



The Passport to Health Program

Purpose

Passport to Health promotes **health, wellness, and quality of life** among older adults. It encourages participation in classes and activities to manage existing chronic health conditions and prevent new ones. Key focus areas are **healthy eating, physical activity, and social engagement**.

"Passport to Health has educated me and given me more tools to make better decisions in my life."

The award-winning Dying Before Their Time Report that found older adults in Detroit are dying at **over two times** the rate of older adults in the rest of Michigan.

"I find it a wonderful program and well needed in the community. There are not a lot of places where older people can go and not feel intimidated or not feel that it is too much. They are accommodating for receiving you wherever you are."

With funding from the **Michigan Health Endowment Fund**, the Detroit Area Agency on Aging piloted Passport to Health in 2018-2021. Program sites were **St. Patrick Senior Center** and **Neighborhood Service Organization**. Around 200 seniors took part.

Recruitment

Top recruitment strategies included: **class announcements, personal invitations by staff members, and word of mouth**.

Participants joined Passport for a variety of reasons, including **the opportunity to improve their health, monitor their health, learn new things, get prizes, and socialize**.



"It challenged me to do something I wanted to do."

3 Program Components

Over 80% made some progress in reaching their personal goal

30% ate better

1. **One-on-one health assessments** performed by nursing students or staff that included health screenings, SMART goal setting, and recommendations for activities and classes to address identified needs and reach goals.
2. **Attendance at classes and activities** offered at the sites that promoted wellness and earned participants reward points.
3. **A structured rewards program** that allowed participants to redeem points for prizes.

Examples of classes: chair yoga, cooking classes, and water aerobics

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Pilot Program Sample Characteristics

Age range: **60-92** years, with the majority (62%) between 65-74 years



 **45%**

Had **3 or more chronic health conditions**

 **83%**

Were **overweight or obese**

 **28%**

Had **elevated PHQ-2 scores**, indicating possible depression

 **85%**

Were at **elevated risk of diabetes**, based on the American Diabetes Association Type 2 Diabetes Risk Test

'I've lost weight and I'm really eating differently...much better than I had been before the program.'

Pilot Program Results

Most participants **maintained or improved their health behaviors**, and the greatest number of people improved healthy eating (30%). Participants reported being more **physically active, eating better, losing weight, and feeling more socially connected**.

Prizes were motivating for many participants. Some participants were more motivated by **increased health knowledge** and **achieving health goals**. Many people preferred to save their points for larger prizes. Favorites were the camping chair, t-shirts, umbrella, and tote bag.



Nursing Student Engagement

One of the objectives of the pilot program was workforce development. The Passport to Health program provided an **excellent structure** for nursing student involvement. Their roles included **conducting health assessments** and **leading classes** such as the Lunch and Learns and chair exercises.

4.1

Students rated their Passport to Health experience as **valuable** to their clinical rotation on a 5-point scale

*1=not at all valuable, 5=extremely valuable



58% said they are likely/somewhat likely to seek work in geriatrics in the future

*27% said they were interested in geriatrics prior to Passport

Toolkit

A toolkit will be made for Passport to Health including **promotional materials, testimonials, guidance around prizes, an assessment checklist, manuals for nursing students and program coordinators**.

"Passport to Health has educated me and given me more tools to make better decisions in my life."

For more information, call: St. Patrick's Senior Center- (313) 833-7080 or Neighborhood Service Organization- (313) 961-4890

