Good Ageing in Lahti Region
- the GOAL program:
10-year cohort study and intervention for promotion of functional capability in elderly

Development Manager, Ph.D. (Clin. Nutr.) Raisa Valve
Senior Researcher Ph.D.D.Soc.Sc (Social Policy) Ilkka Haapola
Planning Officer M.Sc. (Econ., Sport Sociology) Pasi Töyli
Ikihyvä Päijät-Häme 2002–2012 (national name)

GOAL – Good Ageing in Lahti region (international)

Lahti region (Päijät-Häme)
210 000 inhabitants
“Societies are rapidly ageing, and there is a strong need for new innovative working practices in health promotion as well as for new kinds of alliances and co-operation in old age care.”

- Professor Antti Karisto, University of Helsinki
Goals of GOAL project

- To improve physical and psychosocial well-being among ageing citizens,
- To empower both the population and the professionals in health promotion
- … and thereby to increase the attractiveness of the region.
Collaborators

- University of Helsinki
  - Palmenia Centre for Continuing Education (coordinator)
  - Department of Social Research (prof. Antti Karisto)
  - Department of Food and Environmental Sciences
    (prof. Mikael Fogelholm, scientific leader of GOAL)
- National Institute for Health and Welfare
- Joint Authority for Päijät-Häme Social and Health Care
- Lahti University of Applied Sciences
GOAL model in general

GOAL group

Sensitivity to emerging intervention needs

Municipal administration

Community-based interventions

Prevention of T2DM (2002–)

=> New lifestyle counseling model


Interventions support each other ideologically, structurally and methodologically

Longitudinal cohort study
GOAL follow-up study on ageing (2002–2012)

Three cohorts
- Individuals born in 1926–30, 1936–40, and 1946–50
- Sample size = 4272 persons (1424 persons/cohorts)

The contents of data collected in each wave

Two questionnaires

- Sociodemographic background
- Health status
- Functional capability
- Use of health services
- Quality of life
- Lifestyles
- Ageing experiences

Clinical and laboratory measurements

Blood tests

- Lipids, glucose, insulin, D-vitamin

Physical examination

- Blood pressure
- Height, weight, waist circumference
- Functional capacity tests (2005 onwards)
  - Walking speed (6.1 m)
  - Balance
  - Handgrip
  - Standing up from a chair
"Community diagnoses"

- **2005 & 2008**: Basic reports on the results of the study wave
Community-based intervention 2008-2013

Intervention on promotion of functional capability in elderly

**KEYWORDS**
- To create a systematic model
- Co-operation with the public and the third sector
- Doing things in a new way
- Preventive action
- Holistic well-being

**Group-based interventions**
- Contents:
  - Physical exercise program
  - Nutrition
  - Social networks

Directed to the group-based intervention

Directed to the local health care center (follow-up measurements and marking the results)

Third Sector Organization

Local Health Care Center

At an early stage identify those who are in a risk of losing their functional capacity

≥ 70 years of age
Participants in the development work

- Health care centres in Lahti and also in Hartola, Myrskylä, Pukkila and Sysmä.
- Third-sector operators: Harjula Settlement Association, Lahti Deacon Institute, Well-Being Centre Onni and Sysmän Palvelutaloyhdistys.
- University of Helsinki Palmenia Centre for Continuing Education and the National Institute for Health and Welfare.
- 176 individuals (over 70 years) at risk of disability.
## Detailed information about the identification (At the health care center)

<table>
<thead>
<tr>
<th>Used test</th>
<th>For what meaning</th>
<th>Needed points to the groups</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SPPB</strong></td>
<td>The Short Physical Performance Battery</td>
<td><strong>7-9 points</strong></td>
</tr>
<tr>
<td><strong>MMSE</strong></td>
<td>Mini-Mental State Examination</td>
<td><strong>&gt; 20 points</strong></td>
</tr>
<tr>
<td><strong>GDS</strong></td>
<td>Geriatric Depression Scale</td>
<td><strong>&lt; 10 points</strong></td>
</tr>
<tr>
<td><strong>AUDIT</strong></td>
<td>Alcohol Use Disorders Identification Test</td>
<td><strong>&lt; 14 points</strong></td>
</tr>
<tr>
<td><strong>MNA</strong></td>
<td>Mini Nutritional Assessment</td>
<td>No point limits</td>
</tr>
</tbody>
</table>
Participation process in numbers

Identified 254 patients, 176 were accepted to the groups (arms)

Group intervention arm
- Baseline, N=112
- 3 months from baseline, N=105
- 15 months from baseline, N=77

Information arm
- Baseline, N=64
- 3 months from baseline, N=56
- 15 months from baseline, N=47

Baseline information:
- Women 74%
- Men 26%
- Mean age: 79 years
Photos from group intervention

- Twice a week during a period of 12 weeks (24 sessions).
- All sessions consisted of 1-hour physical exercise and 1-hour group discussion using motivational behavioral coaching towards individually tailored goals.

Balance and weight training

Group discussion

Photos: Anu Ritsilä
Baseline 3 months from baseline 15 months from baseline

SPPB-results

12-week group intervention for the intervention group

Baseline 1 2 3

Information group

Ryhmäinterventio

Intervention group

Information group
Summary:
Specific features of GOAL program

- **Long-term collaboration** between researchers and local actors: a mutual learning process

- **Biosocial dataset** for healthy ageing research: plenty of possibilities for new longitudinal analyses of individual ageing processes.

- Successful **holistic and preventive model** to evaluate and support the functional capability of the elderly in co-operation with the public sector and the non-profit organisations.

- GOAL has established itself well as a **developmental resource** in the region.
Thank you!

See more:

http://blogs.helsinki.fi/ikihyva-paijat-hame/