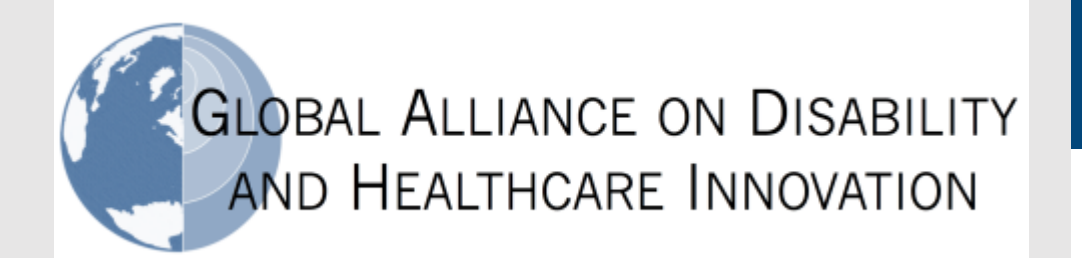


Increasing Physical Activity in the Duke and Durham Community

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SIGNIFICANCE

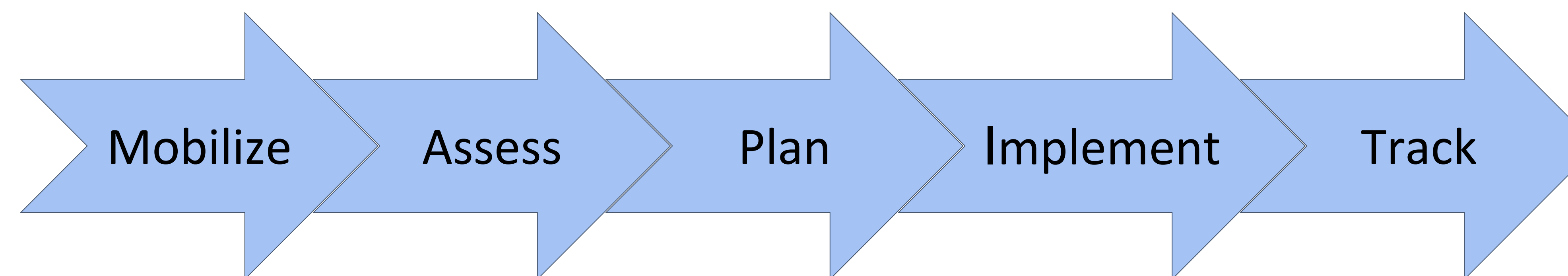
- Only 20% of North Carolinians and less than 50% of all college students get the recommended amount of daily physical activity.^{1,2}
- People who walk are sick less often, live 4.5 years longer, and are less stressed than those who don't.^{3,4}

OBJECTIVES

Goal: Increase physical activity for Duke students, faculty, staff and visitors and Durham residents.

- Establish marked, on campus Duke Healthy Mile Trails for students, faculty, staff, and campus visitors to engage in physical activity.
- Increase participation and expand Duke's Department of Community and Family Medicine Walk With a Doc program for patients of Holton Wellness Center and integrate with Durham's Healthy Mile Trail and Duke University pre-health student volunteers.
- Increase Durham residents' use of Durham Healthy Mile Trails

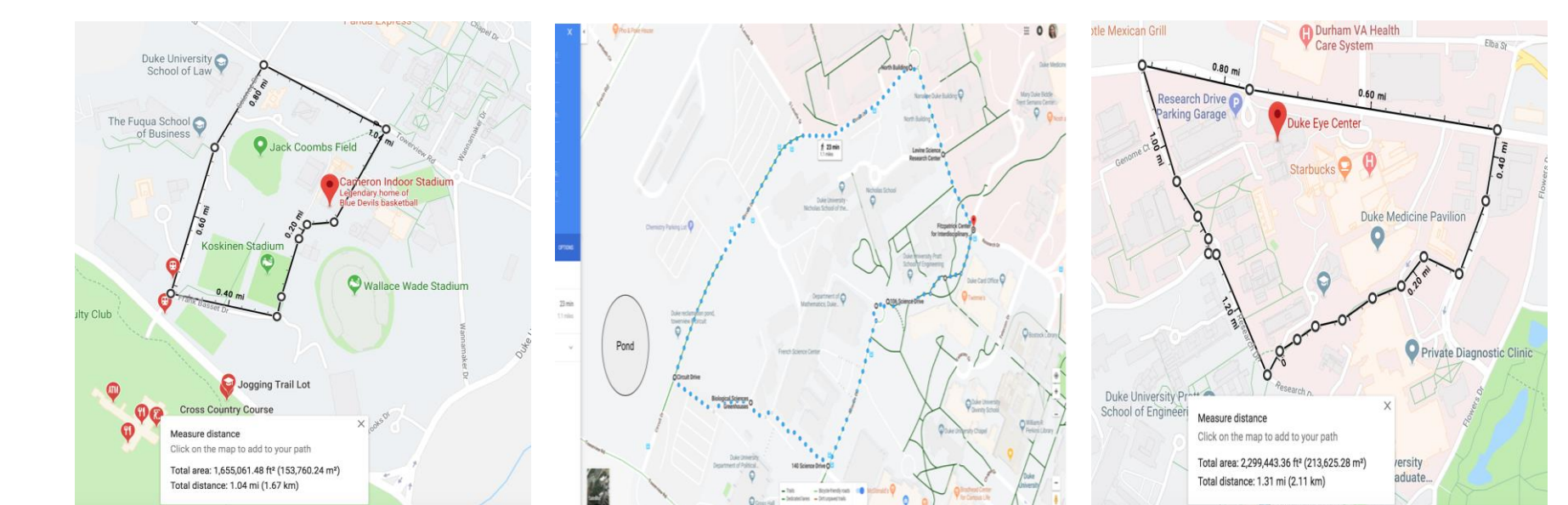
CAMPUS PLANNING MODEL – 'MAP-IT'



- M:** Met with Partnership for a Healthy Durham, Walk with a Doc, Healthy Duke
- A:** Reached out to campus and community organizations for interest, best practices, feasibility
- P:** Communicate with stakeholders on expectations and responsibilities for engagement, promotions, and tracking before, during and after program implementation
- I:** Implement walks on campus, kick-of events; Promote events
- T:** Record participation and satisfaction with programs

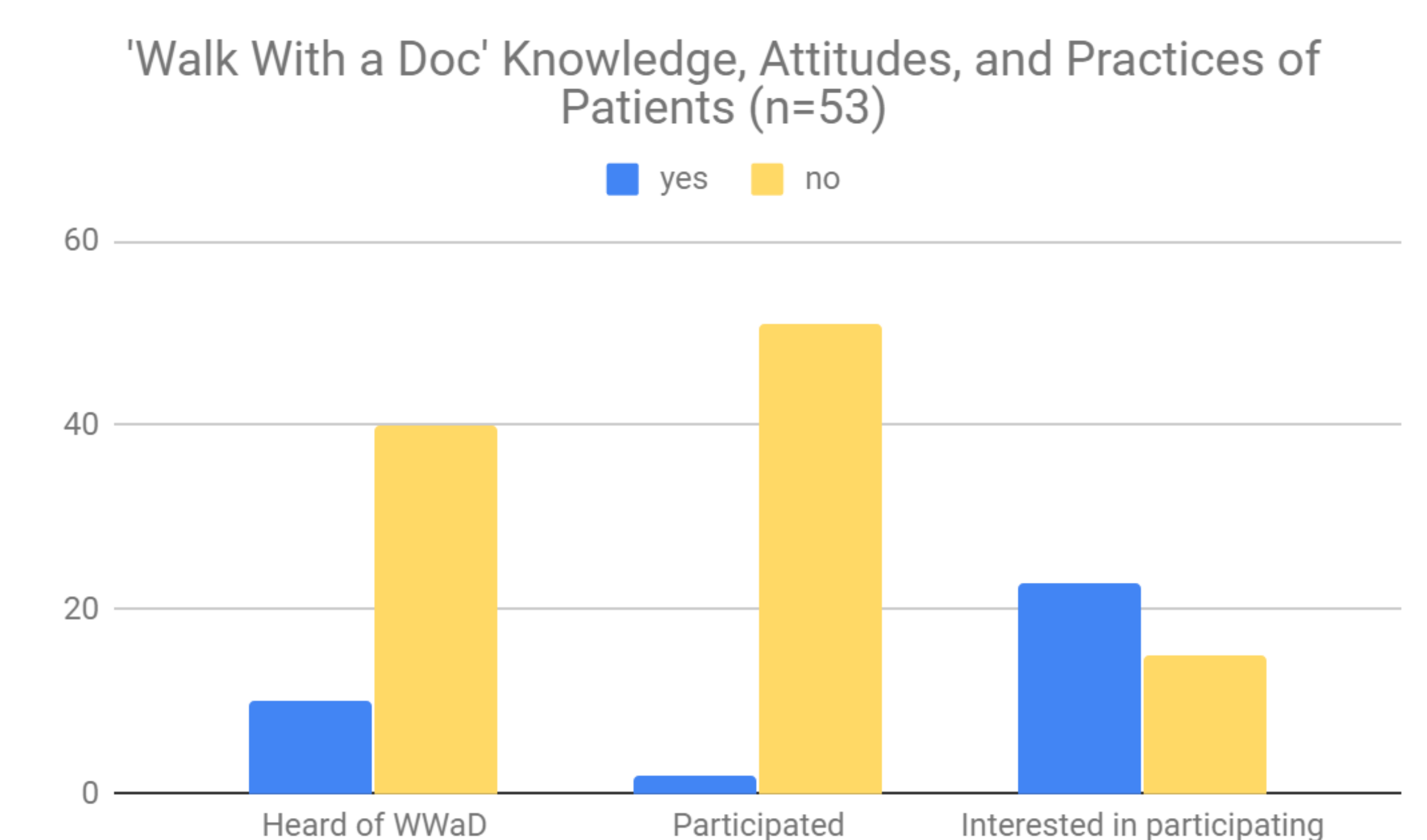
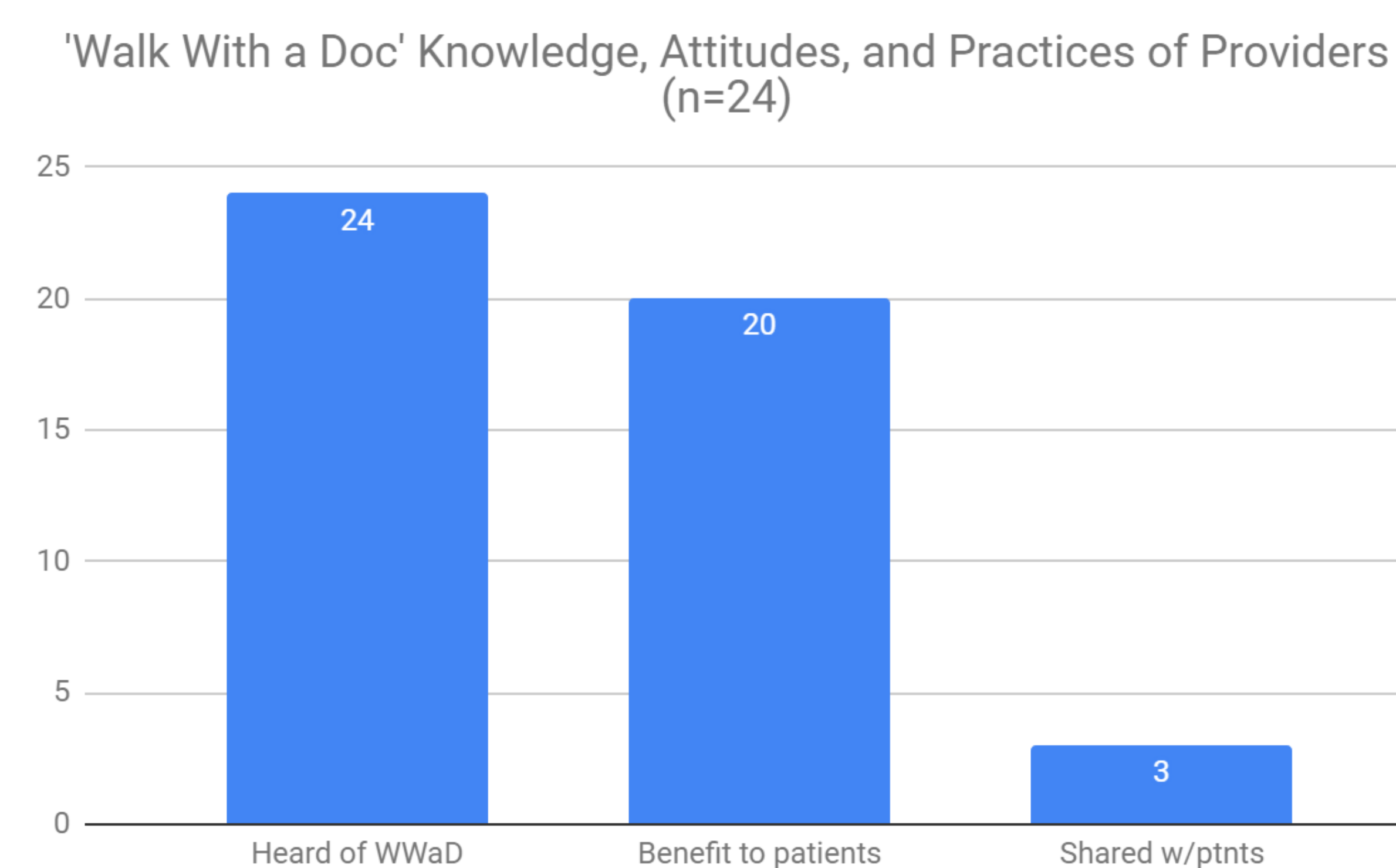
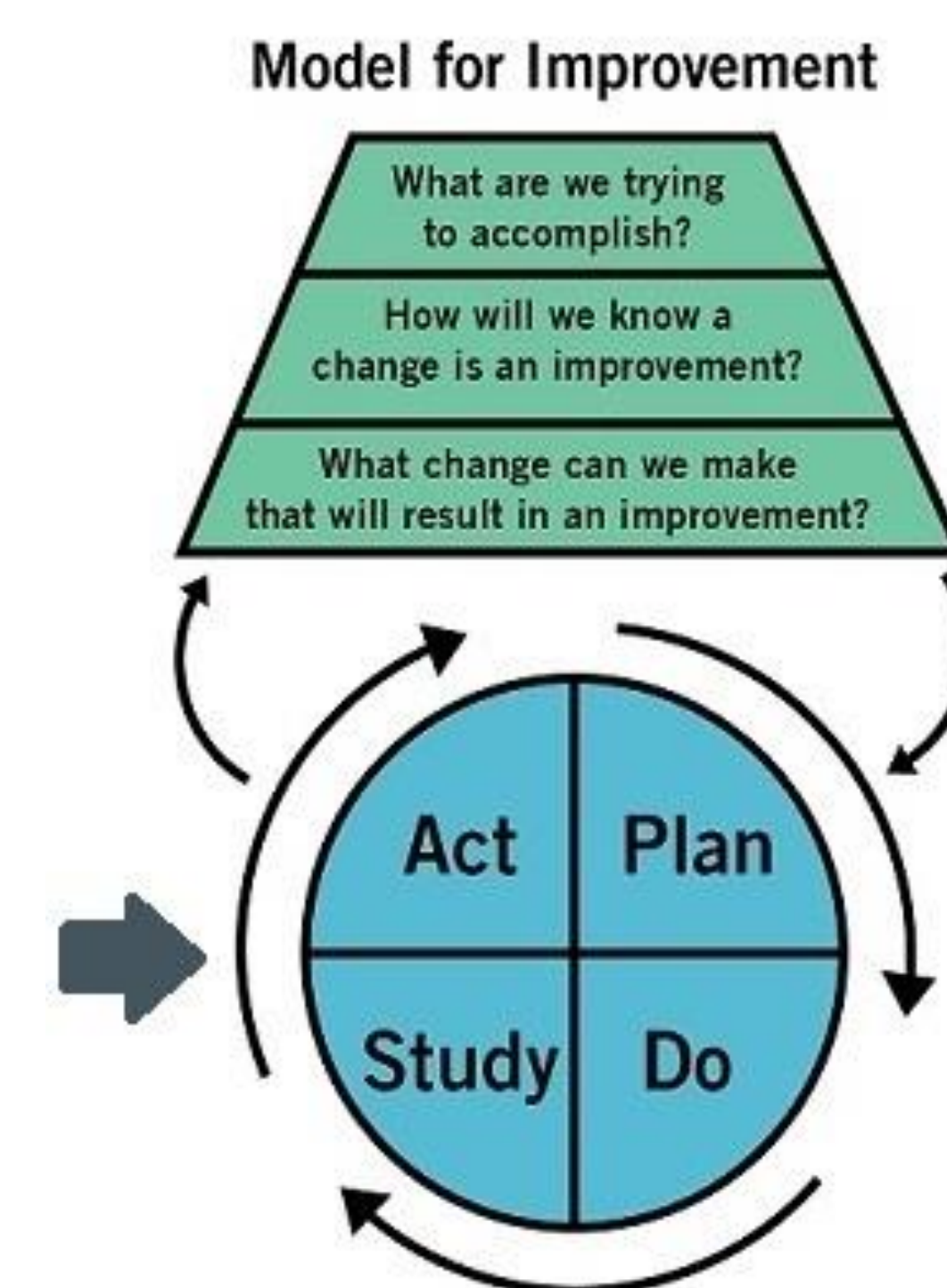


- ✓ FEBRUARY 2019 – Colloquium
- ✓ MARCH 2019 - Campus Designation
- ✓ APRIL 2019 - Student Group Informational meeting



➤ Duke Campus Healthy Mile Trail

COMMUNITY MODEL FOR IMPROVEMENT – 'PDSA'⁵



February – April PDSA Cycle – **Poster and flyer availability:** Tracking – No new patients or providers at walk; No 'dot phrase' use
 April – May PDSA Cycle: **Individual Patient Flyers** Establish process at clinic to ensure each patient is provided with walk event flyer
 June - July PDSA Cycle: **Provider Push** In person training with clinic providers to increase knowledge and promotion of program to patients
 August – September PDSA Cycle: **Campus Expansion** Invite participation from providers across campus

