

Grant Deliverables and Reporting Requirements for UTC Grants

| <b>UTC Project Information</b>   |  |
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| Project Title  | Implementation of a Community Based Public Health Buddy Program for Transportation-Disadvantaged Older Adults  |
| University   | University of South Florida  |
| Principal Investigator   | Siwon Jang   |
| PI Contact Information   | <a href="mailto:sjang2@cutr.usf.edu">sjang2@cutr.usf.edu</a><br>813-974-3296   |
| Funding Source(s) and Amounts Provided (by each agency or organization)                        | USDOT: \$32,899<br>USF CUTR: \$16,450  |
| Total Project Cost   | \$49,349   |
| Agency ID or Contract Number   | Sponsor Source: Federal Government CFDA #: 20.701<br>Agreement ID: 69A3551747119   |
| Start and End Dates  | Start date: 10/01/2018<br>End date: 03/31/2020   |
| Brief Description of Research Project  | The research project aimed to determine whether a community-based “buddy” program that pairs college students with transportation-disadvantaged older adults could improve mobility and quality of life for older adults in Hillsborough County, Florida. In order to assess the efficacy of the buddy program model, developed in Phase I of the project, a pre-survey was issued to 62 older adults, recruited from local senior activity centers. The pre-survey sought to establish a baseline for participants' access to community transportation and health resources, prior to pairing case group participants with trained college student volunteers. Each participant from the case group was matched with a trained volunteer, who, after interviewing their older adult “buddy,” identified relevant transportation and health resources for the participant. Following program implementation, post-surveys were issued to both study groups, with 43 of the total enrolled participants completing the study. |
| Describe Implementation of Research Outcomes (or why not implemented)<br>Place Any Photos Here | The second phase of the program successfully implemented the research outcomes of Phase I, by initiating a pilot test of the Health Buddy Program model. The implementation of the research outcomes occurred at two local senior activity centers, which were designated as intervention sites, with two control sites for comparison. In brief, the implementation of research outcomes began with the recruitment of transportation-  |

disadvantaged older adults and student volunteers. Student volunteers attended a training and workshop prior to working with an older adult “buddy.” There were some implementation challenges associated with retention of participants and scheduling of program sessions and research activities.



*Student volunteers at the inaugural Healthy Buddy Training*



*Student volunteers and older adults visiting HART.*

Impacts/Benefits of Implementation (actual, not anticipated)

A paired samples T-test of the pre-post survey data from 21 eligible respondents in the case group found that the mean scores for post-test were higher than the mean scores for pre-test, but the score increase was not statistically significant. Anecdotally, older adult participants were eager and interested to participate in the Healthy Buddy Program and would often ask research staff when their student buddy would be back next. Furthermore, although score increases were not statistically significant, many older adults indicated that they were made aware of new alternate transportation options available to them at the community level.

Web Links<sup>[1]</sup>  
 • Reports  
 • Project website

<https://www.hbuddy.org/>  
<http://ctech.cce.cornell.edu/final-project-reports/>