, 31.5% are male & 68.5% are female. Here are some general program statistics from the last 6 years.



PREVENTIVE ENGAGEMENTS

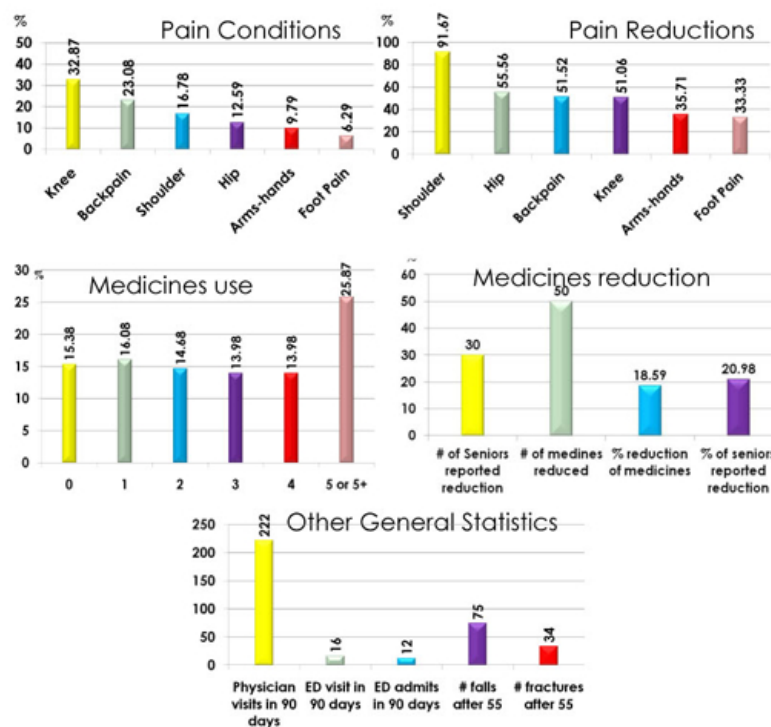
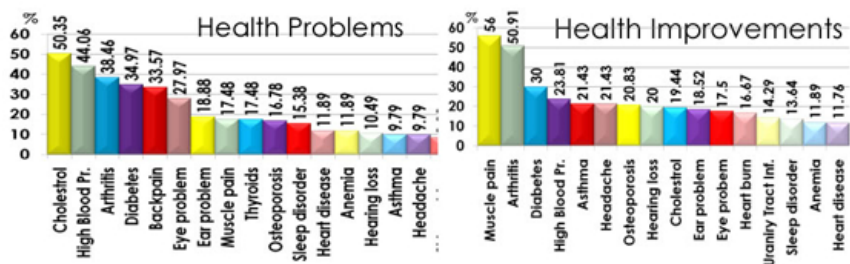
- Cater to issues of isolation, language and integration
- Culturally appropriate services
- Health and prevention presentations
- Low impact exercises and Yoga
- Mind stimulating exercises
- Learning crafts and new skills
- Socialization, games and outings
- Nutritious meals and snacks
- Mobile library visits
- English conversation classes
- Mobile computer centre
- Aqua fitness
- Performing arts e.g. dance, drama, recitations & others

Wellness & Preventive Activities	2005	2006	2007	2008	2009	2010
Number of weekly programs delivered (indoor +outdoor+ computers+intergenerational 2010)	36	44	124	215	295	404
Speakers from other organizations	14	12	29	63	101	48
Speakers from health & wellness promotion organizations	9	10	20	41	78	25
Other general info (legal, safety, settlement, benefits, etc.)	5	2	9	22	23	23
Fitness Exercises / Yoga/Taichi/QiGong	26	36	66	143	240	237
Specialized Mental Health Exercise sessions	-	-	-	-	-	41
ESL	10	22	44	44	72	95
Computer trainings (internet, email)	1	0	0	13	22	66
Intergenerational sessions/meetings	-	-	-	-	-	36
Outdoor trips/multi cultural events participation	5	7	7	8	10	22
Mobile library visits	na	3	12	12	13	12
Seniors visits	1080	2426	3604	7420	11149	12300
Volunteer transport units	1002	1989	3743	8566	12330	11068

HEALTHY OUTCOMES

A total of 143 random surveys were conducted to learn about seniors' physical health and improvements that they experienced.

- 93% seniors became more aware about their health
- 83% seniors' health improved due to these engagements



View our 13 minutes documentary (**Health, Hope & Happiness**) produced by Human Endeavour on healthy outcomes of preventive engagements. <http://www.youtube.com/humanendeavour>

If you need information to replicate this program in your area or want to know more about the healthy outcome measurements, please contact Human Endeavour at 905-553-9291 or email at info@humanendeavour.org or visit www.humanendeavour.org

HOPE PROJECT PARTNERS

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Canada

Central LHIN, City of Vaughan, Michael DiBiase Foundation, Vaughan Public Libraries, York Catholic District School Board, Various Health Service Organizations, 63+ Volunteers