

# Individually Adapted Programs



[hsc.unm.edu/som/prc](http://hsc.unm.edu/som/prc)



[www.stepintocuba.org](http://www.stepintocuba.org)

National recommendations call for regular physical activity (U.S. Department of Health & Human Services, 2008). The Guide to Community Preventive Services (Community Preventive Services Task Force) recommends successful community strategies to increase physical activity. Cuba, New Mexico, has applied many of these strategies. The Step Into Cuba program, a nationally recognized model, is under study by the University of New Mexico Prevention Research Center (PRC). This fact sheet, one of a series of five, shares initial findings for New Mexico community use.

## **Recommendation from the Community Guide: Implement individually-adapted health behavior change programs to increase physical activity and improve physical fitness at all ages.**

Individually-adapted health behavior change programs to increase physical activity teach behavioral skills to help participants incorporate physical activity into their daily routines. The programs are tailored to each individual's specific interests, preferences, and readiness for change.

These programs teach behavioral skills such as:

- Goal-setting and self-monitoring of progress toward those goals
- Building social support for new behaviors
- Behavioral reinforcement through self-reward and positive self-talk
- Structured problem solving to maintain the behavior change
- Prevention of relapse into sedentary behavior

## **Evidence: Results from a Systematic Review by the Task Force**

Research demonstrates that individually-adapted health behavior change programs are effective in increasing physical activity as measured by various indicators.

- Time spent in physical activity increased an average of 35.4%
- Aerobic capacity increased an average of 6.3%
- Energy expenditure increased an average of 64.3%
- Percentage of people starting exercise programs increased
- Frequency of physical activity increased

These interventions were effective among both men and women and in a variety of settings, including communities, worksites, and schools.



Community Campaign

Access to Places

Individually Adapted

Street Scale Design

Social Support

## More Information

[stepintocuba.org](http://stepintocuba.org)

[hsc.unm.edu/som/prc/](http://hsc.unm.edu/som/prc/)

[thecommunityguide.org](http://thecommunityguide.org)

### Cuba Strategy

Step Into Cuba adapted a program initiated in Albuquerque, NM – Prescription Trails – and offered both walking prescriptions and walking champion referrals to patients at the community's single health center. This strategy was chosen in large part because the Nacimiento Community Foundation had a healthy community coordinator/walking champion on staff, two area public health nurses wanted to promote physical activity, and a physician champion coordinating the Step Into Cuba project supported the program.

### Specific Cuba Approaches

#### ❖ Prescriptions for Walking

Cuba physicians, nurse practitioners and public health nurses developed a protocol for walking prescription and referral to the walking champion with the assistance of a research faculty leader of the UNM PRC. A prescription/referral form was developed and is available to all practitioners and public health nurses in Cuba. The physician coordinator led inservice training sessions on walking prescription. When patients are referred, medical precautions and patient general goals are conveyed to the walking champion who develops a personal plan that often involves groups and places to walk with which the champion is familiar. A walking guide is in preparation, and a supply will be made available to practitioners who prescribe walking.



### STEP INTO CUBA

#### REFERRAL FOR WALKING PROGRAM

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Take this referral to Anna Schulte, Step Into Cuba walking champion, at the Nacimiento Medical Foundation/Public Health Office, 6362 Hwy 550. You may contact Anna at (575) 289-3718 or [walkingchampion@stepintocuba.org](mailto:walkingchampion@stepintocuba.org) or through the Step Into Cuba website at [www.stepintocuba.org](http://www.stepintocuba.org).

Patient Name \_\_\_\_\_ Date of birth \_\_\_\_\_ M F  
Gender \_\_\_\_\_ Community \_\_\_\_\_

Best way to contact \_\_\_\_\_ and \_\_\_\_\_, or \_\_\_\_\_  
Height\* \_\_\_\_\_ Weight\* \_\_\_\_\_ BMI\* \_\_\_\_\_ Practitioner \_\_\_\_\_

Special considerations for a walking program (minutes/day, health issues, goals, etc.):  
\_\_\_\_\_  
\_\_\_\_\_

The 2008 U.S. Physical Activity Guidelines recommend children and adolescents exercise 60 minutes/day and adults exercise 150 minutes/week. (For example 30 minutes/day at least 5 days/week.) Exercise should be for at least 10 minutes at a time.

\*Optional

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### STEP INTO CUBA

#### Prescription for Health:

*Get up and get moving!*

Date: \_\_\_\_\_

Here's a plan for increasing your physical activity:

Start with: \_\_\_\_\_ Minutes per day  
\_\_\_\_\_ Days per week

Gradually increase to: \_\_\_\_\_ Minutes per day  
\_\_\_\_\_ Days per week

Where: \_\_\_\_\_  
*(We will review this plan at your next visit!)*

Health Care Provider Signature \_\_\_\_\_

