Women’s Health Initiative
Strong & Healthy Trial

Physical Activity Intervention - Stanford University
PI: Marcia L. Stefanick, Ph.D.
Behavioral Scientist: Abby C. King, Ph.D.
Medical Director: Mark Hlatky, M.D.

Data Coordinating Center – FHCRC (WHI CCC)
Multi-PIs: Charles Kooperberg, Ph.D.
Andrea LaCroix, Ph.D. (UCSD)
Co-investigators: Lesley Tinker, Ph.D.
Chongzhi Di, Ph.D.
Primary Aim: Conduct a pragmatic trial in ~50,000 women enrolled in WHI Extension Study, for whom CV outcomes are available (WHI Medical Records Cohort or CMS linkage), randomized to a centralized physical intervention or “usual activity” (Control).

Primary Hypothesis: Aerobic physical activity combined with muscle strengthening, balance and flexibility exercises, and reduced sedentary behavior will reduce major CV events (MI, stroke, CV death) in older women, compared to “usual activity” (control) over 4-5 years of follow-up.


Implemented through: National Institutes on Aging (NIA) http://go4life.nia.nih.gov/

Primary Safety Aim: Evaluate whether an intervention based on DHHS recommended levels of physical activity for older adults increases risk of total clinical fracture, hip fracture, falls, or non-CVD mortality over 4-5 years.

Secondary Hypotheses PA (vs Control): Lower rates of VTE and PAD – and- Less loss of physical function (by Rand-36 score), including higher rates of ongoing mobility (and independence)

Secondary Aim: selected PA-linked secondary outcomes, potentially ameliorable through regular physical activity, of importance to maintaining independence in older women

Secondary Safety Aim: Evaluate whether the PA intervention (versus control) increases coronary artery bypass graphs (CABG) or percutaneous coronary intervention (PCI)
Randomized Consent Study Design

Based on Zelen. N Eng J Med 1979

~50,000 WHI participants randomized

Eligible based on existing data*

Randomize

no

Follow, per original protocol

yes

Control

Follow, per original protocol

Intervention

Passive Consent

Follow, per original protocol

(opt out) no

Physical Activity (Go4Life®) Intervention

Mailings ± IVR** (automated phone system), Website, Email, etc.+ live advisor, PRN

** Interactive Voice Response System

Accelerometer Sub-study

“Physical Activity Study” Consent

*Inclusion:
- Alive, WHI Extension Study consent
- CV Outcomes available Medical Records Cohort or CMS, i.e. linkage to Medicare

*Exclusions:
- dementia
- living in a nursing home
- self-reported inability to walk

Primary Outcomes: major CV events (MI, Stroke, CV Death)
Baseline characteristics by \textit{WHISH} Assignment

Consort “Diagram”
All WHI participants: \( n = 161,808 \)
Not alive, ineligible \( N = 89,743 \)
Eligible: \( n = 72,065 \)
No outcomes data (not in MRC or CMS)
Not in \textit{WHISH}: \( n = 22,129 \)

<table>
<thead>
<tr>
<th>Race/ethnicity</th>
<th>Active (N=24,984)</th>
<th>Control (N=24,952)</th>
<th>P-Value$^1$</th>
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<td>White</td>
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<td>American Indian</td>
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<th>WHISH Eligibility Status</th>
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<tr>
<td>MRC + FFS A, A+B</td>
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<td>MRC Only</td>
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<td>FFS A, A+B Only</td>
<td>16762 67.1</td>
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<th>Responsible Region</th>
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<td>Northeast</td>
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<td>South</td>
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<td>Midwest</td>
<td>5806 23.2</td>
<td>5802 23.3</td>
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<td>West</td>
<td>5929 23.7</td>
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<th>Primary Endpoint at WHISH randomization$^2$</th>
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<th>Control (N=24,952)</th>
<th>P-Value$^1$</th>
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<td>CABG/PTCA at WHISH randomization$^2$</td>
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<td>Stroke at WHISH randomization$^2$</td>
<td>846 3.4</td>
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Mean Age:
~ 80

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<tr>
<th>Ethnicity</th>
<th>Percentage</th>
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<td>White</td>
<td>~ 84%</td>
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<tr>
<td>Black</td>
<td>~ 9%</td>
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<tr>
<td>Hispanic</td>
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<tr>
<td>Asian/PI</td>
<td>~ 2%</td>
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</table>

<table>
<thead>
<tr>
<th>Cardiovascular Endpoint</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>CVD</td>
<td>8.2%</td>
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<tr>
<td>MI</td>
<td>4.4%</td>
</tr>
<tr>
<td>CABG/PTCA</td>
<td>6.5%</td>
</tr>
<tr>
<td>Stroke</td>
<td>3.4%</td>
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WHISHful Actions
Getting Started
The Women’s Health Initiative Strong & Healthy (WHISH) Team encourages you to move more every day.

Is Being More Active For You?
More being active may help manage & prevent:
- Heart disease
- Memory loss
- Diabetes
- Osteoporosis
- Depression

Small Steps Can Make A BIG Difference.

Regular Physical Activity May:
- Enhance overall health & well-being
- Make everyday tasks easier & more enjoyable
- Enhance concentration & memory
- Improve your balance & prevent falls

Hand Grip
Wall Push-Up
Overhead Arm Raise
Toe Stand
Stand on One Foot
Heel-to-Toe Walk
Balance Walk
Back and Side Leg Raise
Stretches for Ankle, Back, Thigh, Shoulder and Arm
Stages of Change: Pre-, Contemplation, Preparation, Action, Maintenance; Goals

WHISHful Actions
Let Us Help You Get Moving

The Women’s Health Initiative Strong & Healthy (WHISH) teams encourage you to take small steps to become more active.

Move A Little More!

We want women of all ages and activity levels to move more with WHISH!

GET TELEPHONE SUPPORT FROM "ADRIANA" OUR VIRTUAL ADVISOR!

A special feature of the WHISH program is an exclusive, automated telephone support line available all day, every day, every day. "Adriana" will help you set personal goals, keep track of your progress, and solve the challenges of being more physically active. Regardless of how active or inactive you currently are, she can suggest some easy ways to get or stay moving that are tailored to you.

COME ON YOUR WAY!

The field 3 Exercise & Physical Activity book is on its way! It is full of fun, safe, and easy ways to get you moving.

National Physical Activity Guidelines

2 hours and 30 minutes of moderate-intensity physical activity per week. The physical activity should be spread throughout the week, and performed in episodes of at least 10 minutes.

Additionally, muscle strengthening should be done on 2 or more days per week involving major muscle groups.

Stages of Change:
Pre-, Contemplation, Preparation, Action, Maintenance;

Goals

Wave 1:
6/2/15
4620

Wave 2:
7/14/15
14,685

Wave 3:
7/20/15
4543

Total: 23,848
### Exercise Interest Survey Data: Overall & by Age Strata

<table>
<thead>
<tr>
<th>Returned Survey N=11,400 (48%)</th>
<th>Pts returning survey (n=11400)</th>
<th>Age Strata</th>
<th>&lt; 77 (n=4643)</th>
<th>77 – 82 (n=3777)</th>
<th>≥ 83 (n=2980)</th>
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<tbody>
<tr>
<td>% pts starting intervention</td>
<td>48.0%</td>
<td>55.7%</td>
<td>48.5%</td>
<td>39.5%</td>
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<tr>
<td>Interest in Intervention</td>
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<tr>
<td>Support</td>
<td></td>
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<td>Supportive emails</td>
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<td>Website support</td>
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<td>Gardening</td>
<td>5487 48.1</td>
<td>2464 53.1</td>
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<td>1190 39.9</td>
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<tr>
<td>Social / line dancing</td>
<td>1746 15.3</td>
<td>830 17.9</td>
<td>570 15.1</td>
<td>346 11.6</td>
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<tr>
<td>Yoga</td>
<td>1938 17.0</td>
<td>1045 22.5</td>
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<td>Jogging / running</td>
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<td>142 3.1</td>
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<td>Water aerobics</td>
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<td>1142 24.6</td>
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<td>Swimming</td>
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<td>871 18.8</td>
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<td>Group fitness classes</td>
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<td>1508 32.5</td>
<td>1167 30.9</td>
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<tr>
<td>Biking</td>
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<td>801 17.3</td>
<td>358 9.5</td>
<td>153 5.1</td>
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<tr>
<td>Golf</td>
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<td>378 8.1</td>
<td>275 7.3</td>
<td>134 4.5</td>
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<tr>
<td>Bowling</td>
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<td>305 6.6</td>
<td>202 5.3</td>
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<td>Other</td>
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<td>1066 23.0</td>
<td>774 20.5</td>
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<td>Physical Activity Preference</td>
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<td>513 11.0</td>
<td>446 11.8</td>
<td>481 16.1</td>
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<td>In an instructor led class</td>
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<td>549 11.8</td>
<td>484 12.8</td>
<td>475 15.9</td>
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<td>On your own</td>
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<td>1328 28.6</td>
<td>1243 32.9</td>
<td>1050 35.2</td>
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<tr>
<td>With others (no instructor)</td>
<td>268 2.4</td>
<td>114 2.5</td>
<td>89 2.4</td>
<td>65 2.2</td>
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<tr>
<td>A mix</td>
<td>4563 40.0</td>
<td>2139 46.1</td>
<td>1515 40.1</td>
<td>909 30.5</td>
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</table>
## Exercise Interest Survey Data: Overall & by Age Strata

<table>
<thead>
<tr>
<th>Returned Survey N=11,400 (48%)</th>
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</tr>
<tr>
<td>% participants starting intervention</td>
<td>48.0%</td>
<td>55.7%</td>
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</table>

### Limitations

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<td>None</td>
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<td>2656</td>
<td>1777</td>
<td>869</td>
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<tr>
<td>Difficulty walking</td>
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<td>710</td>
<td>853</td>
<td>1006</td>
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<td>Balance difficulties</td>
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<td>768</td>
<td>946</td>
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<tr>
<td>Hearing impaired</td>
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<td>301</td>
<td>413</td>
<td>849</td>
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<tr>
<td>Vision impaired</td>
<td>662</td>
<td>120</td>
<td>173</td>
<td>369</td>
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<tr>
<td>Shortness of breath</td>
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<td>617</td>
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<td>Other limitations</td>
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<td>690</td>
<td>506</td>
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### Interested in increasing current PA levels

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<td>Not at all interested</td>
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<td>347</td>
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<td>Somewhat interested</td>
<td>5306</td>
<td>1978</td>
<td>1853</td>
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<tr>
<td>Very interested</td>
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### Current Activity Level

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<tr>
<td>Missing</td>
<td>415</td>
<td>164</td>
<td>135</td>
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<tr>
<td>Sit most of the day</td>
<td>348</td>
<td>132</td>
<td>103</td>
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<tr>
<td>Sit more than I move / walk</td>
<td>4696</td>
<td>1838</td>
<td>1477</td>
<td>1381</td>
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<tr>
<td>Move / walk more than I sit</td>
<td>4188</td>
<td>1729</td>
<td>1446</td>
<td>1013</td>
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<tr>
<td>Move / walk most of the day</td>
<td>1753</td>
<td>780</td>
<td>616</td>
<td>357</td>
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Stanford Mailing #2

WHISHful Actions
Get Ready, Get Set, Go!

Women's Health Initiative Strong & Healthy (WHISH)
wants to help you make a plan to be more active.

Read Along and Make Your Plan!

Did you relate to Jena, Marta, Annette, Barbers, or Dee, the five women in the last WHISHful Actions? Use their personal goals as a guide for your own physical activity plan! This edition of WHISHful Actions introduces you to the Go4Life Exercise & Physical Activity Everyday Guide.

Read the guide and work your way through steps 1-4 (guide) to gather your thoughts about physical activity, make your plan, and set your personal goals. This will help you GET READY, GET SET and GO! Remember to keep this booklet and refer back to your plan periodically.

Please Return the ‘What’s Your WHISH’ Survey!

A pedometer, activity calendar, and more information on the WHISH telephone support line are coming in the mail next.

What’s Your Starting Point?

1. Everyone needs to start somewhere. Take a few minutes to write down the physical activities that you already love to do.

Think about activities that include endurance, muscle strength, flexibility, and balance.

2. YOUR READINESS CHECKLIST

Put a check mark next to each item you complete.

☐ I read the Go4Life Exercise & Physical Activity Everyday Guide.

☐ I filled out the section above on physical activities I love to do.

☐ I read about the 4 types of physical activity on pages 12 and 13.

☐ I filled out the activity log on page 102.

☐ I read ‘Identifying Your Starting Point’ on page 17 (this will help you make my plan).

☐ I’m excited to Get Ready, Get Set, and Go!

3. THE SELF TEST

Test yourself about the 4 major types of physical activity you read about on pages 12 and 13.

The test is located on page 90. Write your results below.

Endurance

My_distance:

Number_of_arm_curl:

My_time:

Number_of_chair_stands:

Muscle Strength

Balance

Flexibility

Time_on_left_foot:

I_can_reach_my:

Number_of_leg_press:

Time_on_right_foot:

Left_leg:

Number_of_squat:

Right_leg:

Squat:

Shin:

Shoe:

Balance:

Foot:

4. MY PHYSICAL ACTIVITY PLAN

Please fill out the blanks below using pages 97 and 102.

My Current Level of Activity:

Mint: look on pages 12 and 13.

Activities I will Try:

Mint: look on pages 12 and 13.

1. Endurance: __________________

2. Upper body strength: __________________

3. Lower body strength: __________________

4. Flexibility: __________________

My PHYSICAL ACTIVITY GOAL

Mint: look on pages 12 and 13.

My long-term goal:

* W1: selected excerpts (book mailed 7/31/15)
Stanford Mailing #3

WHISItuul Actions
Every Step Counts!

Women’s Health Initiative Strong & Healthy (WHIS) gives you tools to be more active!

Steps to Better Health

In the last WHISItuul Actions (See Ready, Get Set, Go! you encouraged you to create a physical activity plan. How did it go? What are your short- and long-term goals? Now is a great time to review (or make) your plan. Once you have your plan in place, put on your brand new pedometer, and get started! The pedometer may help you to challenge yourself to take a few more steps each day.

Walk with WHIS

This map shows all of the women in WSH. You are one of the blue dots! We encourage you to contribute your steps and join WHISItuul women from all around the country to see how far you walk collectively. We will tally your steps that you report to “Adrianna.” Down the road, we will tell you how much women in every WH region are moving. Help your region by staying active and reporting your steps! Let’s see which region can take the most steps, but more importantly, let’s move more together.

No Matter How Active You Are, WHIS Is for You

W1: 7/28/15 4,582
W2: 8/21/15 14,494
W3: 10/7/15 4,502
Total: 23,538

COUNT YOUR STEPS!

WHAT IS IT?
A pedometer counts each step you take and monitors your daily progress. This might help you stay physically active.

WHY IS IT IMPORTANT?
A pedometer is a great self-management tool that keeps you accountable each day. Throughout the day look at your step count. Set daily goals and challenge yourself to move more!

HOW DO I USE IT?
Each morning, open the lid on the pedometer and push the white button for three seconds. This will reset your step count to zero. Close the lid and attach the pedometer clip to your pant waistband or belt at your waist or hip. Look at your pedometer throughout the day. At the end of the day, open the lid to see the step count on the screen, then record your steps on the WHISItuul calendar.

WHISItuul is launching a Peer Mentor Program to pair participants for support and motivation. A WHIS Peer Mentor is someone who has a passion for being active and is interested in helping others achieve their WHISItuul goals. If you would like extra guidance and inspiration to reach your goals, you can be a WHIS Peer Mentor and get paired with a Peer Mentor. If you would like to be a Peer Mentor or Peer Partner, please look out for more information about the WHISItuul Peer Mentor Program soon.

TIPS FOR USING THE Pedometer

Where do I wear it? The pedometer is worn on your hip or waist. Trace an invisible line from your kneecap to the top of your legs to the waist, and that’s the most accurate place to wear it. It best fits over the waistband of your pants or skirt. You can also clip it on to the waistband of your underwear if that works better for your outfit. If you are wearing close fitting pants you may be able to secure it in your pocket. You may have to get creative depending on your outfit.

Start where you are! Start tracking your usual daily steps, and use your WHISItuul calendar to keep track (see the enclosed calendar for more instructions). This helps for about a week to find your average step pattern, or baseline.

Set a goal: After you know your average steps per day, set an achievable goal. Goals encourage you to move more.

Motivational nudges: Look at your pedometer throughout the day to see how many steps you have taken. If you have a low step count by, say, 100%56, you may want to take a walk to get your step count higher.

Pedometer care: The pedometer is not waterproof. Keep the pedometer dry (do not swim or shower with it, wash it in the laundry).

STAY ENGAGED WITH WHIS
You Have Your Goals, You Have Your Tools, NOW GO WHIS!

Physical Activity Plan: Last time we asked you to fill out a physical activity plan that looked like this. What was your short- and long-term goals?

Get Ready, Get Set, and GO! Now you have your pedometer! Can you put your plan into action while wearing your pedometer?

A few simple actions to Get You Moving: This packet includes a lot of instructions on the pedometer and the WHISItuul calendar. Don’t be intimidated! We just want you to try walking and write down your daily step counts!

WHISItuul Calendar: In this pocket you have a WHISItuul calendar. Soon we will add you to share it with us (see enclosed). Until then, keep these calendars, we will tell you when and how to send them!

Put on your Pedometer and GO HAVE FUN!

COMING SOON!
The WHISItuul automated telephone support line

Hello, Adrianna!
You will be getting a call soon from Adrianna.

WHAT IS IT, and HOW DOES IT WORK?
"Adrianna" is an automated support line to help you stay on track in your physical activity. When you call, Adrianna will ask you to report your physical activity you have been tracking on your WHISItuul calendar. She will also provide advice to help you move more.

WHISItuul has a few more people, but she does have the voice of Adrianna, a WHIS team member. This support line is for all ACI areas, whether you are active or not.

HOW DO I USE IT?
We recommend you call "Adrianna" at least once every other week. She will ask you to report your activity and offer support. She recognizes spoken words, or you can use the keypad on your phone to type in your response.

WHAT CAN I EXPECT NEXT?
The system is expected to go live on Tuesday, August 18th. Then, start using your pedometer and WHISItuul calendar. When she is ready you can start using "Adrianna" to track your activities.

WHAT DOES IT COST?
The telephone program is FREE. We do not have to call a long-distance number but want telephone calls come with MD-long distance calling. If you are not tiered, check with your carrier or call our info number (800) 869-4574.
Keeping a log of your daily activity is a great way to self-monitor your effort. Use this tool to track your activity and measure your progress in reaching your goals.

1. **Active minutes**: Endurance activities increase your breathing and heart rate. Some examples include: swimming, dancing, gardening, brisk walking, and climbing stairs or hills. Write down the total daily minutes of endurance activity of any kind.

2. **Steps**: Wear your pedometer each day and at the end of each day write down the number of steps.

3. **Upper-body muscle strength**: Your Workout to Go booklet provides some examples of upper-body muscle strengthening, including hand-grip (page 5), wall push-ups (page 6), and overhead arm raise (page 7). Put a check mark in the box if you did ANY upper-body muscle strengthening moves that day.

4. **Lower-body muscle strength**: Your Workout to Go booklet provides some examples of lower-body strengthening, including back leg raise (page 8), side leg raise (page 9), and toe stands (page 10). Put a check mark in the box if you did ANY lower-body muscle strengthening that day.

5. **Balance and Flexibility**: Your Workout to Go booklet provides some examples of balance and flexibility activities, including standing on one foot (page 11), balance walk (page 13), and yoga. Put a check mark in the box if you did ANY balance or flexibility activities that day.

**Please call “Adriana” every two weeks with your activity minutes at: (650) 681-2637.**

Coming soon, we will ask you to share your calendar with us (either through the telephone support line or in the mail). Until then, keep these calendars; we will tell you when to send them!
"PA Cohort": 11/3-11/12/15  N = 22,688 + 79 (12/15/15) “updated addresses”

Fun Facts & Updates

WHISH Calendar
Enclosed is your 2016 WHISH calendar. Use it to record your steps and active minutes.

Tracking your activity is the best self-management tool! Soon we will ask you to provide this information (via "Adriana", the website, or by mail) so we can see what you have been doing. For now, continue to track your activity on the calendar each day and hang on to it until we reach out to you to check on your progress.

Fun Facts About You
We asked you questions in our survey about your physical activity preferences and limitations. That information helps us understand who you are and how we can best tailor this study to you! Here is what we learned:

- 87% are somewhat or very interested in increasing your level of physical activity!
- 37% prefer to exercise on your own; 38% like a mix
- 36% move more than sit
- 42% sit more than move
- 26% have balance difficulties

*See page 64 for balance activities in the Go4Life® book

Step It Up!

Did you hear that the U.S. Surgeon General just released a call to action? It is called 'Step It Up!', which promotes walking and walkable communities throughout the U.S. According to the Surgeon General, "physical activity is one of the most important things Americans can do to improve their health, and walking is an easy way to get moving." For more information on 'Step It Up!', see our website whish.org for a link.

"Adriana" Update

“Adriana” will call you soon and ask you to enroll! Keep using your WHISH calendar log to record your daily activity. If you haven’t already sent us the ‘What’s Your WHISH’ survey, please fill it out and provide your phone number for “Adriana.” You can also find it online: tinyurl.com/whishpref

WHISHful Actions Fall 2015
All About YOU!

Women’s Health Initiative Strong & Healthy (WHISH)

“WHISH has something to offer each of you

We appreciate the thousands of ‘What’s Your WHISH’ surveys we’ve received – THANK YOU! Some of you thought you might be too active for WHISH. Others said you struggle to complete many activities in the Go4Life® book. We clearly have a wide range of participants, but no matter what your current physical activity level is, WHISH is eager to offer every one of you support to help you move more or keep up your current physical activity levels - including endurance, muscle strengthening and/or balance & flexibility exercises.

These Are the ways many of YOU are active!

Most Popular Ways YOU are Active!

OTHER ACTIVITIES YOU ENJOY:
- Farm chores
- Golf
- Kayaking
- Skiing
- Rollerblading
- Belly Dancing
- Tai Chi
- Tennis

Percents Based on Returned Surveys

Save A Tree: If you would like to receive our materials online, email us at whish-team@stanford.edu

Phone: (844) Go-WHISH or (844) 469-4474
How do you feel about using new WHISH tools (pedometer, calendar, book, newsletters)? We hope they help you move more or maintain an active routine. Which experiences below match yours? Do you see yourself in any of these women?

Marta

Current activities: I have been reading WHISHful Actions and the Go4Life® book. I shared the materials with my daughter and she encouraged me to move more.

Pedometer: I was surprised by how few steps I took each day, but I have made wearing the pedometer a habit. Now I am motivated to 'beat' my step count from the day before by at least a few steps.

Tracking: I learned about logging my active minutes and steps using the WHISH calendar. Though I have very few steps per day, I write them down when I remember. I estimate how many minutes I have been active and record that as well.

What’s next? Right now I am focused on sitting less throughout the day.

Annette

Current activities: I am still golfing and gardening. Recently, I increased my short walks to longer walks because it is an easy, low-cost way to stay active.

Pedometer: I’m wearing my pedometer regularly and notice that it motivates me to walk more. A quick look at my screen shows me how close I am to reaching my personal goal. That is great motivation for me!

Tracking: I intend to record my steps everyday on the WHISH calendar, but I usually track my activity about three times a week. I’ve found that the pedometer has helped me stay focused and on track with my activity goals.

What’s next? I’d like to start adding muscle strengthening activities into my routine. I am looking on page 41 in the Go4Life® book for exercises I can do at home.

Barbara

Current activities: I walk regularly, take strength classes and do yoga 2-3 days a week. Plus, I’ve been using the Go4Life® book as a guide and trying new strength and balance exercises each week.

Pedometer: I am already very active and wearing the pedometer is just a reminder or helpful tool to keep me moving. Using it is like a game; if I haven’t met my daily goal by the end of the day I take an evening walk!

Tracking: I am logging my steps and active minutes on the WHISH calendar everyday. I look on my calendar to check how I am doing from week to week. I love seeing progress. It is like a ‘before and after’ snapshot of my activity.

What’s next? Keeping it up!
Accelerometry Sub-study

• 2,000* subjects (1,000 in each arm of WHISH) who were part of OPACH are asked to wear accelerometers three times (~months 6, 18, 36) for a week during the WHISH trail.
• This provides an objective measurement of physical activity levels.
• Recruitment complete. First cycle of wearing almost complete.

* 2,200-2,300 at the first cycle – drop-out and participants who will become deceased will get the average down to ~2,000.
Stanford Mailing #5  “PA Cohort”: 4/29-5/6/16

WHISHful THINKING
Our WHISH for you is to move more, even a little more. Here are a couple of ways get more activity in your day:

- Take the stairs
- Walk your dog
- Meet a friend or two for a walk

Whatever you are doing, do a little more

Participant Spotlight
CAROL L., Age 78, Ohio

“I walk as fast as I can in 5k races. My goal is to keep it up! I love your exercise book. Strength training is another thing that I do (at home) that I want to keep up.”

WHISHful Actions
SPRING INTO ACTION

Women’s Health Initiative Strong & Healthy (WHISH)
SPRING 2016

SPRING INTO ACTION
As the days become longer and the weather warms up, YOU may be eager to spring into motion! Spring is a great time to shake off the winter blues, lace up your walking shoes, and get moving, wherever you live!

If you reduced your physical activity in the winter, let the buds on the trees and more daylight hours be your cues to action! Over 11,000 of you told us in the WHISH survey that the most popular ways that you are active outdoors include: walking, gardening, water aerobics, swimming, and biking. Do any of these activities appeal to you now?

Do you remember the National Physical Activity Guidelines from a previous WHISHful Actions? Aim for 2 hours and 30 minutes of moderate-intensity physical activity per week (page 39 Goalbook). This physical activity should be spread throughout the week, and performed in bouts of at least 10 minutes. You were also encouraged to strengthen your major muscle groups (page 40) and stretch (page 69) on 2 or more days per week.

How are you doing in regards to these guidelines? If this is too much for you, do what you can! Whether you are doing light spring cleaning or hiking in the fresh spring air, moving more is what matters most!
**Steps to Log On**

1. Log on to [whish.org](http://whish.org)
2. Click on the big "Click Here to Log My Activity" button.
3. Click on the "Sign up to get started" button.
4. Enter your name and WHISH ID (hint: your WHISH ID is located on the insert page of this WHISHful Actions).
5. Enjoy the ease of tracking your activity on our user-friendly website!

**Website Resources**

The [whish.org](http://whish.org) website has great resources to keep you moving:

- Resource page:
  - Links to community centers in your area
  - Links to national resources
- Pedometer information
  - How to change your pedometer battery video
- Participant stories and photos
- Frequently Asked Questions

**Walking!**

Walking is an easy, low-cost way to stay active. Here are some ways to make walking even more enjoyable:

- Split it up into blocks of 10 minutes.
- Consider using walking poles to help with stability.
- Find a walking partner: a friend, grandchild, or pet!
- Go somewhere beautiful.
  - Is there a park or walking trail close to your home?
  - Join a walking club.
  - Is there a local mall, senior center or gym in your area?
- Notice the changing seasonal surroundings. For example, Marian ([Go4Life](http://go4life.com) book, page 27) notices purple tulips in the spring and red dogwood leaves in the fall. What new smells, sounds, and sights are you aware of now?
- Turn tracking into a game. Tracking your steps can help motivate you to meet your daily goal.
update your ACTION PLAN

Spring is just around the corner. Now is a perfect time to review the physical activity plan you completed in the Get Ready, Get Set, Go! WHISHful Actions. Have you met your short-term goal?

How are you progressing towards your long-term goal? Celebrate your successes and modify your goals if needed. Then, fill out the sheet below using the Exercise & Physical Activity Guide book.

<table>
<thead>
<tr>
<th>Endurance</th>
<th>Muscle Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>My distance or steps:</td>
<td>Upper-body (e.g. # of arm curls):</td>
</tr>
<tr>
<td>My time:</td>
<td>Lower-body (e.g. # of chair stands):</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Balance</th>
<th>Flexibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time on left foot:</td>
<td>I can reach my:</td>
</tr>
<tr>
<td>Time on right foot:</td>
<td>Right leg:</td>
</tr>
<tr>
<td></td>
<td>□ Knee □ Ankle</td>
</tr>
<tr>
<td></td>
<td>□ Knee □ Ankle</td>
</tr>
<tr>
<td></td>
<td>□ Shin □ Foot</td>
</tr>
<tr>
<td></td>
<td>□ Shin □ Foot</td>
</tr>
</tbody>
</table>

1. **My Current Level of Activity is** *(hint: look on pages 17 and 102)*.

2. **Activities I Will Try** *(hint: look on pages 12 and 13)*.
   1. Endurance: ____________________
   2. Upper-body strength: ____________
   3. Lower-body strength: ____________
   4. Flexibility/balance: ____________

3. **My Physical Activity Goal** *(hint: look on pages 18 and 19)*.
   My short-term goal: ____________________
   My long-term goal: ____________________

* Please keep this for your reference! *

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**Stanford Mailing #5**

**“PA Cohort”: 4/29-5/6/16**

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**Andrea, New York**

Since filling out the last physical activity plan, I've been mostly focused on sitting less. I read through the Go4Life book and have been walking with regularity. My original short-term goal was to walk 2 miles. I succeeded! Now, I am creating a new goal! I am proud of myself.

**Alma, California**

My short-term goal was to work upper- and lower-body muscle strengthening into my routine. I really enjoy the wall push-ups (page 53) and chair stand (page 60) in the Go4Life book. Now I am working on balance. I am trying to improve the amount of time I can stand on both my right and left foot.

**Zadie, Alabama**

My short-term physical activity goal was to walk a little farther. A trick I use while I walk around my neighborhood is to walk one additional block, or I look at my pedometer and try to go an additional 500 steps each day. My next goal will be to walk faster!

Andrea, Alma and Zadie are all using the WHISH website to track their physical activity! You can also track using whish.org

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**CONTACT**

Stanford Prevention Research Center - WHISH
1070 Arastradero Road, Suite 100 | Palo Alto, CA 94304
WHISH Toll Free: (844) 469-4474 “Adriana” Toll Free: (844) 320-6683
Email: whish-team@stanford.edu
WHISH website: www.whish.org
February 28, 2016 “Adriana” informed participants...
WHISH gives you the tools to become more physically active

Set My Goals
Record My Activity
See My Progress
WHISH Resources

My Goals
Please enter the number of steps and active minutes per week that you plan to complete and record on the calendar. It will help you to determine your baseline and modify your goals as needed.

Active minutes: The approximate amount of time you spend doing activities that increase your breathing and heart rate is called "Active Minutes." For example, if you spend 40 minutes, swim for 20 and carry groceries for 10 minutes, you would record 70 active minutes in your calendar.

Steps:
Active Minutes:
Days of Upper-Body Strength:
Days of Lower-Body Strength:
Days of Balance/Flexibility:

My Progress
My goal for this week: 3000 steps/day and 10 active minutes/day

Days:
Active Minutes:
Upper-Body Strength:
Lower-Body Strength:
Balance/Flexibility:

Please hover over the dots on the graph to see the statistics of your total active minutes for each week of this month.

My activity
Choose the week from the calendar above and enter the active minutes and steps you completed each day. Check the appropriate box if you completed any upper-body strengthening activities, lower-body strengthening activities, and balance or flexibility activities.

Day
Active Minutes
Steps
Upper-Body Strength
Lower-Body Strength
Balance/Flexibility

Sunday
10
3,735

Monday
14
4,805

Tuesday
5
2,870

Wednesday
10
3,345

Thursday
10
3,542

Friday
12
3,877

Saturday
10
3,674

3 Days

1 Day
This week
This month
This year
All time

Update
### Monthly Physical Activity Data Reports: website, IVR, mail, etc

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Website</th>
<th>IVR (&quot;Adriana&quot;)</th>
<th>Scanned Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly Entries/Returns</td>
<td>Average N</td>
<td>Aver. %</td>
<td>Average N</td>
</tr>
<tr>
<td></td>
<td>Average per month</td>
<td>N=xx (%)</td>
<td>Average per month</td>
</tr>
<tr>
<td>Active Minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of Steps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Upper Body Strength</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lower Body Strength</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Balance/Flexibility</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**"Adriana" will make ~monthly reminder calls to: call "Adriana" (IVR), log onto WHISH website, email, or mail forms**

**Peer Support Program will be launched Summer 2016 (website users), Fall 2016 (IVR entrants), early 2017 ("Mail only")**

**Additional Data available from IVR (N; %)**
- Medical Symptoms
- Chest pain or difficulty breathing
- Mild muscle soreness
- Temporary stiffness
- Allergies (w/o chest pain or asthma)
- Stress
- Mild tiredness
- Acute Pains
- Injuries
- Flu
December 8, 2015: “Adriana” called 22,613 WHISH PA participants

February 14, 2016: “Adriana”: Healthy Heart Month, Move More

February 28, 2016: “Adriana”: Website Tracking is now available!
- Toll-free “Helpline” for website problems

Late May: Contact Information Update (Addresses, Telephone Numbers)

TBD: “Adriana” (IVR): I’m ready to collect your data & provide support!

Postcard: “Adriana” is Live! Toll-free IVR number & website link
- Toll-free “Helpline” for IVR problems

Summer 2016 WHISHful Actions (Mailing #6)
- IVR (“Adriana”) Activity Reporting
- Website Success Stories (Data from Logs)
- Emergency Contact Card on WHISH Wristband or Pouch

“Adriana” (monthly) Reminder: call “me” or log onto WHISH website
Fall 2016 WHISHful Actions (Mailing #7)
- Seasonal Message & 2017 Calendars
- Moving more during the waking hours: 24 Hour Activity Cycle
  - (Moderate-to-Vigorous PA, Light PA, Sedentary Time) Sleep
- Muscle Strengthening & Flexibility
- Stretch bands and Instructions

“Adriana”(monthly) Reminder: call “me” or log onto website

Winter 2016 WHISHful Actions for “Mail Only”
- “mail back” PA tracking log (scannable)
- Semi-annual (Spring/Fall) WHISHful Actions to all
- Winter/Summer to Mail Only
Ancillary Studies in WHISH

Two ancillary studies to WHISH, and one methods proposal using WHISH data have been submitted for funding to the NIH.

• The proposal that focusses on Heart Failure (Dr. Charles Eaton, PI) got a score that makes us very optimistic about funding prospects.

• The proposal that focuses on Atrial Fibrillation (Dr. Marco Perez, PI) unfortunately did not get a fundable score.

• A statistical methods proposal developing advanced methods for accelerometry data, motivated by WHISH (Dr. Chongzhi Di, PI) also got a score that makes us very optimistic about funding prospects.