

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Online Proposals

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Comprehensive List of Conference Presentations for LEAD Presenter:

Presentations at National/International Conferences (Peer-Reviewed):

Eggleston B, Ballard, E., Metzger, R. A Needs Assessment of Childhood Obesity for Elementary, Middle, and High School Students who Live in Southeast Illinois and Southwest Indiana. American Public Health Association Annual Meeting in Philadelphia, PA, Nov 2009.

Eggleston B, Mace, C, Middlestadt SE. A Psychosocial Analysis of Facebook.com: An application of the Theory of Planned Behavior. American College Health Association Annual Meeting in San Francisco, CA, May 2009.

Eggleston B, Middlestadt SE, Lindeman, A, McCormick, B, Kocejka, D. Psychosocial Determinants of Attending Yoga Classes: An application of the Theory of Planned Behavior. American Public Health Association Annual Meeting in San Diego, CA, October 2008.

Fisher CM, Eggleston B, Reece M, Satinsky S. Barebacking and MSM: Does Assessing Behavior Alone Really Tell Us Much About Risk? Annual Meeting of the Society for the Scientific Study of Sexuality, Indianapolis, IN, November 2007.

Satinsky S, Eggleston B, Reece M, Fisher CM. Sexual Compulsivity and Venue-Related Sexual Activity Among MSM in Indiana. Annual Meeting of the Society for the Scientific Study of Sexuality, Indianapolis, IN, November 2007.

Eggleston B, Lindeman A. Biopsychosocial Assessment of Yoga. American Public Health Association Annual Meeting, Boston, MA, November 2006.

Eggleston B, Reece M, Dodge B. Sexual Compulsivity of Heterosexual College Students. Society for the Advancement of Sexual Health Annual Meeting, Chicago, IL, October 2006.

Poster Presentations at International/National Professional Conferences (Peer-Reviewed)

Eggleston B, Middlestadt SE. Applying the Theory of Planned Behavior to Yoga: Predicting Regular Yoga Class Attendance. American Public Health Association Annual Meeting in Philadelphia, PA, November 2009.

Eggleston B, Mace, C, Middlestadt SE. Understanding Facebook.com. American College Health Association Annual Meeting in San Francisco, CA, May 2009.

Eggleston B, Middlestadt SE, Lindeman, A, McCormick, B, Kocejka, D. Yoga's Therapeutic Value: Perceptions of Yoga as Serious Leisure and the Flow Experience. International Symposium for Yoga Therapy and Research in Los Angeles, CA, March 2009.

Eggleston B, Middlestadt SE, Lindeman, A, McCormick, B, Kocejka, D. Yoga, Serious Leisure, and Quality of Life. American Public Health Association Annual Meeting in San Diego, CA, October 2008.

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Eggleston B, Middlestadt SE, Lindeman A. A Longitudinal Study of Yoga Practice. American Public Health Association 2007 Annual Meeting in Washington D.C., November 2007.

Eggleston B, Middlestadt SE. Behavioral Determinants of Yoga Participation: A qualitative inquiry. American Public Health Association Annual Meeting in Washington D.C., November 2007.

Eggleston B, Reece M, Dodge B. Predictors of Unpredicted Sexual Behaviors of Heterosexual College Students. American College Health Association Annual Meeting, New York, NY, June 2006.

Presentations at Regional/Local Professional Meetings

Eggleston B. Psychosocial Determinants of Attending Yoga Classes. 13th Annual Research & Evidence Based Practice in Health Care Conference in Evansville, IN, April 2009.

Eggleston B, Reece M, Dodge B. Behavioral Correlates of Unprotected Sexual Behaviors of College Students. Midwestern College Health Association Annual Meeting Findley, IL, October 2006.

Comprehensive List of Conference Presentations for Co-Presenter:

Presentations - Community

Coudret, N. Dugger, R, Eggleston B., Ehlman, MC, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Jeopardy. Good Samaritan Home, April, 2009

Coudret, N. Dugger, R, Eggleston B., Ehlman, MC, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Jeopardy. Bethel Manor, April, 2009

Coudret, N. Dugger, R, Eggleston B., Ehlman, MC, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Jeopardy. Mount Vernon Nursing and Rehabilitation, April, 2009

Coudret, N. Dugger, R, Eggleston B., Ehlman, MC, Harrison, E., Mathis, S, Wilson, A. Harrison, E., Bladder Jeopardy. Newburgh Health Care, April, 2009

Presentation Title:

Yoganna Love It: A wellness intervention for seniors.

Track: Mind-Body Wellness

Program Level: beginner

Target Audience: Health Care Professionals

Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

n/a

Abstract:

Faculty members and students from the University of Southern Indiana collaborated with yoga instructors, senior living centers, and the Evansville Public Library to improve wellness for seniors by offering yoga and computer classes. Three notable outcomes resulted from the project: 1) The study demonstrated strength in collaboration to promote wellness among seniors. 2) Seniors reported greater levels of well-being in terms of both psychosocial-emotional (mood) and physical measures (balance). 3) Faculty members developed a student research group. Future studies will look to increase participation and collaboration among seniors and students in multiple dimensions of wellness.

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Measurable Objectives:

- 1) Program participants will be able to replicate the presented model of collaboration to implement programs that bring together university faculty, university students, yoga instructors, and local senior living centers in a cost-effective manner.
- 2) Program participants will be able identify two psychosocial-emotional (well-being) and physical (balance) measures that improved after seniors engaging in both yoga and computer classes.
- 3) Program participants will be able to identify ten yoga poses designed specifically for seniors by yoga therapists.
- 4) Program participants will be able to design a student research group promoting wellness in the older adult population through service learning.

Program Outline:

- I. Opening
 - a) Overview of Project
 - b) Interactive Yoga Demonstration
- II. Building Relationships
 - a) University with senior living centers
 - b) Faculty and student scholarship
- III. Development of Student Research Group
 - a) Student Research Training Retreats
 - b) Student Testimonials
- IV. Project
 - a) Research design
 - b) Yoga and computer course objectives
- V. Study Results
 - a) Seniors reported greater levels of well-being
 - b) Students engaged in service learning
- VI. Model of Collaboration
 - a) Community-Based Participatory Research
 - b) Elements of PRECEDE-PROCEED
- VII. Closing
 - a) Limitations of study
 - b) Future Recommendations

Program Bibliography:

- Binda, S., Culham, E., & Brouwer, B. (2003). Balance, muscle strength, and fear of falling in older adults.. *Experimental Aging Research*, 29(2), 205. Retrieved from Health Source: Nursing/Academic Edition database.
- Blum, L., Korner-Bitensky, N. (2008). Usefulness of the berg balance scale in stroke rehabilitation: A systematic review. *Physical Therapy*, 88(5), 559-566. Retrieved from MEDLINE database.
- Bruin, E., & Murer, K. (2007). Effect of additional functional exercises on balance in elderly people. *Clinical Rehabilitation*, 21(2), 112-121. Retrieved from CINAHL with Full Text database.

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Chu, A., Huber, J., Mastel-Smith, B., & Cesario, S. (2009). Partnering with seniors for better health: Computer use and internet health information retrieval among older adults in a low socioeconomic community. *Journal Of The Medical Library Association: JMLA*, 97(1), 12-20. Retrieved from MEDLINE database.

Daly, R., Ahlborg, H., Ringsberg, K., Gardsell, P., Sernbo, I., & Karlsson, M. (2008). Association between changes in habitual physical activity and changes in bone density, muscle strength, and functional performance in elderly men and women. *Journal of the American Geriatrics Society*, 56(12), 2252-2260. Retrieved from CINAHL with Full Text database.

Manchant, T., Tiernan, T., & Mann, W. (2005). Computer accessibility issues for older adults with disabilities: A pilot study. *OTJR: Occupation, Participation, & Health*, 25(2), 55-65. Retrieved from CINAHL with Full Text database.

Mayhorn, C., Stronge, A., McLaughlin, A., & Rogers, W. (2004). Older adults, computer training, and the systems approach: A formula for success. *Educational Gerontology*, 30, 185-203. Retrieved from Health Source: Nursing/Academic Edition, EBSCOhost.

Michel-Pellegrino, V., Hewson, D., Hogrel, J., & Duchêne, J. (2008). Biomechanical analysis of older adults stepping up: A method of evaluating balance. *Journal of Aging & Physical Activity*, 16(2), 171-187. Retrieved from CINAHL with Full Text database.

Morgan, M. J. (1994). Computer training needs of older adults. *Educational Gerontology*, 20(6), 541-556. Retrieved from Health Source: Nursing/Academic Edition, EBSCOhost.

Namazi, K., & McClintic, M. (2003). Computer use among elderly persons in long-term care facilities. *Educational Gerontology*, 29(6), 535. Retrieved from Health Source: Nursing/Academic Edition database.

Saunders, E. (2004). Maximizing computer use among the elderly in rural senior centers. *Educational Gerontology*, 30(7), 573-585. Retrieved from Health Source: Nursing/Academic Edition database.

Shapira, N., Barak, A., & Gal, I. (2007). Promoting older adults' well-being through internet training and use. *Aging & Mental Health*, 11(5), 477-484. Retrieved from CINAHL with Full Text database.

White, H., McConnell, E., Clipp, E., Branch, L., Sloane, R., Pieper, C., et al. (2002). A randomized controlled trial of the psychosocial impact of providing internet training and access to older adults. *Aging & Mental Health*, 6(3), 213-221. Retrieved from HealthSource:Nursing/Academic Edition database.

Program Relevance to Conference Theme:

The proposed presentation addresses the mind-body wellness target area. Yoga was the targeted therapy to increase the balance, flexibility, and over well-being of seniors. Seniors were encouraged to both to attend yoga classes and also practice yoga on their own with a DVD/VHS that was developed by local certified yoga instructors and the University of Southern Indiana. Yoga-based wellness interventions will increase the exposure of mind-body based practices to the public.