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-off events; Promote events
T: Record participation and satisfaction with programs

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

This initiative has been funded by the Duke University Bass Connections Program in Global Health.

FEBRUARY 2019 – Colloquium
MARCH 2019 – Campus Designation
APRIL 2019 – Student Group Informational meeting
➢ Duke Campus Healthy Mile Trail

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