

# IMPLEMENTATION GUIDE

## Walking for Wellbeing in the West (WWW)

*Using an Evidence-Based Program to develop  
a process model for program delivery in the practice setting*

**Note:** Refer to “Using What Works: Adapting Evidence-based Programs to Fit Your Needs”. Review the appropriate Modules and the handouts provided in each, in order to modify and evaluate this program to meet the needs of your organization and audience.

“Using What Works” is available online at:

[http://cancercontrol.cancer.gov/use\\_what\\_works/start.htm](http://cancercontrol.cancer.gov/use_what_works/start.htm).

### I. Program Administration (Type of Staffing and Functions Needed)

**Practitioner (Requirement: Background in a related educational field, such as sports and exercise science, psychology, nursing, or health education. An advanced degree in one of these fields and knowledge of physical activity for better health is helpful but not required.)**

- Assesses physical activity behavior
- Delivers physical activity consultation during one-on-one visit
- Works with participant to set appropriate goals within a 12-week walking program
- Ensures participant can use pedometer to monitor behavior throughout the 12 weeks
- Acts as a source of support and advice for the participant

### II. Program Delivery

For additional information on modifying program materials, refer to the appropriate Module(s) for program adaptation from “Using What Works”.

**A. Program Materials** (*All print materials listed here can be viewed and/or downloaded from the RTIPs Products Page*):

- **WWW Weekly Walking Programme:** This 14-page document is a blank template for use during the physical activity consultation. It allows the participant to define his or her weekly step count goals; follow principles of action planning about where, when, and how goals will be achieved; record if goals have been met; and record physical activity behavior (daily step counts) on a weekly basis. This resource should be used at the appropriate point in the consultation process as described in the WWW Physical Activity Consultation Booklet.
- **WWW Physical Activity Consultation Booklet:** This 4-page document provides prompts and general guidance to support practitioners in administering the physical activity consultation. It outlines the seven theoretically based steps that should be followed when delivering the physical activity consultation.

- **Pedometers:** Each participant receives a pedometer to record physical activity in steps. The device clips to the participant's belt or clothing at his or her hip. Steps are tallied by the pedometer and can be viewed or reset using buttons on the pedometer screen.

## **B. Program Implementation:**

The steps used to implement this program are as follows:

Step 1: At an initial visit, the practitioner provides the participant with a pedometer that is sealed (e.g., covered with tape) so that the participant cannot view the number of steps taken.

Step 2: For 1 week, the participant engages in normal activities and wears the pedometer at all times, except when sleeping, showering, or taking part in structured sport or exercise, to establish his or her baseline physical activity level.

Step 3: The practitioner meets with the participant at the end of this week to collect step count data from the pedometer, deliver the 30-minute physical activity consultation using the booklet provided, develop an individually tailored walking plan, and introduce a 12-week walking program based on this plan.

Step 4: For the next 12 weeks, the participant records daily step counts using an unsealed pedometer.

Step 5: The practitioner meets with the participant at the end of this 12-week period and delivers a final 30-minute physical activity consultation using the booklet provided, this time focusing on relapse prevention, encouragement, and motivation.

## **III. Program Evaluation**

**For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from “Using What Works”.**

[http://cancercontrol.cancer.gov/use\\_what\\_works/start.htm](http://cancercontrol.cancer.gov/use_what_works/start.htm)

For further assistance in designing and conducting an evaluation, consider communicating with members from NCI's Research to Reality (R2R) community of practice who may be able to help you with your research efforts. Following is a link to start an online discussion with the R2R community of practice, after completing registration on the R2R site:

<https://researchtoReality.cancer.gov/discussions>.