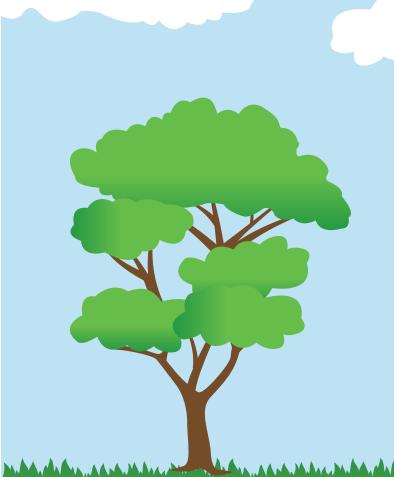
## The Impact of a Medical Fitness Model on Long Term Health Outcomes in Older Adults:

A Retrospective Cohort Study of Older Adult Members (Brar et al. BMC Geriatrics, 2024)



3,029 **Older Adult Members** 



91.734 **Members\*** 

Non-

\* Older adults who did not attend a Medical Fitness Facility during the study period were compared to members



"Older Adult" was defined as someone

≥65 years old

The study group and control were matched on age, sex, income, year of study entry, and co-morbidities



## **MEMBERS HAD ACCESS TO:**

Personalized health assessment and wellness plan

**Group exercise including classes** adapted for mobility, health conditions

Accessible exercise space and equipment

Guidance from degreed, certified professionals

Healthy lifestyle coaching in areas including nutrition, sleep, stress management, smoking cessation and chronic disease management



Members swiped in to access the facility and were identified as lowor regular-frequency attenders

> **LOWER RISK OF ALL-CAUSE MORTALITY**

**LOWER RISK OF MAJOR CARDIAC EVENT** 

**LOWER RISK** 

**OF HOSPITALIZATION** 



Members lived longer





Members had fewer major cardiac events

Major Cardiac Event = hospitalization over 24 hours for myocardial infarction, stroke, heart failure or cardiovascular death

MEMBER

OUTCOMES



**REGULARS WERE MORE PROACTIVE** WITH THEIR HEALTH Regular attenders were more likely to visit their family physician for a routine check-up, but less likely to visit an Emergency Room versus members who attended less often

**INCREASED** ATTENDANCE = **DECREASED RISK** 









