

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

MEDICAL
FITNESS
FACILITY

91,734
Non-
Members*

* 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 low- or regular-frequency attenders

MEMBER OUTCOMES

45%
LOWER RISK
OF ALL-CAUSE
MORTALITY

20%
LOWER RISK
OF HOSPITALIZATION

27%
LOWER RISK
OF MAJOR
CARDIAC EVENT



Members lived longer



Members had fewer hospital stays



Members had fewer major cardiac events

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

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

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