HEARTWISE WEBINAR SERIES

HEART WISE EXERCISE

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University of Ottawa Heart Institute
How did it start?

Purpose

Criteria

Does it work?

MODULE AGENDA
COMMUNITY EXERCISE PROGRAMS: Powerful Prevention Strategy

- Lower CVD risk
- Provides safe environment
- Enables social connections
- Facilitates self management
- Promotes long term exercise
HEART WISE EXERCISE | HOW DID IT START?

2007: UNIVERSITY OF OTTAWA HEART INSTITUTE

SURGERY
CARDIAC REHAB 12-WEEK PROGRAM
EXERCISE IN COMMUNITY (HWE)
To identify exercise programs that allow our clients to feel comfortable exercising in their community.
HEART WISE EXERCISE | PURPOSE OF HWE

To identify exercise programs that allow our clients to feel comfortable exercising in their community

To share best practices
HEART WISE EXERCISE | PURPOSE OF HWE

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To share best practices.

To facilitate transition from patients to clients to lifetime community exercisers.
HEART WISE EXERCISE | PURPOSE OF HWE

To identify exercise programs that allow our clients to feel comfortable exercising in their community

To share best practices

To facilitate transition from patients to clients to lifetime community exercisers

To promote self-management
HEART WISE EXERCISE | PURPOSE OF HWE

To identify exercise programs that allow our clients to feel comfortable exercising in their community

To share best practices

To facilitate transition from patients to clients to lifetime community exercisers

To promote self-management

To develop a strong community network
HEART WISE EXERCISE | 6 CRITERIA OF HWE

• Hallmark of HWE

• Each program must meet these 6 criteria in order to be a designated HWE facility
1. Encourages daily, regular aerobic exercise
HEART WISE EXERCISE | 6 CRITERIA OF HWE

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2. Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions
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3. Allows participants to exercise at a safe level and offers options to modify intensity
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4. Includes participants with chronic health conditions (physician approval may be required)

5. Offers health screening for all participants
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3. Allows participants to exercise at a safe level and offers options to modify intensity

4. Includes participants with chronic health conditions (physician approval may be required)

5. Offers health screening for all participants

6. Has a documented emergency plan that is known to ALL exercise leaders, including the requirement of current CPR certification, phone access to local paramedic services and presence of an AED
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• Patient/participant
• Health care providers
• Fitness professionals
• Policy makers/funders
• Public
"A closer look at meeting the exercise needs of your clients with chronic conditions"

The Heart Wise Exercise Training combines self-directed online learning with live in-person sessions (where available) that are designed to present best practice guidelines and create connections between health care practitioners and the fitness community. The Training Program includes an optional exam at the completion of training. Experts are available (in-person or by email) to answer any questions.

The content includes:
- HWE program overview
- Introduction to CVD
- Introduction to coronary interventions
- Exercise and the cardiac participant
- Diabetes and Exercise – Updated!
- Exercise and Dementia
- Motivating Clients to Exercise
- Exercise and bone health
- Exercise, Stroke and TIA
- Exercise and COPD
- Health Canada AQHI
- Exercise and Cancer
- OA: Increasing Long-Term Participation in PA
HEART WISE EXERCISE | HWE REACH

Number of HWE Sites | >200
Number of Regional Coordinating Centres | 7
Number of persons trained in HWE Training Program | >1700
Number of free HWE programs | >50
Evaluating the Heart Wise Exercise™ program: a model for safe community exercise programming

Jennifer L. Reed1, Jennifer M. Harris1, Liz Midence2, Elizabeth B. Yee2 and Sherry L. Grace2,3

HWE EVALUATION
PUBLISHED IN 2016:
BMC PUBLIC HEALTH

- Average age was 60, ranging up to 86, 86% female
- Participants are highly satisfied with the program.
- Classes met the six HWE criteria (with only a few exceptions)
- Participants chronic health conditions and/or with risk factors for heart disease.
- Fitness Leaders reported confidence and knowledge in the area of exercise in chronic disease.
HEART WISE EXERCISE

- **All**: 74.5
- **Women**: 74.1
- **Men**: 76

**Pie Chart**
- **Female**: 82
- **Male**: 24
<table>
<thead>
<tr>
<th>Condition</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart disease</td>
<td>17.0%</td>
</tr>
<tr>
<td>Stroke</td>
<td>5.7%</td>
</tr>
<tr>
<td>Diabetes/pre-diabetes</td>
<td>13.2%</td>
</tr>
<tr>
<td>Lung disease</td>
<td>4.7%</td>
</tr>
<tr>
<td>Osteoporosis/osteopenia</td>
<td>35.8%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>50.9%</td>
</tr>
<tr>
<td>Mental health condition</td>
<td>6.6%</td>
</tr>
<tr>
<td>Multiple Sclerosis</td>
<td>0.9%</td>
</tr>
<tr>
<td>Traumatic brain/spinal chord injury</td>
<td>0.9%</td>
</tr>
<tr>
<td>Parkinson's</td>
<td>0%</td>
</tr>
<tr>
<td>Alzheimer's</td>
<td>0.9%</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>40.6%</td>
</tr>
<tr>
<td>High cholesterol</td>
<td>26.4%</td>
</tr>
<tr>
<td>Overweight</td>
<td>26.4%</td>
</tr>
<tr>
<td>Orthopedic disorder</td>
<td>11.3%</td>
</tr>
<tr>
<td>Cancer</td>
<td>3.8%</td>
</tr>
<tr>
<td>Endocrine disorder</td>
<td>4.7%</td>
</tr>
<tr>
<td>Respiratory condition</td>
<td>3.8%</td>
</tr>
<tr>
<td>Cardiac disorder</td>
<td>1.9%</td>
</tr>
<tr>
<td>Gastrointestinal disorder</td>
<td>4.7%</td>
</tr>
<tr>
<td>Other</td>
<td>0.9%</td>
</tr>
</tbody>
</table>
HEART WISE EXERCISE

<table>
<thead>
<tr>
<th>Number of Conditions</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 condition</td>
<td>16.1%</td>
</tr>
<tr>
<td>2+ conditions</td>
<td>77.4%</td>
</tr>
<tr>
<td>3+ conditions</td>
<td>48.1%</td>
</tr>
<tr>
<td>4+ conditions</td>
<td>30.2%</td>
</tr>
</tbody>
</table>
Watch this video from the perspective of a participant in a Heart Wise Exercise class:
HEART WISE EXERCISE

DISCOVER EXERCISE THAT HAS YOUR HEART IN MIND. ASK US ABOUT OUR HEART WISE PROGRAMS AND CLASSES.

HEARTWISEEXERCISE.CA
OTTAWAHEART.CA