

N O R T H
C A R O L I N A
Senior Games



December 2012

Mark Trogdon
Director, Fiscal Research Division
Legislative Office Building Suite 619

Mr. Trogdon,

Please find enclosed the Annual Report required by House Bill 590 from North Carolina Senior Games, Inc. If you have questions or need additional information please contact me at 919-851-5456 or brad@ncseniorgames.org.

Respectfully,

A handwritten signature in cursive script that reads "Brad".

Brad Allen
President, Executive Director
North Carolina Senior Games, Inc.



2011-12 Annual Report

North Carolina Senior Games, Inc.

Report Due Date: December 1, 2012

Person Responsible: Brad Allen, President and Executive Director

4603 Western Boulevard, Raleigh, NC 27606

Phone: (919) 851-5456 Email: brad@ncseniorgames.org

As required by House Bill 590, North Carolina Senior Games is submitting a written annual report to:

North Carolina Division of Aging and Adult Services

Joint Legislative Oversight Committee on Health and Human Services

Senate Appropriations Committee on Health and Human Services

House of Representatives Appropriations Subcommittee on Health and Human Services

Fiscal Research Division

As outlined, attachments include the following:

Mission Statement, Purpose and Governance Structure (A)

Description of Programs, Services and Activities (B)

Statistical and Demographic Information (Including Number of Persons Served and Counties) (C)

Detailed Program Budget and List of Expenditures

Including All Positions Funded and Funding Sources (D)

Source and Amount of Any Matching Funds (Included in D)

Mission Statement, Purpose and Governance Structure

North Carolina Senior Games, Inc. (A)

It is the mission of North Carolina Senior Games, Inc. to create and implement a year-round health promotion and education program for adults 55 years of age and better. In 2012, North Carolina has the largest Senior Games program in the nation, with 53 Local Games that serve all 100 counties in our state through a variety of athletic, artistic and wellness education activities and programs.

A private, non-profit 501(c)(3) entity, NCSG is governed by a volunteer Board of Directors. North Carolina Senior Games is in compliance with all state laws and has a conflict of interest policy, as presented to DHHS. Board member names are listed below:

Officers

Lisa Lauffer, Chair, Raleigh
Alice Keene, Vice-Chair, Greenville
Jack Duncan, Vice-Chair, Raleigh
Louise Gooche, Secretary, Durham
Betty Rising, Treasurer, Lumberton
Beth Wilson, Past Chair, Wilmington

Members

Jackie Allison, Youngsville
Edith Bailey, Winston Salem
Larry Bailey, Clayton
Sue Bent, Murphy
Mary Bethel, Raleigh
Tracy Davis, Fayetteville
Mary Henderson, Cary
Lee Perry, Manteo
Keron Poteat, Boone
Brandi Rheubottom, Manteo
Lee Riddick, Gatesville
Rita Roy, Greenville
Rex Smith, Raleigh
Dick Taylor, Lumberton

Ex Officio Board Members

Dorothy Anderson, Raleigh
Audrey Edmisten, Raleigh
Diane Sauer, Raleigh
Michelle Wells, Raleigh

Honorary Board

Joan Debruin, West End
Ray Funkhouser, White Stone, VA
Roman Gabriel, Castle Hayne
Waltie Rasulala, West End

Description of Programs, Service and Activities (B)

Through the Local Senior Games and State Finals, NCSG provides health promotion programs for persons 55 and better in all 100 counties of North Carolina. A descriptive flyer of all the programs and services of NCSG is attached.

Additionally, North Carolina Senior Games measures the impact of its' programs upon the health status of older persons. In 2011-12, NCSG conducted evidence-based research on a statewide level and in 5 Local Senior Games through North Carolina State University. This research measured the impact of Senior Games in improving the activity level and health status of participants. See attached research summaries.

NORTH CAROLINA SENIOR GAMES 2012

North Carolina Senior Games began in 1983 with a vision to create a year-round health Promotion and education program for adults 55 years of age and better.

LOCAL SENIOR GAMES

There are over 60,000 participants statewide in 53 Local Games that serve all 100 counties across the state.

SILVERARTS

NCSG's Heritage, Visual, Performing, Literary Arts and Cheerleader programs.

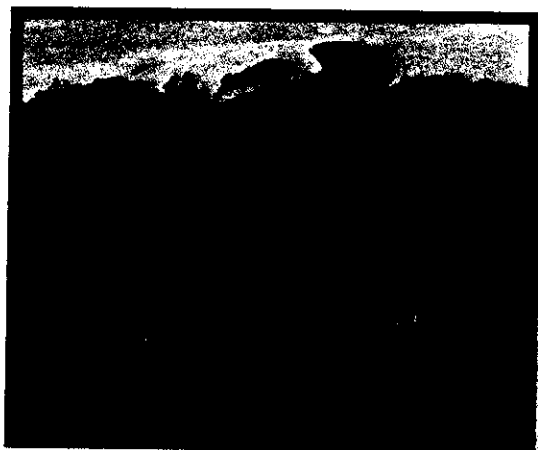
SILVERSTRIDERS

NCSG's national award winning walking program

SILVER CLASSIC

NCSG's special events program

Senior Games is a wellness and prevention program to keep the body, mind and spirit fit while enjoying the company of friends, family, spectators and volunteers.



GRAND PATRON



NORTH CAROLINA

*Division of Aging
and Adult Services*

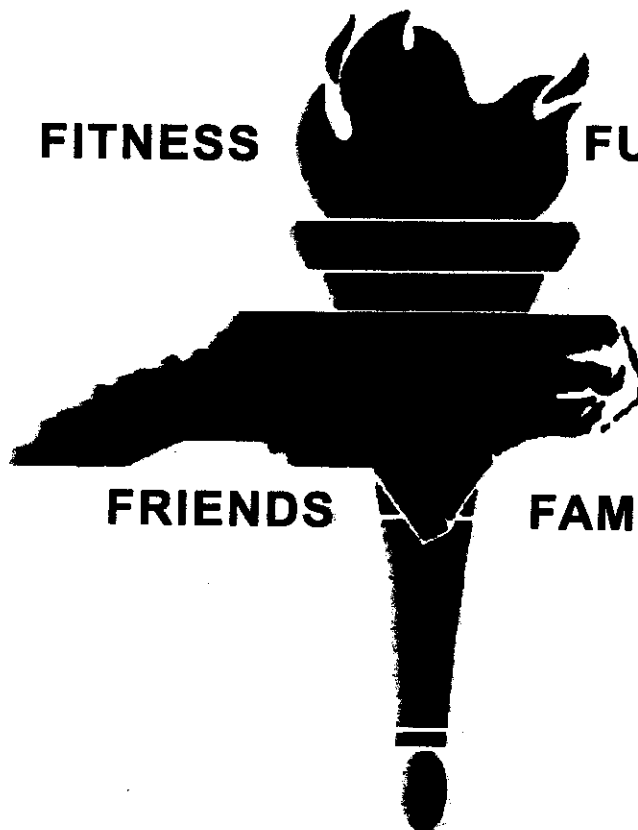
STATE FINALS PLATINUM



**BlueCross BlueShield
of North Carolina**

FITNESS

FUN



FRIENDS

FAMILY

Softball Tournament

Walnut Creek Softball Complex, Raleigh
September 10-13

Bocce & Cornhole Tournaments
October 9-11, Clayton

Golf Tournament
October 9-10, Winston-Salem

Basketball Tournament
October 19-21
East Carolina University, Greenville

SPORTS

Individuals compete for awards in their own SEX and AGE CATEGORY within five year increments. (55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+).



Archery - Badminton - Basketball Shooting
Basketball Tournament - Billiards - Bocce - Bowling - Cornhole
Croquet - Cycling - Field Events - Football Throw - Golf - Horseshoes
Racquetball - Shuffleboard - Softball Throw - Softball Tournament
Spin Casting - Swimming - Table Tennis - Tennis - Track Events

The 2012 NCSG Official Rules Book is available on our website or from your Local Coordinator.

Each year, over 60,000 seniors across the state of North Carolina enjoy participating in a **LOCAL SENIOR GAME**.

Those who qualify at their Local Game are invited to attend **STATE FINALS** each fall.

State Finals Entry Forms are available on our web site and from Local Games Coordinators and must be received by NCSG by August 1st.

Every two years, some State Finals winners qualify to represent North Carolina at the **NATIONAL SENIOR GAMES**.

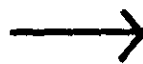
State Finals 2012, will be a qualifying event for the 2013 National Senior Games in Cleveland, Ohio.



Local Senior Games



State Finals



National Senior Games

CHEERLEADERS

Were you a cheerleader in your younger days or did you want to be? Don't let your pom-poms gather dust in the closet - come out and get people excited about Senior Games! Cheer on your local participants all the way to State Finals and perform at the Cheerleader Showcase.



SilverStriders is N.C.'s national award winning walking program for people 50 years of age and better. Participants receive a log book for tracking progress, gifts and awards. Most Local Games offer a *SilverStriders* Fun Walk which qualifies participants for the State Finals Fun Walk. Contact NCSG or your Local Coordinator for a FREE log book.

Visit www.ncseniorgames.org for:

Details on each Local Games * Results & Records * Rules Book * State Finals Information * NCSG Ambassadors * NCSG Staff & Board of Directors * Sponsors & Contributor Information * Coordinating & Endorsing Agency links and much more!



A Celebration of the Creative Spirit

LITERARY ARTS

Essays... Short Stories (fiction)...
Life Experiences... Poetry

PERFORMING ARTS

Comedy/Drama... Dance... Vocal...
Instrumental... Line Dance

VISUAL ARTS

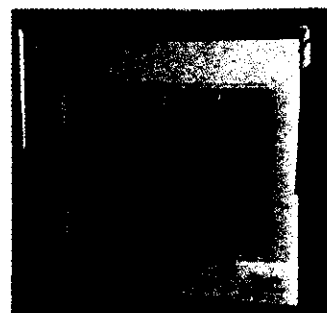
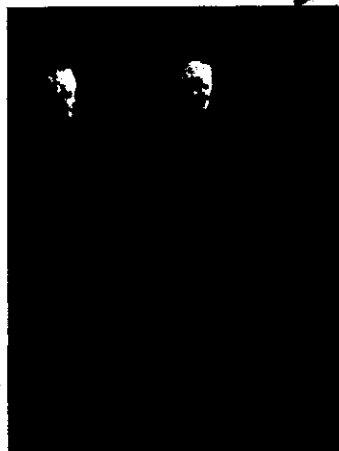
Acrylics... Drawing... Mixed Media...
Oil... Pastels... Photography...
Sculpture... Watercolor

SILVERARTS BOOKLET

A copy of the 2012 SilverArts Booklet (with details and rules)
is available on our web site or from your Local Coordinator.

HERITAGE ARTS

Basketweaving... China Painting... Crocheting... Jewelry...
Knitting... Needlework... Pottery (thrown & hand built)...
Quilting (hand & machine)... Rugs (hooked, braided, woven)...
Stained Glass... Tole/Decorative Painting... Tatting & Needlelace...
Weaving... Woodcarving... Woodturning... Woodworking



GRAND PATRON



NORTH CAROLINA
Division of Aging
and Adult Services

STATE FINALS PLATNIUM SPONSOR



BlueCross BlueShield
of North Carolina

STATE FINALS GOLD SPONSOR

Humana.



State Finals Bronze Sponsor



PREMIER HOST AGENCY

Raleigh Parks & Recreation Department

PLATINUM HOST AGENCY

Cary Parks, Recreation & Cultural Resources Dept.

COORDINATING AGENCIES

N.C. Recreation and Park Association
NCSU Dept. of Parks, Recreation and Tourism Management
N.C. Association on Aging
N.C. Association of Area Agencies on Aging
Pope Army Air Field
AARP North Carolina

ENDORISING AGENCIES

Be Active NC • N.C. Arts Council • N.C. Medical Society • UNC Institute
on Aging • N.C. Division of Public Health • N.C. Academy of Family
Physicians • N.C. Alliance for Health, Physical Education, Recreation &
Dance • N.C. Association of Senior Citizens Clubs • N.C. Cooperative
Extension Service • President's Council on Physical Fitness and Sports •
Carolinas Center for Medical Excellence • National Recreation & Parks
Association • N.C. Division of Parks & Recreation • N.C. DPI Division of
Communication & Information • N.C. Extension & Community
Association, Inc. • N.C. Retired Governmental Employees' Association •
NCSU Division of Continuing Studies • Seniors Health Insurance
Information Program (SHIIP) • N.C. Dental Hygiene Association •
N.C. Dental Society Committee on Aging



Volunteer for a Local Game or State Finals!

Invite your family and friends to join you cheering, scoring,
timing or giving awards. Our volunteers report that they have
a great time and are inspired to be more healthy!

Visit our web site to volunteer today www.ncseniorgames.org



2012 LOCAL SENIOR GAMES

Contact the Local Coordinator in your area to find out how you can be a part of Senior Games.
Email addresses and other Local Games details are at www.ncseniorgames.org.

LOCAL GAME	LOCATION	DATES	LOCAL COORDINATOR	TELEPHONE #
**Alamance Burlington Sr Games	Burlington	April 11-May 5	Jane Smith	336-222-5135
Albemarle Sr Games	Hertford, Eliza Cty, Pasqtnk & Prqnnas	TBA	Lynne Raisor	252-426-5753
Asheville-Buncombe Sr Games	Asheville	May 14-19	Dee Black	828-350-2051
Blue Ridge Sr Games	N. Wilkesboro	April-May	Heather Barnes	336-838-3991
Brunswick Co Gator Sr Games & SilverArts	Brunswick Co.	April 11-May 10	Khrystye Haselden	910-253-2677
Cabarrus Sr Games	Concord	April 7-May 19	Mike Murphy	704-920-3484
Carteret Co Sr Games	Morehead City	April 12-May 4	Darlene Austin	252-504-4263
Caswell Senior Games	Yanceyville	May 8-30	Donna Kopec	336-694-7447
Charlotte-Mecklenburg Sr Games	Charlotte	April 10-June 2	H C Woody Woodward	704-365-1014
Chatham Co Sr Games	Pittsboro, Siler City	April 19-27	Lindsay Hickling	919-542-4512
*Cherokee Co Sr Games	Cherokee Co	May 6-9	Jim Bent	828-835-3202
*Cleveland Co Sr Games	Cleveland Co.	April 16-20	Lisa Abernethy	704-484-5491
Davie Co Sr Games	Mocksville	April	Sandra Boyette	336-751-2325
Down East Sr Games	Wilson	April 30-May 11	Lesia Davis	252-399-2286
*Durham Co Sr Games	Durham	April 14-28	Jonathan Embler	919-354-2710
Gaston Co SR Games	Dallas	March 19-April 16	Mike Hotze	704-922-2163
Greater Greensboro Sr Games	Greensboro	April 1-May 11	Don Tilley	336-375-2237
Greater High Point Sr. Games	High Point	April 30-May 22	Tina Boston	336-883-3584
**Greenville-Pitt Co Sr Games	Greenville	April 10-May 3	Alice Keene	252-902-1984
**Four Seasons Sr Games	Hendersonville	May 1-15	Bridgette Galloway	828-697-4884
Haywood Co Sr Games	Waynesville	May 7-25	Scot Worley	828-452-6789
High Country Sr Games	Boone	May 18-June 9	Holly Gates	828-264-9511
**Iredell Sr Games	Statesville	May 11-26	Daniel Lewis	704-878-3429
**Johnston Co Sr Games	Johnston Co.	April 16-27	Larry Bailey	919-553-5777
Land Of Waterfalls Sr Games	Brevard	April 24-May 14	Rick Pangle	828-884-3156
Lumber River Sr Games	Pembroke	April 23-May 1	Kristen Locklear	910-272-5060
*Macon Co Sr Games	Franklin	April 20-May 19	Sarah Richardson	828-349-2090
Madison Co Sr Games	Mars Hill	April 14-11	John Hough	828-689-5728
*McDowell Co Sr Games	Marion	April 17-May 17	Cheryl Woody	828-652-8953
Mid Carolina Sr Games	Fayetteville	April 11-26	Tracy Davis	910-323-4191
*Neuse River Sr Games	New Bern	April 18-April 27	Johanne Pryor	252-745-5252
**Onslow Sr Games	Jacksonville	April 10-28	Rick Perry	910-347-5332
Orange Co Sr Games	Orange Co.	March 31-May 16	Corina Riley	919-968-2080
Piedmont Plus Sr Games	Winston Salem	April 12-20	Chuck Vestal	336-727-2325
**Raleigh Wake Sr Games	Raleigh, Cary, Garner	April 2-18	Steve White	919-831-6851
Randolph Co Sr Games	Asheboro	April 14-May 17	Jonathan Sermon	336-626-1240
*Region K Sr Games	Frnkln, Grnvle, Prsn, Vnc, Wrn	March 29-May 17	Shaaron Reynolds	252-492-8623
Rockingham Co Sr Games	Rockingham Co.	April 26-May 11	Cheryl Albrecht	336-548-9572
Rutherford Co Sr Games	Rutherford	April 16-30	Barbara Hill	828-287-6413
Salisbury Rowan Sr Games	Salisbury	April 16-May 8	Phyllis Loflin-Kluttz	704-216-7780
*Scotland Co Sr Games	Laurinburg	April 27-May 11	Kisha Williams	910-369-0686
Smoky Mountain Sr Games	Sylva	April 30-May 18	Dora Caldwell	828-293-3053
Sr Games & Silverarts Of Lee Co	Sanford	May 15-25	Jimmy Solomon	919-776-0501
Sr Games by the Sea	New Hanover & Brunswick Co	April 16-May 4	John Rancke	910-343-3682
**Sr Games In The Pines	Moore Co.	April 20-May 12	Rynet Oxendine	910-692-7376
Sr Games of Richmond Co	Richmond Co	April 16-May 3	Pete Wheeler	910-206-2224
**Thom Dav Lexington Sr Games	Thomasville, Lexington	April 16-27	Rodney Queen	336-474-2755
**Unifour Senior Games	Hkry, Lenoir, Mrgnton, Tylrsvle	April 20-May 18	Steve Jones	828-324-1200
**United Senior Games	Monroe	May 1-25	Hank Baucom	704-2824657
Uwharrie Sr Games	Albemarle, Troy	April 28-May 18	Oliver Webster	704-984-9562
**Wayne Co Sr Games	Goldsboro	April 30-May 4	Stasia Fields	919-739-7486
Yadkin Valley Sr Games	Surry/Yadkin	May	Celena Watson	336-401-8477

**Indicates "Determined on a case by case basis" as to geographical eligibility. *Indicates Closed Game - only accepts participants from their geographical area.

North Carolina Senior Games
4603 Western Blvd, Raleigh, NC 27606
(919) 851-5456
www.ncseniorgames.org

For information about your Local Senior Games:

Senior Games—Better than EVER!

2011

N O R T H C A R O L I N A Senior Games



North Carolina Senior Games is the oldest, largest, and arguably best health promotion organization for adults 55 years of age and better in the country. In the fall of 2010, a random sample was conducted by mailing and emailing 1,127 surveys to Local Senior Games participants in North Carolina, which resulted in a 36% response rate with 408 usable surveys. This report describes who the respondents were, why they participated, and what they believed the outcomes of their involvement were. The purpose of the evaluative research, conducted in partnership with the Department of Parks, Recreation, and Tourism Management at North Carolina State University, was to assist Local Games and the statewide Senior Games program with information to enhance program development and marketing.

Outcomes

Ways that people identified changing as a result of participation in North were considered **outcomes**.

- ♦ Almost **79%** indicated that training and preparation for participation in Senior Games is part of their **regular weekly activity**.
- ♦ **67%** indicated that their participation in Senior Games has *motivated them to be more physically active* and **66%** more **socially active**.

Respondents indicated the extent to which their experience with Senior Games changed them in the following ways (% indicates *Increased Some or Increased A Lot*)

Meet More People	86%
Good Feelings About Life	78%
Self-Esteem	71%
Energy Level	64%
Physical Strength	57%
Heart and Lung Functioning	55%
Shape/Physique	50%

In Comparison to Previous Years:

Similar studies were conducted in 2003 and in 2007. Results indicated that the demographic profile of respondents has remained similar throughout the years.

- ♦ Since 2003, even fewer respondents have ever thought about stopping their participation in Senior Games (16% in 2003 and only 12% 2011).
- ♦ In 2011 more respondents (79%) indicated training and preparation for Senior Games is part of their weekly activity than in 2007 (73%).
- ♦ Finally, Senior Games is motivating respondents to be more physically active (67% said so in 2011 and 61% in 2007)!

66% of NCSG respondents said that in general their health is Excellent or Very Good.

The health of NCSG respondents was much better than the state average! This question was compared to the National Center for Chronic Disease Prevention and Health Promotion (Behavioral Risk Factor Surveillance System—BRFSS) data. These data reported 2009 health status for all adults including a 55-64 age group and a 65+ age group. The question was, "Would you say that in general your health is..."

Age	Excellent	Very Good	Good	Fair	Poor
Senior Games: 55-94 years	20.6%	45.7%	29.2%	4.2%	0.3%
BRFSS: 55-64 years	17.1%	33.1%	30%	13.4%	5.3%
BRFSS: 65+ years	11.6%	27.9%	34.7%	17.7%	7%

88% have never thought about stopping their participation in Senior Games!

Reasons for thinking about stopping participation mostly related to health reasons such as memory loss, arthritis, emphysema, loss of energy, injuries, and other medical conditions.

98% would recommend participating in Senior Games to friends and family!



Demographics of Respondents

- ◆ Age of respondents ranged from 55 year to 94 years, with an average of **71.6** years.
- ◆ 51% were female and 49% were male.
- ◆ A majority of respondents were retired (79%) with 12% full-time employed, and 9% part-time employed.
- ◆ 46% were college graduates and 30% completed some college including community college, Jr. college, or technical school, 20% were high school graduates, 4% completed less than high school.
- ◆ 81% identified themselves as White, 12% and as Black or African American, 3% as American Indian or Alaska Native and less than 1% as Asian American. Less than 1% were of Hispanic or Latino origin.
- ◆ 74% were married/partnered, 14% were widowed, 7% were single, and 5% were divorced.

Participation Information

Respondents got information about Senior Games from:

Senior Center	61%
Recreation Dept.	39%
E-mail from Senior Games	38%
Friend/Family member	36%
Senior Games Web-site	27%
Newspaper	17%
Senior Games Ambassador	17%
Council on Aging	8%
Senior Club	8%
Facebook	1%

Other responses included: YMCA, assisted living activities' center director, word of mouth, coach/teacher, senior living magazines

Percentage Indicating IMPORTANT Reasons for Participating in Senior Games

Fun	98%
Keep Active	97%
Fitness	91%
Friendships	90%
Improving Health	87%
Feel Younger	87%
Fellowship/Social Opportunities	86%
Live Longer	85%
Competition	85%
Self-Esteem	84%
Creative Expression	64%
Doctor's Recommendation	40%

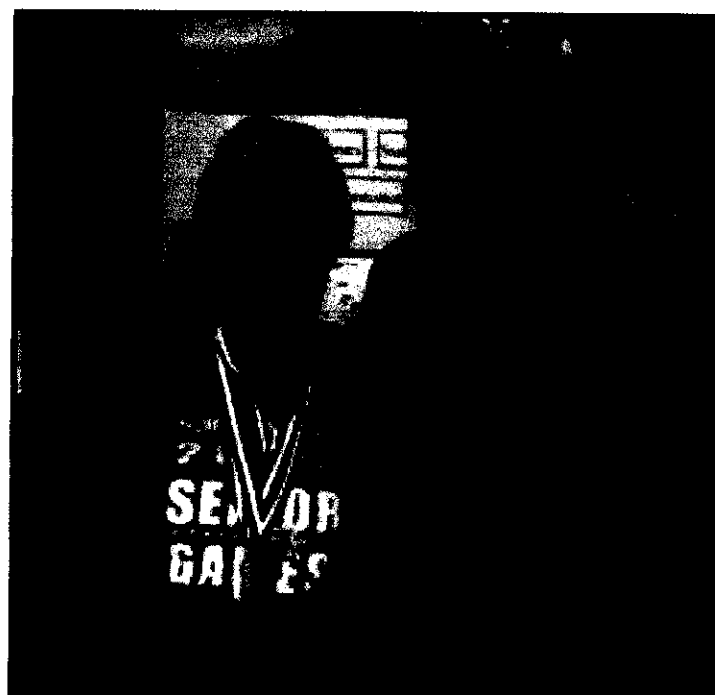
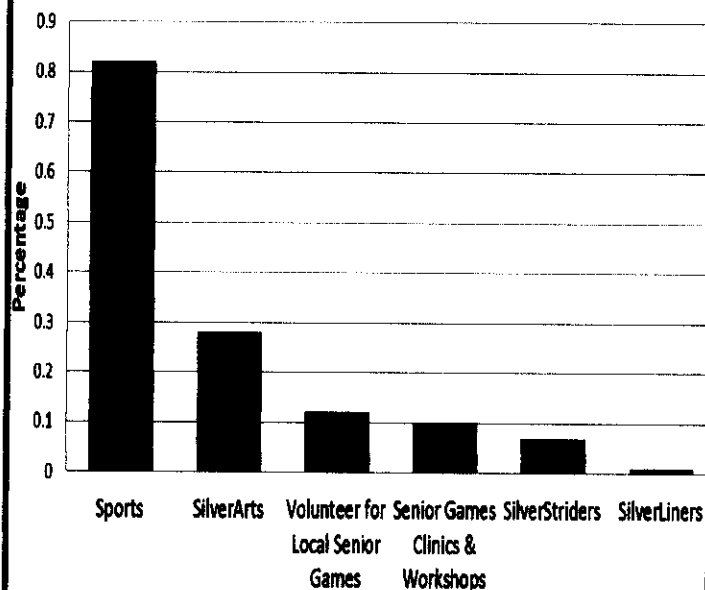
"Senior Games has kept me involved in sports which I have enjoyed all my life. The games have also afforded me the opportunity to meet people from all over the state. To meet as well as watch the participants is most heart warming, enjoyable, and inspiring."

~Anonymous

"It's an exciting opportunity for an amateur watercolorist to be able to compete with others who have my same interests. It also has encouraged me to participate in other aspects of the Senior Games. It revived my enthusiasm for my painting."

~Anonymous

Participation Profile



Conclusions

- ◆ The majority of NCSG respondents were in **good to excellent health**. Although the cause and effect between participation and health cannot be made, all research would suggest that the more physically and socially active individuals are, the more successful the aging process. **The NCSG respondents reported their health status was better than that of the general NC population of older adults.** Respondents attributed about 5 hours each week to physical activity associated with training for NCSG. This amount of activity is **DOUBLE** the recommendations given by the Centers for Disease Control for optimal health.
- ◆ Respondents who said that training and preparation for Senior Games is a **regular weekly activity** and those who said that NCSG helped them be both socially and physically active saw greater benefits and outcomes. These findings emphasize the value of the **year round community-based** nature of NCSG.
- ◆ About 3 out of 4 (75%) respondents said that meeting more people, feeling good about life, and self-esteem were increased because of involvement in Senior Games. Three out of 4 respondents also said that training and preparing for Senior Games is a **regular weekly activity**.
- ◆ The number one reason why respondents participated in NCSG is for **FUN!** Ninety-eight out of 100 respondents agreed. This reason was followed closely by keeping active and fit and for social friendships. These reasons have been consistently expressed in previous studies.
- ◆ North Carolina Senior Games is “better than ever” regarding the important reasons and outcomes that older adults attributed to their involvement in sports, physical activity, and cultural arts. Data collected in 2010 were similar to the high satisfaction found in the previous surveys. Further, almost all respondents would **recommend NCSG** to others.
- ◆ About half the respondents were **women**. Many women of Senior Games age did not have opportunities for sport participation in their younger years. Therefore, NCSG provides a special, healthy opportunity for women’s physical involvement. Women indicated that social, health, doctor’s recommendation, and creative expression were more important to them than men indicated. Competition was much more important as a reason for participation for men than women.
- ◆ Respondents with a **high school education or less** said that the reasons were more important and outcomes were greater than for any other respondents with some college or a college degree. NCSG is an important opportunity for people who may not have had the opportunities to develop leisure skills that higher education often brings.
- ◆ Four out of 5 (80%) respondents in NCSG were involved with sports. Over a quarter were involved in SilverArts. A number of respondents did sports as well as other activities such as SilverArts, SilverStriders, Silverliners, volunteering for Senior Games, and attending NCSG sponsored clinics and workshops. Individuals who did sports PLUS another activity had higher scores on reasons for participating as well as outcomes than did individuals who did sports only. NCSG appears to meet many interests and needs of older adults.



North Carolina Senior Games



North Carolina Senior Games Summary Statistics-May 2012 (475 Participants from 5 Games Responded)

Reasons for Participating in NC Senior Games

	Average ¹	Standard Deviation ²	Percent that said <i>Important</i> or <i>Very Important</i>
Keep Active	4.86	.432	99%
Fun	4.85	.410	99%
Friendships	4.76	.536	98%
Fitness	4.76	.538	98%
Improving Health	4.76	.560	97%
Feel Younger	4.73	.631	96%
Live Longer	4.73	.638	95%
Fellowship/Social Opportunities	4.69	.611	97%
Self-Esteem	4.58	.795	93%
Competition	4.48	.887	91%
Creative Expression	4.40	.924	87%
Doctors' Recommendation	3.94	1.231	71%

¹Based on 5-point scale with 5=Very Important to 1=Very Unimportant

²Standard deviation is an indication of the spread of scores. The closer to .00 the more agreement among answers based on this scale.

Motivation and Participation

- 86% said that training and preparing for NC Senior Games was a **part of their weekly activities**.
- 84% said that their participation in NC Senior Games motivated them to be **more physically active**.
- Over half said they were active at least **4.5 hours** a day BECAUSE of NC Senior Games.
- 90% said that participating in NC Senior Games motivated them to be **more socially active**.

Perceived Change BECAUSE of NC Senior Games

	Average ¹	Standard Deviation	Percent that said had <i>increased a lot or increased some</i>
Met More People	3.68	.574	93%
My Good Feelings about my Life	3.54	.682	90%
My Energy Level	3.47	.716	88%
My Self-Esteem	3.43	.739	86%
My Health	3.35	.737	85%
My Heart and Lung Functioning	3.38	.761	84%
Less Tension and/or Stress	3.34	.816	83%
My Physical Strength	3.32	.755	84%
My Shape/Physique	3.26	.783	81%

¹Based on 4-point scale with 4=increased a lot, 3=increased some, 2=did not increase or decrease, 1=decreased

Characteristics of the Respondents

- The **average number** of years that respondents had participated in NC Senior Games was 7 years.
- The **average age** of respondents was 70 years.
- The respondents were **63%** women and **37%** men.
- The respondents included **51%** White **45%** African American, **3%** American Indian, **.5%** Hispanic, and **.5%** Asian American

Health of Respondents

- 52% considered their health to be *very good* or *excellent*.
- 38% considered their health to be *good*.
- 10% considered their health to be *poor* or *fair*.

Prepared by Kelly McFadden & Karla Henderson, North Carolina State University

North Carolina Senior Games



Albemarle Senior Games Summary Statistics—May 2012 (105 Participants Responded)

Reasons for Participating in NC Senior Games

	Average ¹	Standard Deviation ²	Percent that said <i>Important or Very Important</i>
Fun	4.88	.409	99%
Keep Active	4.87	.334	100%
Friendships	4.85	.387	99%
Fitness	4.79	.457	98%
Fellowship/Social Opportunities	4.77	.595	97%
Feel Younger	4.76	.586	97%
Improving Health	4.75	.516	96%
Live Longer	4.72	.709	92%
Self-Esteem	4.66	.697	94%
Competition	4.63	.784	93%
Creative Expression	4.60	.731	92%
Doctors' Recommendation	4.08	1.285	77%

¹ Based on 5-point scale with 5=Very Important to 1=Very Unimportant

² Standard deviation is an indication of the spread of scores. The closer to .00 the more agreement among answers based on this scale.

Motivation and Participation

- 83% said that training and preparing for NC Senior Games was a **part of their weekly activities**.
- 82% said that their participation in NC Senior Games motivated them to be **more physically active**.
- Over half said they were active at least **5 hours** a day **BECAUSE** of NC Senior Games.
- 96% said that participating in NC Senior Games motivated them to be **more socially active**.

Perceived Change BECAUSE of NC Senior Games

	Average ¹	Standard Deviation	Percent that said had <i>Increased a lot or Increased some</i>
Met More People	3.74	.543	95%
My Good Feelings about my Life	3.67	.571	95%
My Energy Level	3.55	.624	93%
My Self-Esteem	3.52	.659	91%
Less Tension and/or Stress	3.48	.717	91%
My Heart and Lung Functioning	3.44	.715	89%
My Physical Strength	3.44	.704	90%
My Health	3.39	.709	87%
My Shape/Physique	3.34	.758	87%

¹ Based on 4-point scale with 4=increased a lot, 3=increased some, 2=did not increase or decrease, 1=decreased

Characteristics of the Respondents

- The **average number** of years that respondents had participated in NC Senior Games was 7 years.
- The **average age** of respondents was 72 years.
- The respondents included **66% women and 34% men**.
- The respondents included **60% White, 38% African American, 1% Hispanic, and 1% Asian American**.

Health of Respondents

- 45% considered their health to be *very good* or *excellent*.
- 43% considered their health to be *good*.
- 12% considered their health to be *poor* or *fair*.

Prepared by Kelly McFadden & Karla Henderson, North Carolina State University

North Carolina Senior Games



Durham Senior Games Summary Statistics—May 2012 (26 Participants Responded)

Reasons for Participating in NC Senior Games

	Average ¹	Standard Deviation ²	Percent that said <i>Important or Very Important</i>
Keep Active	4.96	.204	100%
Fun	4.92	.277	100%
Live Longer	4.83	.381	100%
Doctors' Recommendation	3.82	1.368	73%
Improving Health	4.75	.737	92%
Creative Expression	4.73	.533	96%
Friendships	4.72	.458	100%
Feel Younger	4.72	.542	96%
Fitness	4.67	.761	92%
Self-Esteem	4.62	.752	93%
Fellowship/Social Opportunities	4.60	.577	96%
Competition	4.58	.902	93%

¹ Based on 5-point scale with 5=Very Important to 1=Very Unimportant

² Standard deviation is an indication of the spread of scores. The closer to .00 the more agreement among answers based on this scale.

Motivation and Participation

- 96% said that training and preparing for NC Senior Games was a **part of their weekly activities**.
- 75% said that their participation in NC Senior Games motivated them to be **more physically active**.
- Over half said they were active at least **8 hours** a day BECAUSE of NC Senior Games.
- 83% said that participating in NC Senior Games motivated them to be **more socially active**.

Perceived Change BECAUSE of NC Senior Games

	Average ¹	Standard Deviation	Percent that said had <i>Increased a lot</i> or <i>Increased some</i>
Met More People	3.65	.573	95%
My Energy Level	3.55	.671	93%
My Heart and Lung Functioning	3.50	.673	89%
Less Tension and/or Stress	3.45	.671	91%
My Physical Strength	3.41	.796	90%
My Good Feelings about my Life	3.38	.824	95%
My Health	3.41	.796	87%
My Self-Esteem	3.35	.885	91%
My Shape/Physique	3.32	.839	87%

¹ Based on 4-point scale with 4=increased a lot, 3=increased some, 2=did not increase or decrease, 1=decreased

Characteristics of the Respondents

- The **average number** of years that respondents had participated in NC Senior Games was 7 years.
- The **average age** of respondents was 70 years.
- The respondents included **65% women** and **35% men**.
- The respondents included **60% White**, **38% African American**, **1% Hispanic**, and **1% Asian American**.

Health of Respondents

- 34% considered their health to be *very good* or *excellent*.
- 62% considered their health to be *good*.
- 4% considered their health to be *poor* or *fair*.

Prepared by Kelly McFadden & Karla Henderson, North Carolina State University

North Carolina Senior Games



Greenville-Pitt County Senior Games Summary Statistics--May 2012 (113 Participants Responded)

Reasons for Participating in NC Senior Games

	Average ¹	Standard Deviation ²	Percent that said <i>Important</i> or <i>Very Important</i>
Fun	4.88	.328	100%
Keep Active	4.87	.333	100%
Friendships	4.83	.405	99%
Fitness	4.80	.403	100%
Live Longer	4.75	.536	97%
Improving Health	4.73	.524	96%
Feel Younger	4.72	.660	97%
Fellowship/Social Opportunities	4.69	.653	95%
Self-Esteem	4.55	.830	93%
Competition	4.51	.810	93%
Creative Expression	4.22	1.064	80%
Doctors' Recommendation	3.74	1.229	57%

¹ Based on 5-point scale with 5=Very Important to 1=Very Unimportant

² Standard deviation is an indication of the spread of scores. The closer to .00 the more agreement among answers based on this scale.

Motivation and Participation

- 84% said that training and preparing for NC Senior Games was a **part of their weekly activities**.
- 87% said that their participation in NC Senior Games motivated them to be **more physically active**.
- Over half said they were active at least **5 hours** a day **BECAUSE** of NC Senior Games.
- 94% said that participating in NC Senior Games motivated them to be **more socially active**.

Perceived Change BECAUSE of NC Senior Games

	Average ¹	Standard Deviation	Percent that said had <i>Increased a lot or Increased some</i>
Met More People	3.64	.554	96%
My Good Feelings about my Life	3.49	.686	90%
My Self Esteem	3.36	.778	87%
My Energy Level	3.34	.770	84%
My Health	3.31	.777	84%
My Heart and Lung Functioning	3.27	.834	81%
Less Tension and/or Stress	3.21	.941	81%
My Physical Strength	3.20	.809	81%
My Shape/Physique	3.18	.767	82%

¹ Based on 4-point scale with 4=increased a lot, 3=increased some, 2=did not increase or decrease, 1=decreased

Characteristics of the Respondents

- The **average number** of years that respondents had participated in NC Senior Games was 8 years.
- The **average age** of respondents was 70.5 years.
- The respondents were equally divided between **men and women**.
- The respondents included **70% White** and **30 % African American**.

Health of Respondents

- 59% considered their health to be *very good* or *excellent*.
- 33% considered their health to be *good*.
- 8% considered their health to be *poor* or *fair*.

Prepared by Kelly McFadden & Karla Henderson, North Carolina State University

North Carolina Senior Games



Mid-Carolina Senior Games Summary Statistics—May 2012 (142 Participants Responded)

Reasons for Participating in NC Senior Games

	Average	Standard Deviation	Percent that said <i>Important</i> or <i>Very Important</i>
Fun	4.85	.466	99%
Keep Active	4.84	.478	99%
Improving Health	4.77	.585	97%
Fitness	4.74	.619	97%
Feel Younger	4.69	.680	94%
Friendships	4.68	.687	96%
Fellowship/Social Opportunities	4.67	.601	97%
Live Longer	4.67	.713	93%
Self-Esteem	4.49	.905	90%
Competition	4.47	.952	90%
Creative Expression	4.28	1.043	82%
Doctors' Recommendation	3.87	1.278	69%

¹ Based on 5-point scale with 5=Very Important to 1=Very Unimportant

² Standard deviation is an indication of the spread of scores. The closer to .00 the more agreement among answers based on this scale.

Motivation and Participation

- 84% said that training and preparing for NC Senior Games was a **part of their weekly activities**.
- 83% said that their participation in NC Senior Games motivated them to be **more physically active**.
- Over half said they were active at least **5 hours** a day **BECAUSE** of NC Senior Games.
- 86% said that participating in NC Senior Games motivated them to be **more socially active**.

Perceived Change **BECAUSE** of NC Senior Games

	Average ¹	Standard Deviation	Percent that said had <i>increased a lot</i> or <i>increased some</i>
Met More People	3.62	.579	95%
My Good Feelings about my Life	3.54	.690	90%
My Energy Level	3.43	.694	88%
My Heart and Lung Functioning	3.40	.717	87%
My Self-Esteem	3.39	.740	86%
My Health	3.35	.699	87%
Less Tension and/or Stress	3.32	.812	81%
My Physical Strength	3.30	.761	82%
My Shape/Physique	3.25	.807	77%

¹ Based on 4-point scale with 4=increased a lot, 3=increased some, 2=did not increase or decrease, 1=decreased

Characteristics of the Respondents

- The **average number** of years that respondents had participated in NC Senior Games was 7 years.
- The **average age** of respondents was 70 years.
- The respondents were **57%** women and **43%** men.
- The respondents included **46%** White, **40%** African American, **10%** American Indian, **2%** Hispanic, and **2%** Asian American.

Health of Respondents

- 53% considered their health to be *very good* or *excellent*.
- 34% considered their health to be *good*.
- 13% considered their health to be *poor* or *fair*.

Prepared by Kelly McFadden & Karla Henderson, North Carolina State University

North Carolina Senior Games



Region K Senior Games Summary Statistics-May 2012 (89 Participants Responded)

Reasons for Participating in NC Senior Games

	Average ¹	Standard Deviation ²	Percent that said <i>Important</i> or <i>Very Important</i>
Keep Active	4.80	.609	98%
Improving Health	4.77	.588	98%
Feel Younger	4.75	.641	98%
Live Longer	4.75	.643	98%
Fitness	4.73	.585	99%
Fun	4.72	.450	100%
Friendships	4.72	.586	98%
Fellowship/Social Opportunities	4.61	.626	97%
Self Esteem	4.58	.725	96%
Creative Expression	4.40	.846	92%
Competition	4.25	.931	89%
Doctors' Recommendation	4.19	.972	79%

¹Based on 5-point scale with 5=Very Important to 1=Very Unimportant

²Standard deviation is an indication of the spread of scores. The closer to .00 the more agreement among answers based on this scale.

Motivation and Participation

- 92% said that training and preparing for NC Senior Games was a **part of their weekly activities**.
- 84% said that their participation in NC Senior Games motivated them to be **more physically active**.
- Over half said they were active at least **3 hours** a day BECAUSE of NC Senior Games.
- 92% said that participating in NC Senior Games motivated them to be **more socially active**.

Perceived Change BECAUSE of NC Senior Games

	Average ¹	Standard Deviation	Percent that said had <i>increased</i> <i>a lot or increased some</i>
Met More People	3.74	.640	93%
My Energy Level	3.51	.805	85%
My Good Feelings about my Life	3.50	.745	86%
My Self-Esteem	3.49	.766	84%
My Health	3.38	.775	84%
My Physical Strength	3.36	.737	86%
Less Tension and/or Stress	3.35	.783	81%
My Heart and Lung Functioning	3.35	.812	80%
My Shape/Physique	3.25	.811	78%

¹Based on 4-point scale with 4=increased a lot, 3=increased some, 2=did not increase or decrease, 1=decreased

Characteristics of the Respondents

- The **average number** of years that respondents had participated in NC Senior Games was 5 years.
- The **average age** of respondents was 69.5 years.
- The respondents were **80% women** and **20% men**.
- The respondents included **61% African American**, **35% White**, **2% American Indian**, and **1% Biracial**.

Health of Respondents

- 47% considered their health to be *very good* or *excellent*.
- 35% considered their health to be *good*.
- 8% considered their health to be *poor* or *fair*.

Prepared by Kelly McFadden & Karla Henderson, North Carolina State University

Statistical and Demographic Information (Including Number of Persons Served and Counties) (C)

There are 53 Local Senior Games programs (some are multi-county entities) that serve all 100 counties in our state. This is the largest program of its' type in the United States. Some of the Local Games are very small, while others are very large and offer exercise classes, practice events and SilverArts competitions all year long. Below is a summary of year-round participation:

Alamance-Burlington Senior Games:	875
Albemarle Senior Games:	672
Asheville Buncombe Senior Games:	303
Blue Ridge Senior Games:	405
Brunswick Gator Senior Games:	953
Cabarrus County Senior Games:	2356
Carteret County Senior Games:	589
Caswell County Senior Games:	166
Charlotte Mecklenburg Senior Games:	1634
Chatham County Senior Games:	172
Cherokee County Senior Games:	566
Cleveland County Senior Games:	488
Davie County Senior Games:	418
Down East Senior Games:	1277
Durham Senior Games:	1368
Four Season Senior Games:	338
Gaston County Senior Games:	348
Greater Greensboro Sr. Games:	1375
Greater High Point Sr. Games:	542
Greenville-Pitt Senior Games:	5338
Haywood County Senior Games:	1182

High Country Senior Games:	602
Iredell County Senior Games:	361
Johnston County Senior Games:	369
Land of Waterfalls Senior Games:	1443
Lumber River Senior Games:	1203
Macon County Senior Games:	651
Madison County Senior Games:	43
McDowell County Senior Games:	537
Mid-Carolina Senior Games:	1958
Neuse River Senior Games:	5763
Onslow County Senior Games:	422
Orange County Senior Games:	551
Outer Banks Senior Games:	1318
Piedmont Plus Senior Games:	1396
Raleigh-Wake Senior Games:	3028
Randolph County Senior Games:	838
Region K Senior Games:	876
Rockingham County Senior Games:	1598
Rutherford County Senior Games:	1693
Salisbury-Rowan Senior Gams:	5750
Scotland County Senior Games:	388
Senior Games By the Sea:	715
Senior Games in the Pines:	316
Senior Games of Lee Co.:	3599
Senior Games of Richmond Co.:	1171

Smoky Mountain Senior Games:	418
Thomasville-Davidson-Lexington:	505
Unifour Senior Games:	1605
United Senior Games:	821
Uwharrie Senior Games:	973
Wayne Co. Senior Games:	2156
Yadkin Valley Senior Games:	1088

Detailed Program Budget and List of Expenditures

Including All Positions Funded and Funded Sources

And Matching Resources (D)

The attached document (D) outlines all budgeted line items for North Carolina Senior Games and the matching resources for each category. A full audit is available upon request.

2012 NCSG Budget (D)

	Revenue Categories	436,405	
	Individual Contributions	20,000	
	Sponsor Contributions	100,000	
	Legislative Appropriation	121,000	
	Program Fees	190,000	
	Reimbursements	3,000	
	Investment Interest	1,405	
	Merchandise Sales	1,000	
	Expense Categories	436,405	
Personnel (Salaries/Wages):		254,095	
	President/Executive Director	70,380	
	Associate Director	57,371	
	Sports/IT Coordinator	46,332	
	Special Project Consultant	38,352	
	Administrative Coordinator	33,660	
	Part-Time	8,000	
Employee Benefits:		36,344	
	Health Insurance:	17,980	
	President/Exec Director	3,192	
	Associate Director	4,972	
	Sports/IT Coordinator	2,532	
	Special Project Consultant	7,284	
	Other Benefits:	18,364	
	Life/Disability	1,000	
	SEP (4%)	10,164	
	HSA Benefit	7,200	
Employer Taxes		17,400	
Office		18,800	
	Telephone	3,500	
	Maintenance	400	
	Supplies	500	
	Printing/Copying	0	
	Accounting	3,100	
	Fees	6,000	
	Postage	100	
	Furniture and Equipment	500	
	Insurance	1,800	
	Utilities	2,900	
Board of Directors		800	
Public Relations		100	
Local Games		34,200	
	Games Allowance	19,000	
	Travel	1,000	
	Gifts/Recognitions	500	
	Food	750	
	Telephone	1,000	
	Lodging	300	
	Supplies	500	
	Fees/Memberships	1,000	

	Printing/Copying	6,000	
	Publications/Videos	400	
	Postage	250	
	Contractual Services	3,500	
	Furniture and Equipment	0	
State Finals		74,666	
	SF Awards	7,200	
	Postage	200	
	Supplies	7,000	
	SF Ceremonies	700	
	SF Coordination	6,100	
	Telephone	0	
	Postage	0	
	Food	50	
	Gifts/Awards	250	
	Insurance	4,800	
	Printing/Copying	0	
	Travel	600	
	Lodging	0	
	Supplies	400	
	SF Events	36,016	
	Postage	0	
	Printing/Copying	1,200	
	Travel	700	
	Lodging	1,000	
	Food	2,066	
	Supplies	1,800	
	Rent	24,000	
	Gifts/Awards	250	
	Contract Services	5,000	
	Equipment	0	
	SF Facilities	1,900	
	Travel	200	
	Lodging	400	
	Food	100	
	Supplies	200	
	Rent	1,000	
	Printing/Copying	0	
	SF Hospitality	2,000	
	SF Medical Services	1,000	
	SF Registration	9,900	
	Telephone	0	
	Postage	2,000	
	Printing/Copying	1,700	
	Supplies	2,000	
	Refunds	4,100	
	Insurance	100	

[illegible]