Gerofit Geriatric Walking Clinic
Project Leader: Padala, K.

Project outcome: Enrolled Veterans will have an improved quality of life and enjoy the health benefits of sustained walking

Target population: Aging Veteran population

Description of project: To educate, motivate, and activate sedentary older Veterans to engage in regular walking. The program uses tailored counseling and individualized walking prescriptions and has a strong focus on Veteran safety and long-term adherence, which is accomplished through motivating phone calls, issuance of pedometers, and assistance in overcoming patient perceived barriers to walking.

Main accomplishments for FY: The project is currently being offered in 4 CBOCs. 273 Veterans were seen in FY21 despite the pandemic. 135 of these patients were rural. An HSRD planning grant was obtained headed by Dr. Morey.

Evaluation Activities: A peer reviewed Journal article was published with Dr. Kalpana Padala as the senior author in the journal of Geriatric Nursing listing the improvement glucose control and function.

Jiwani R, Wang CP, Orsak B, MacCarthy D, Kellogg D, Powers B, Wang J, Padala P, Padala K, Espinoza S. A geriatrics walking clinic improves hemoglobin A1c and timed gait in older veterans with type 2 diabetes. Geriatr Nurs. 2020 Nov 4:S0197-4572(20)30301-3. doi: 10.1016/j.gerinurse.2020.10.001. Epub ahead of print. PMID: 33158625.

This publication is result of the dissemination of the Geriatric walking clinic to San Antonio, Texas.

Goals for current year: Develop a home-based virtual group exercise class for all participants. Reach out to more rural and highly rural veterans.