

IMPACT



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Using Pedometers Increases Physical Activity for those Dealing with Diabetes

The Situation

More than 60 percent of U.S. adults do not engage in the recommended amount of activity per day. Benefits of regular physical activity include reducing the risk of coronary heart disease, reducing blood pressure in people with hypertension, decreasing depression, and increasing control over blood glucose levels. All are prevalent health concerns among people with diabetes.

Our Response

The Healthy Eating with Diabetes workshop taught in the Panhandle of Idaho was designed to help people make life-long changes in their eating habits, physical activity habits, and in their attitudes about food, weight, and themselves.

In 2004 a pedometer program was added to the Healthy Eating with Diabetes course. Pedometers, donated free of charge by Idaho's Diabetes Control and Prevention Program, offered participants a motivational way to start moving. Participants were taught how to use their pedometer, the health benefits of physical activity as it related to their diabetes management, and were encouraged to keep a 12-week logbook of their daily steps.

In March 2004 participants of Shoshone County's Healthy Eating with Diabetes (HEWD) Workshop pilot tested the long-term effectiveness of the pedometer program. Participants were asked to wear their pedometers daily for a 12-week period and record their number of daily steps. Thirteen of the

sixteen original HEWD participants logged their daily steps for 12 weeks.

Program Outcomes

By setting small weekly goals for themselves participants increased their number of daily steps from week 1 to week 12 by 25%. Participants covered a total of 479 miles over the 12-week period.

Participants reported throughout the 12 week period that they were feeling better, had more energy, had better control of their blood sugars, and were motivated daily by their pedometer.

Pedometer Pilot Project Results

Week	Number of Steps per Week	Number of Miles per Week	Total Miles Walked
1	66420	33.21	33.21
2	68292	34.15	67.36
3	81723	40.86	108.22
4	79399	39.70	147.92
5	73179	36.59	184.51
6	83904	41.95	226.46
7	82644	41.32	267.78
8	80173	40.09	307.87
9	83953	41.98	349.84
10	82491	41.25	391.09
11	87217	43.61	434.70
12	88646	44.32	479.02

The Future

Pedometer education and the benefits of physical activity to prevent the onset of diabetes complications will be included as part of curriculum offered through Healthy Eating with Diabetes. Panhandle Health, through Idaho's Diabetes Control and Prevention Program, has donated pedometers for several future Healthy Eating with Diabetes workshops.

For More Information

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