

Participants

Eligibility

Participants in CHAMPS II were members of Medicare Health Maintenance Organizations (HMO) within a large multi-specialty medical group practice in Northern California, the Palo Alto Medical Foundation (PAMF). Throughout the manual, we refer to PAMF as the “medical group.” Consistent with a public health approach, the program aims to be as inclusive as possible. For the CHAMPS II research, participants had to meet the following eligibility criteria:

1. Sedentary or underactive:
 - Sedentary refers to individuals that do not “set aside time for regular exercise such as brisk walking, swimming, dancing, riding an exercise bike, or taking part in recreational sports.”
 - Underactive refers to individuals who have not exercised for at least the prior 3 months or more, or who participate in some physical activities but do not meet the minimum eligibility criteria for frequency (≥ 3 times per week), duration (≥ 20 minutes per session), or intensity (produces sweat, or increases heart rate or breathing).
2. Had no recent serious medical condition such as a cardiac event, insulin-dependent diabetes, or hospitalization for a major disease that could limit participation in unsupervised light-to-moderate physical activity.

Characteristics of the Study Population (N=173)

Demographics

- Participants ranged in age from 65 to 90 years old, with a mean age of 74
- 66% were female and 9% were non-Caucasian
- Most participants had at least some college (19% high school or less, 25% some college, 27% college degree, 6% some graduate school, and 22% graduate degree)
- Almost 50% had family incomes between \$20,000 and \$40,000 and approximately 19% had incomes less than \$20,000

Health and Physical Activity Level

Participants had a range of self-reported health conditions typical of the older U.S. population:

- Arthritis or joint problems (65%)
- Hypertension (40%)
- Cardiovascular problems (16%)
- Asthma, chronic bronchitis, or emphysema (10%)
- Diabetes (7%)

Physical activity levels were distributed as follows:

- Sedentary (45%)
- Underactive (55%)