

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
After reviewing this poster the learner will be able to evaluate the perceived usefulness of an educational tool designed to discuss the topic.	Background: Prevention of chronic diseases in the primary care setting requires further understanding. There is a paucity of literature regarding the adult population's knowledge of the negative effects of sedentary behaviors: a lack of effective interventions to reduce sedentary time.
After reviewing this poster the learner will be able to summarize the patients perceptions of sedentary behaviors	Purpose: To measure baseline knowledge of primary care adult patients regarding sedentary behaviors and to develop an educational tool for primary care providers to utilize in the office when discussing sedentary behaviors.
	Method: This quality improvement (QI) project utilizes an educational program design intended to generate evidence using a baseline needs assessment survey and development of an educational tool to integrate knowledge in the adult family practice patient population for the prevention of chronic diseases through sedentary behaviors.
	Conclusions: This project is currently in progress.
	Future Implications: An educational tool presented in a patient preferred method of learning will assist providers decrease sedentary behaviors while contributing to the prevention of chronic disease.