

CITRA PILOT STUDY PROGRAM

Grantee: Erica G Phillips, MD, MS
Project Title: Eating and Exercising for a Healthier Harlem
Award date: December 17, 2004
Progress Report date: May 18, 2006
Weill IRB Protocol No.: 0412007668
Approval dates: May 4, 2006 to April 23, 2007

This report outlines the progress and activities conducted as part of the CITRA Pilot study program awarded to Dr. Erica Phillips. The specific aim of this project was to pilot test a behavioral contract intervention that would increase physical activity and healthier eating habits among African-American and Hispanic women 50 years of age and older residing in East Harlem.

1) Recruitment

Participants have been recruited through collaboration with the Jackie Robinson Recreational Center. Starting February 7, 2006 fifteen women were recruited to participate in the four-month study. In the original proposal the recruitment target was set for forty women, however after the first two recruitment sessions it became clear that an interactive small group would be more effective. In addition, a series of nutrition educational workshops were added to the intervention. These workshops, led by Cornell Cooperative Extension, are structured for groups of 12-15 individuals.

2) Intervention

At enrollment, participants completed a baseline assessment questionnaire. The baseline assessment will consist of:

- 1) *Basic demographics:* age, ethnicity, marital status, education, employment status, previous and current occupations, and health insurance
- 2) *Health assessment:* contraindications to physical activity measured by the physical activity readiness questionnaire (PAR-Q), current physical activity, chronic medical conditions, height, weight, stride length, and medications,
- 3) *Psychosocial factors:*
 - Exercise self-efficacy
 - Perceived Stress
 - Social support
 - Depressive symptoms
- 4) *Environmental characteristics* - such as the availability of nearby supermarkets, availability of certain food groups such as fresh fruits and vegetables, neighborhood safety, and availability of exercise facilities.
- 5) *Nutrition: 24-hour food recall*

Participants were responsible for attending four weekly workshops (February 21, 2006 – March 14, 2006). At the conclusion of these workshop participants developed a healthy behavioral contract with a friend, family member or fellow group participant. Participant's strides lengths were calculated and instructed on how to use the provided pedometers. Participants were then invited to attend a series of nine nutritional workshops conducted in collaboration with Cornell Cooperative Extension. At the 2 month- follow up participants completed a 24-hour dietary recall, Paffenbarger physical activity and exercise index, and rendered their pedometer log. The final four-month follow-up will be conducted on May 23, 2006. Measures recorded at 2-months with the addition of depressive symptoms and perceived stress will be repeated.