

# A participatory evaluation of a co-designed community health intervention to support older adults' mobility: DE-CODE EMBOLDEN

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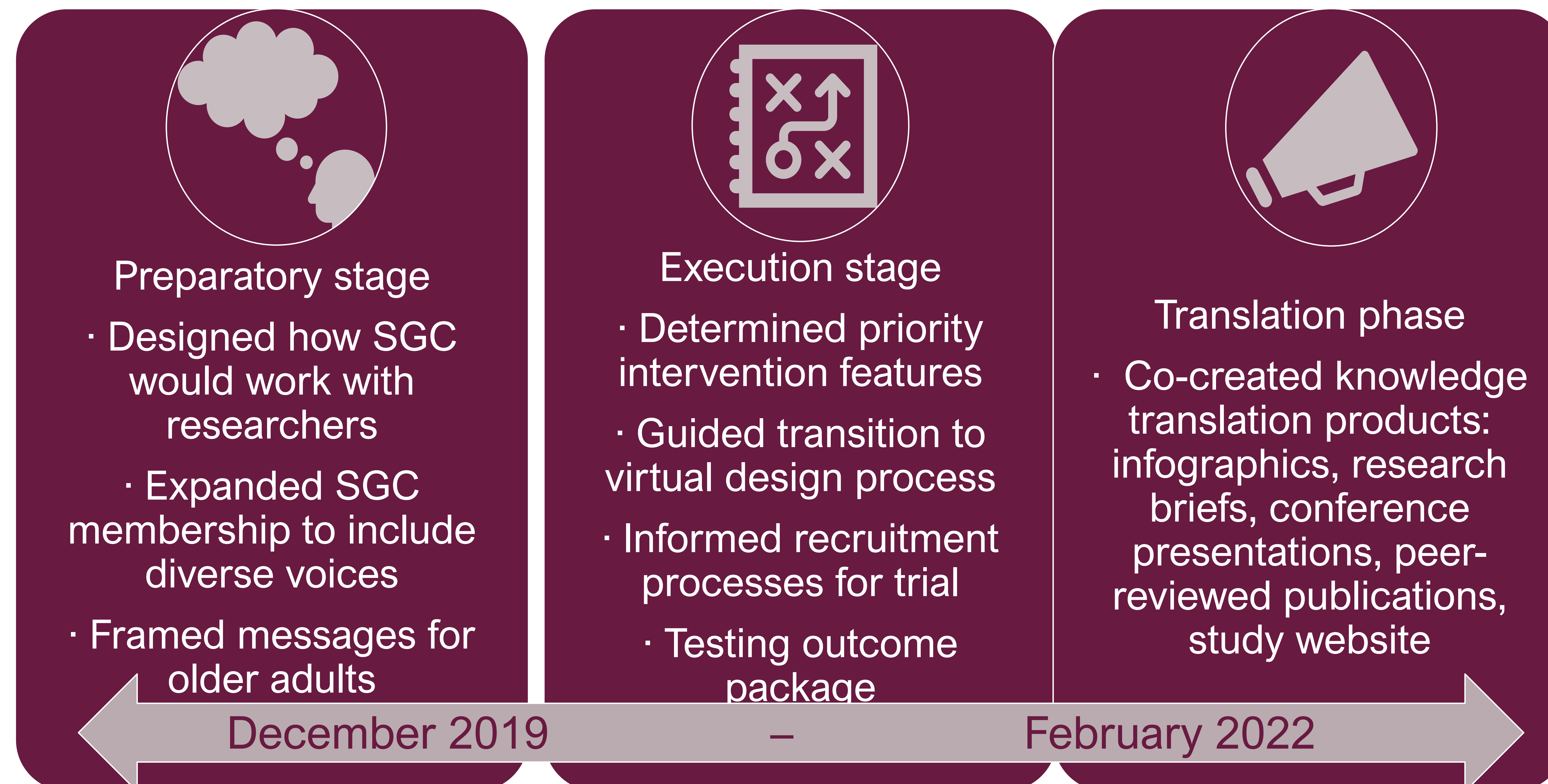
## Background/Objectives

- Partnering with citizens and community in health research can improve health outcomes and health care delivery.
- Increasingly researchers are partnering with citizens and communities in research; less is known about research impacts of this engagement
- EMBOLDEN is an evidence-informed, mobility-promoting intervention for older adults co-designed by a 28-person Strategic Guiding Council (SGC) of health/social service providers and older adult citizens
- The study evaluated the impacts of the co-design approach on different stages of research.

## Methods

- Developmental evaluation (DE) and co-design (CODE) theory informed the process used in this evaluation
- 4 older adult SGC members:
  - helped to set evaluation priorities and methods
  - identified the impact of the SGC on research as a key priority
- Data sources: survey, two focus groups, 16 meeting minutes helped identify impacts of the SGC on different stages of research
- Data analysis: 2 coders Inductively analyzed data using NVivo 12.

## Results



The SGC:

- **Designed** how to work together, how to frame intervention components to resonate with older adults, and who was missing from the discussion.
- **Determined who** would lead the intervention, **how** the intervention components should be operationalized (e.g., progressive, functional movements, group-based interactive healthy eating demonstrations) and informed the shift to a virtual delivery model in the context of the pandemic
- **Mobilized** community members and study results

## Conclusions

- The SGC made important contributions to the EMBOLDEN study, across all study stages.
- This study contributes to the growing field of engagement impact evaluation in health research.