

Evidence-Based Cancer Control Programs (EBCCP) Connection

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EBCCP Featured Profile



Paige Denison has over 20 years of experience working in diverse communities with health promotion programs for older adults and adults aging with disabilities. She has served on multiple boards and committees focused on scaling access to proven programs that support

people in leading happier, healthier, better-connected lives. These endeavors include the Exercise Is Medicine (EIM) Older Adult Advisory Committee for the American College of Sports Medicine (ACSM), Physical Activity Alliance Cornerstone Team, University of Washington Health Promotion Research Center (HPRC) Advisory Board, and King County Fall Prevention Coalition.

Can you tell us a little about the evaluation of the Enhance®Fitness program? Did you collaborate with community partners?

EnhanceFitness (EF) was developed by the **University of Washington** in partnership with **Sound Generations** in Seattle, WA (formerly known as Senior Services) and **Group Health Cooperative** (now Kaiser Foundation Health Plan of Washington, Inc.) in the mid-1990s. After the initial randomized controlled trial of EF in the late 1990s, support of the program was transitioned to Sound Generations. For more than 20 years, Sound Generations has managed all aspects of the program, including national and international dissemination, as the program administrator. This includes coordinating with multiple academic institutions; training; licensing; proving program support; conducting fidelity monitoring; and running the data system that tracks participant measures (e.g., attendance and change in functional outcomes over time)

EF has been implemented successfully and sustainably with diverse populations in facilities around the country, including senior centers, YMCAs, churches, parks and recreation sites, affordable housing, and retirement communities. Learn more about Project Enhance at [Enhance®Fitness | Evidence-Based Cancer Control Programs \(EBCCP\)](#).

What population was EnhanceFitness developed for?

EnhanceFitness was developed for older adults and people aging with disabilities living in the community. Promoting physical activity in community settings is critical in reaching people where they are. It can help decrease risk for falls and maintain and improve physical function, allowing older adults to continue living with independence in their communities.

What were some of the successes or challenges of partnering together?

As a multiservice community-based organization, Sound Generations reaches socially disadvantaged older populations that experience disparities in health outcomes and access to quality care through all of our programs. UW Health Promotion Research Center (HPRC) brings deep expertise in developing, testing, and disseminating health promotion strategies. EnhanceFitness delivery organizations are operationalizing programming in underresourced

conditions, and expanding dissemination has brought increased complexity to our work in supporting their unique implementation and sustainability challenges. Our strong continuing community–academic partnerships have supported problem-solving with the community to understand what works and for whom.

Do you have any "lessons learned" about partnering that you would like to share?

We value our strong relationships with the researchers, health care providers, delivery organizations, and funders that support EnhanceFitness in various settings and populations. The scientific advisory support and ongoing research opportunities have been key to scaling and adapting this work to meet emerging needs.

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