

## **University of Washington Community Health Study**

### **Purpose**

The University of Washington Department of Rehabilitation Medicine is conducting a research study to investigate whether a health and wellness program, called EnhanceWellness, is helpful for adults who are age 45 to 64 years and have some level of physical disability. People who are eligible for this study will be randomly assigned to one of three groups: 1) the EnhanceWellness program, 2) a wellness education program, or 3) neither of these programs. Participants who are assigned to either the EnhanceWellness or wellness education, will work with a wellness coach for 8-10 sessions over a 6-month period.

### **Participants**

To be eligible to participate in this study individuals must meet the following criteria:

- 45 to 64 years of age at screening (turning 65 years after screening is ok);
- Able to read, write, and understand English;
- Has a self-reported physician's diagnosis of a medical condition affecting the muscular or neurologic systems (e.g., muscular dystrophy, multiple sclerosis, post-polio syndrome, spinal cord injury, blindness, and limb loss, among others);
- At least occasional difficulty in the past year with daily living activities;
- Able to participate via telephone;
- Has a goal in mind if randomized to the EnhanceWellness intervention; and
- Has never participated in an EnhanceWellness program offered by a community center or other organization.

### **Procedure**

For participants in the EnhanceWellness program: Participants can work on any health or wellness goal they choose. This goal could be anything from increasing their exercise to de-cluttering their homes to doing relaxation activities. Participants and the wellness coach will create an action plan for addressing their goals. All sessions will take place on the telephone and will last about 1 hour.

For participants in the wellness education program: The wellness coach will provide education on 8 topics that we have already selected (such as blood pressure and blood glucose management, decreasing LDL cholesterol, and increasing physical activity). All sessions will take place on the telephone and will last about 45 minutes.

For participants not assigned to either program: Participants will continue with their usual activities over the 6-month period. They will not meet with a wellness coach.

All participants, regardless of what group they are assigned to, will also be asked to complete a survey at 4 different time points: after enrollment, at 3 months, at 6 months, and at 12 months. Each survey will take about 45-60 minutes to complete. Surveys can be completed online, on paper, or on the telephone with a study assistant—whatever is easiest for them. Participants will receive a \$25 check for completing each survey.

### **GPS Sub-Study**

One of the objectives of the Community Wellness Study is to assess whether the EnhanceWellness program leads to changes in an individual's participation in the community. To measure a participant's activity in the community, we will invite about half the study participants to wear a GPS tracking device for 2 weeks at 2 different times in this study (when they start the study and 12 months later). People in this sub-study will also be asked to keep a diary of all the places they have visited over the 2 weeks. Participants will be told to go about their daily routine as they normally would. Individuals don't have to participate in the GPS sub-study to participate in the wellness study. If they do participate in the GPS sub-study, they will receive \$5 for each day they complete or up to \$70 for 2 weeks. They will also receive up to \$70 for completing the GPS sub-study again 12 months later.

If individuals have questions about this study or are interested in participating, please call us at **1-866-928-2114** or email us at [communityhealthstudy@uw.edu](mailto:communityhealthstudy@uw.edu).