ISRCTN44671491 https://doi.org/10.1186/ISRCTN44671491

The Healthy Older People Engaging in Exercise and Diet (HOPE ED) project

Submission date
12/02/2025

Recruitment status
No longer recruiting

Registration date
13/02/2025

Overall study status
Completed

Last Edited
20/02/2025

Condition category
Other

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
Researchers at the University of Alaska Anchorage (UAA) want to know if a healthy aging program focusing on hope and resilience can help older adults improve their motivation for diet and physical activity changes.

Who can participate?
Healthy older adults aged 55 years old and over who live in one of four housing communities in Anchorage and can understand English

What does the study involve?
Participants will attend a weekly class session for 15 weeks in their housing community. These classes will be taught by trained and experienced UAA students. The goal is to help people feel positive and hopeful about their lives and the aging process. The classes will have 30 minutes of information about healthy aging and then 30 minutes of light physical activity instruction.

Participants who agree to be in this study will be asked to do several things:
1. Take a survey on your diet, health, and exercise before and after the program
2. Have your height and weight measured before and after the program
3. Take a short fitness assessment that includes walking, standing, and reaching before and after the program
4. Attend weekly class sessions for 15 weeks
5. Take an at-home survey and mail it back to us 3 months after the program ends
6. Take another survey at home 6 months after the program ended

Participants will receive information right away about their current height and weight. They will also be given the results of the fitness assessment before and after the program begins.

What are the possible benefits and risks of participating?
Participants will get to attend free health classes taught by trained and experienced UAA students. This is in a fun and social learning environment. They will also receive information about healthy aging and help UAA understand what works for older adults.

This study has few risks. Some people may become exerted during the exercise part of the class. Participants will be encouraged to ask their doctor if they should begin the program. They will also be asked to go at their own pace during class and not overdo it. The team will try to anticipate any potential risks the study has, however, there may be some risks that are currently unknown.

Risks of a study to a community are not always known. This program focuses on hope and resilience so there are few risks to the community. The people involved in this study have worked closely to lessen the risk of harm to your community. All presentations or publications must be approved by the Southcentral Foundation leadership.

The research team will not access any medical records for this study.

Where is the study run from?
The UAA, USA

When is the study starting and how long is it expected to run for?
July 2021 to May 2023

Who is funding the study?
The National Institute of Aging (NIA), a division of the National Institutes of Health (NIH)

Who is the main contact?
Britteny M. Howell (Principal Investigator), bmhowell2@alaska.edu

Contact information

Type(s)
Public, Scientific, Principal investigator

Contact name
Dr Britteny Howell

ORCID ID
https://orcid.org/0000-0002-9724-5367

Contact details
University of Alaska Anchorage
3211 Providence Dr.
PSB 206B
Anchorage
United States of America
99508
+1-907-786-6565
bmhowell2@alaska.edu

Additional identifiers

Protocol serial number
1R15AG072369-01A1

Study information

Scientific Title
A health education program to increase hope and improve energy balance among seniors in the urban subarctic

Acronym
HOPE ED

Study objectives
Did self-efficacy, fruit and vegetable intake, physical activity, functional fitness, self-rated health, or BMI improve significantly as a result of the program?

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 07/10/2021, Alaska Area Institutional Review Board (4315 Diplomacy Drive, Anchorage, Alaska, 99508, United States of America; 1-907-729-3924; akaalaskaareaIRB@anthc.org), ref: 2021-08-038

Primary study design
Interventional

Study design
Cross-sectional non-randomized multi-center study

Study type(s)
Efficacy

Health condition(s) or problem(s) studied
Efficacy of a health education program

Interventions
This cross-sectional, non-randomized, multi-center study accepted all eligible and interested volunteers into the health education program (no allocation, masking, blinding, control group, or participant assignments) from 4 different senior housing communities.

The intervention is a 15-week student-led health education program for older adults to increase fruit and vegetable intake and physical activity utilizing the following measures: BMI, self-efficacy, fruit and vegetable intake, physical activity, functional fitness assessment, and self-reported health. There was no placebo, control group, or participant randomization. Dose and duration: weekly, 1-hour sessions administered by students in the 4 senior housing community's multi-purpose rooms.

Intervention Type
Behavioural

Primary outcome(s)

Behavior change is measured by physical activity (the Physical Activity Scale for the Elderly - PASE), fruit and vegetable intake (Block fruit/vegetable/fiber screener), self-rated health (1 question on the survey), and self-efficacy (measured by the Self Rated Abilities for Health Practices Scale - SRHAP) self-assessments at baseline, post-program (week 15), 3-month follow-up, and 6-month follow-up.

Key secondary outcome(s)
The following secondary outcome measures are assessed at baseline and post-program (week 15):
1. BMI measured by the research team taking height and weight measurements
2. Functional fitness measured by the Senior Fitness Test, administered by the research team

Completion date
05/05/2023

Eligibility

Key inclusion criteria
1. Living in one of the 4 study site housing communities
2. Aged 55 years or over
3. Able and willing to participate in a 15-week health education program that contains light physical activity
4. Able to read and write in English
5. No one will be excluded based on ethnicity or gender

Participant type(s)
Healthy volunteer, Resident

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
55 Years

Upper age limit
112 Years

Sex
All

Total final enrolment
58

Key exclusion criteria
1. Anyone under the age of 55 years old
2. Does not live in the study site housing community

3. Older adults who do not have capacity to read and write in English
4. Those unable to consent
5. Must not have a legal guardian

Date of first enrolment
17/01/2023

Date of final enrolment
15/02/2023

Locations

Countries of recruitment
United States of America

Study participating centre
Salamatof Heights
9131 Centennial Circle
Anchorage
United States of America
99504

Study participating centre
Qevu Village
1300 Old Seward Highway
Anchorage
United States of America
99515

Study participating centre
Creekside Town Center
7900 Creekside Center Drive
Anchorage
United States of America
99504

Study participating centre
Coronado Park Senior Village
16820 Coronado Street
Eagle River
United States of America
99577

Sponsor information

Organisation
University of Alaska Anchorage

ROR
https://ror.org/03k3c2t50

Funder(s)

Funder type
Government

Funder Name
National Institute on Aging

Alternative Name(s)
U.S. National Institute on Aging, The National Institute on Aging, NIH NATIONAL INSTITUTE ON AGING, NIA

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United States of America

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study may be available upon request from Britteny M. Howell (Principal Investigator), bmhowell2@alaska.edu if permission is granted from the tribal authority, the Southcentral Foundation Board of Directors. The datasets generated during and/or analysed during the current study are not expected to be made publicly available because the dataset contains information on Indigenous Elders and the study protocols were reviewed by a tribal IRB.

Names will not appear in any report or papers resulting from this study. All results that are made public will be summary results, they will not report anything that would identify a person. Summary results will be shared with participants and Tribal leadership. Participant de-identified

data might be shared without future consent and may be used in future studies, unless participant's disagree. Papers will be written for publication in scientific articles. These papers will be reviewed and approved by tribal authorities before being published.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		29/05/2024	20/02/2025	Yes	No
Other publications	Student experiences	04/06/2024	20/02/2025	Yes	No