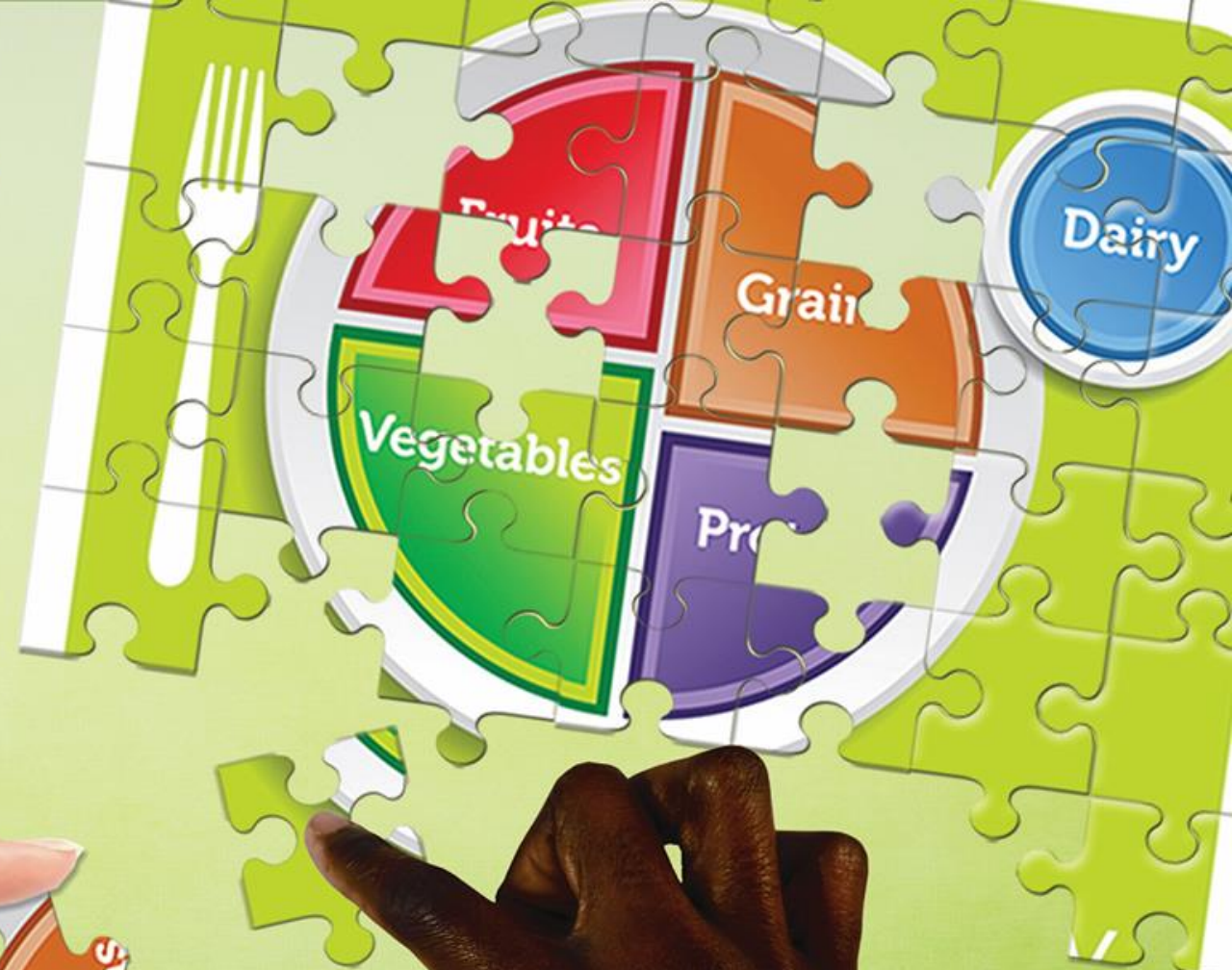


EFNEP

Connecting the Pieces

2016 National Coordinators' Conference
March 14-17, 2016 - Arlington, VA



Promoting Physical Activity to EFNEP Participants and Staff - *Move More, Virginia!*

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Support for Physical Activity in the DGAs

- In addition to diet, physical activity is important to promote health and reduce the risk of chronic disease.
- Americans should aim to achieve and maintain a healthy body weight.
- Diet and physical activity are the two parts of the calorie balance equation to help manage body weight.
- **Key Recommendation: Meet the Physical Activity Guidelines for Americans.**



Physical Activity Recommendations

	Aerobic Activity	Muscle/Bone-Building Activity
Youth (Age 6-17)	Moderate-Vigorous: ≥ 60 minutes daily ≥ 3 days of Vigorous activity	≥ 3 days each week
Adults (Age 18-64)	Moderate Activity: ≥ 150 minutes weekly Vigorous Activity: ≥ 75 minutes weekly	≥ 2 days each week



Importance of Physical Activity

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun



When you are not physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

<http://www.choosemyplate.gov/physical-activity-why>



Move More, Virginia!

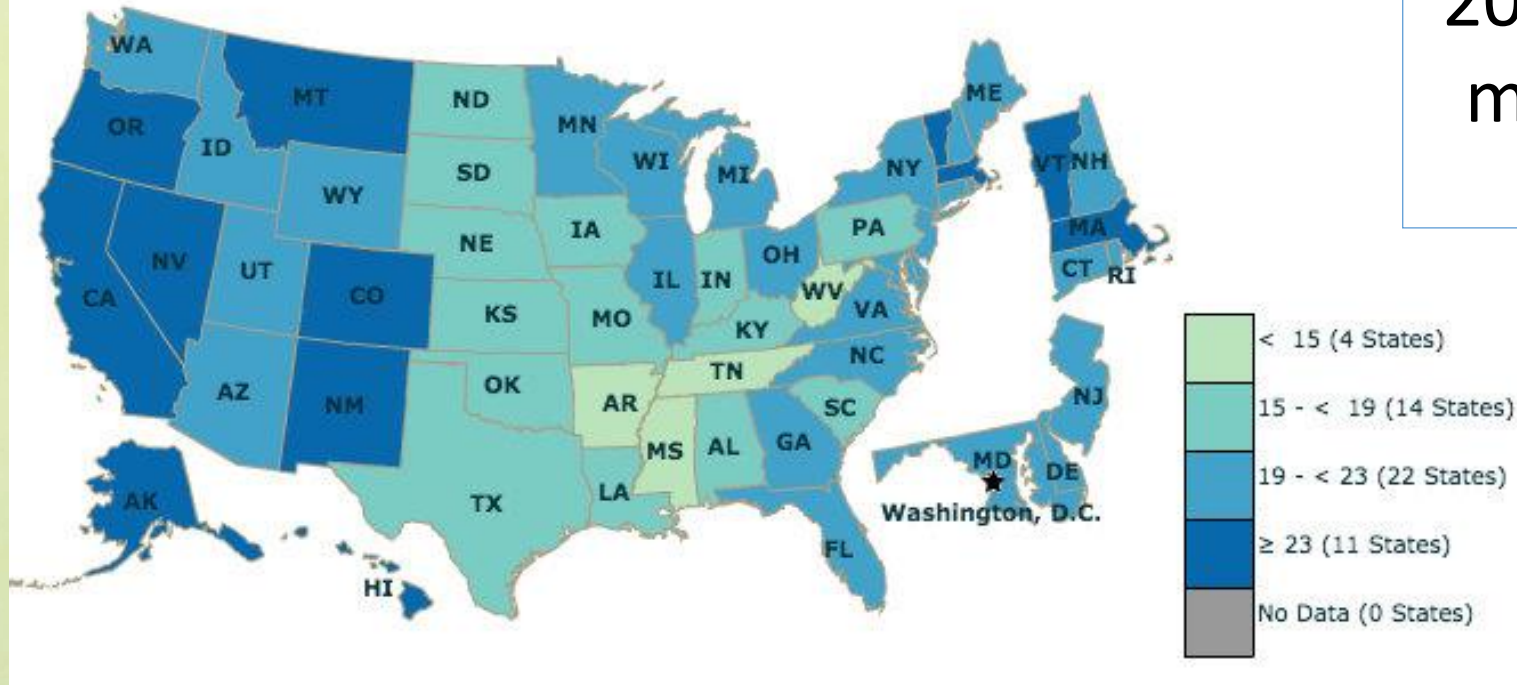
Why I Move More



Gap between Recommendations and Reality

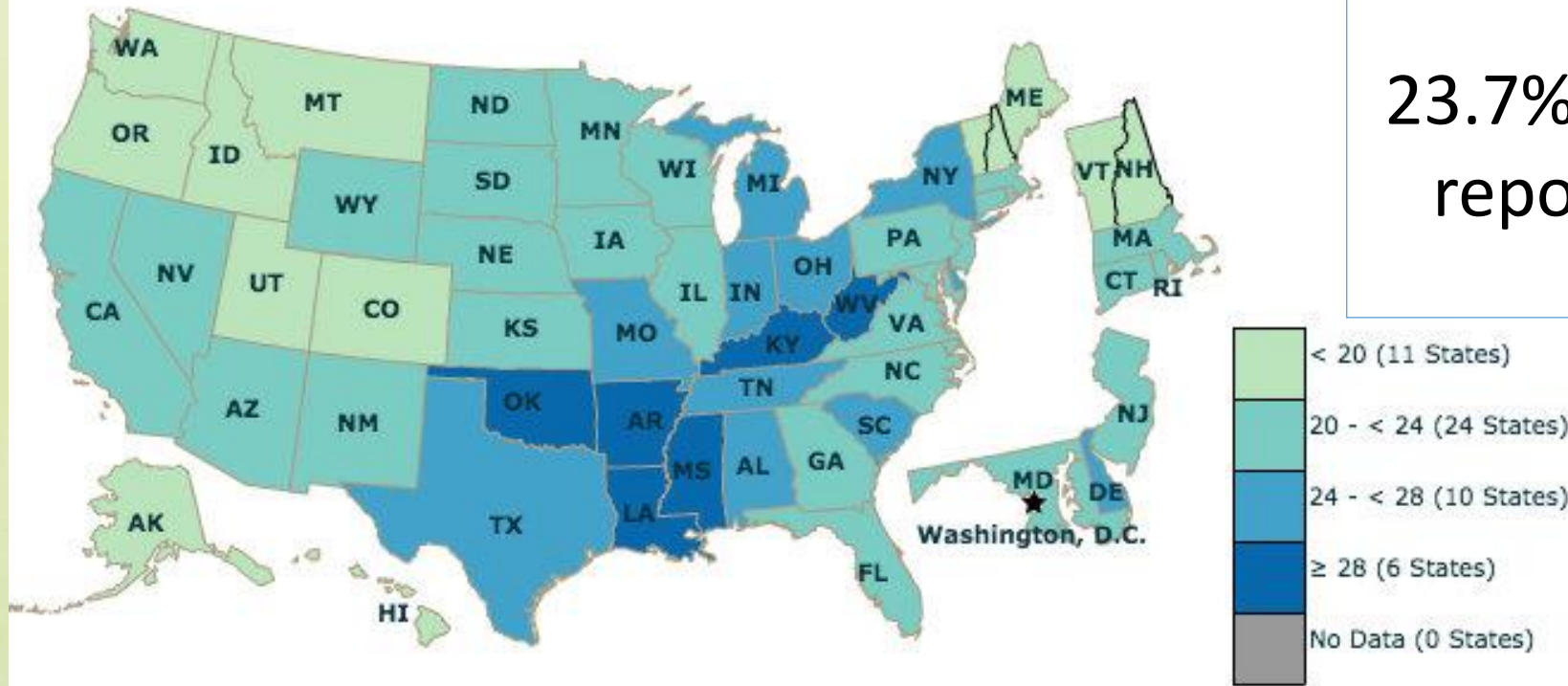
2013: Percent of adults who achieve at least 150 minutes a week of moderate-intensity aerobic physical activity or 75 minutes a week of vigorous-intensity aerobic physical activity and engage in muscle-strengthening activities on 2 or more days a week †

20.2% of Adults meeting PAGA



Gap between Recommendations and Reality

2014: Percent of adults who engage in no leisure-time physical activity †



23.7% of Adults report **no** PA



Gap between Recommendations and Reality

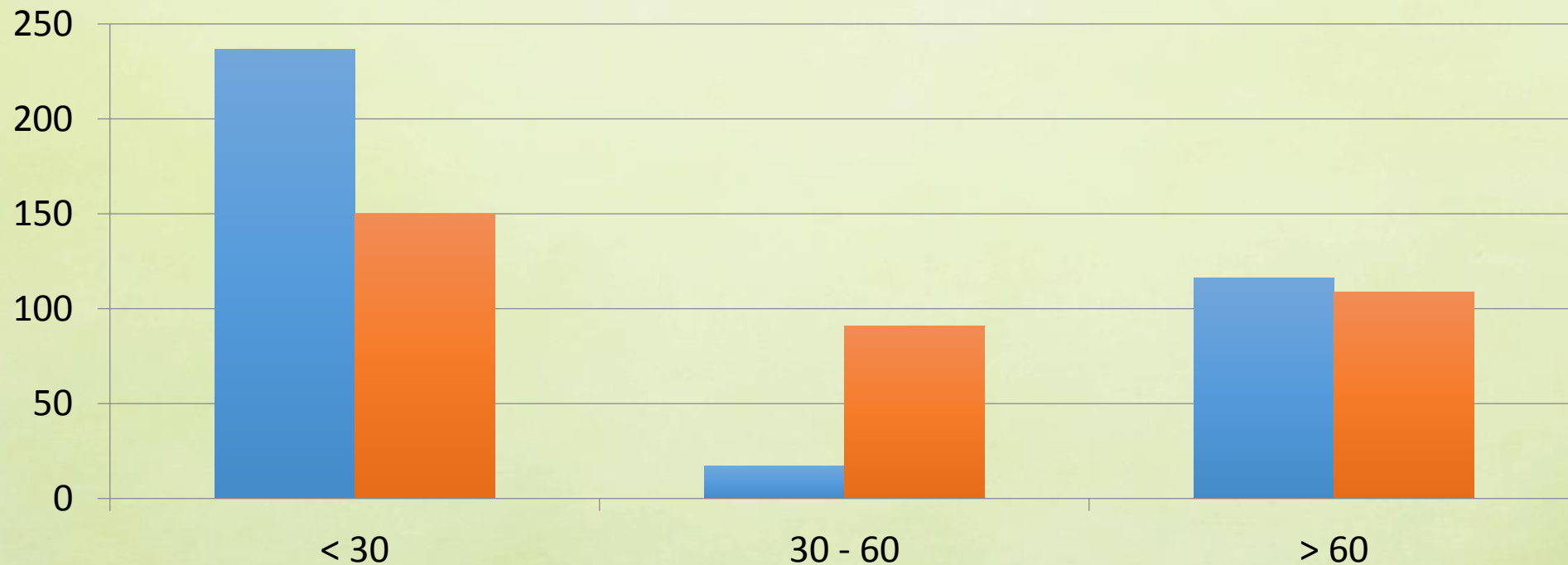
Virginia SNAP-Ed Participants FY2015 Engage in Daily Physical Activity



Gaps between Recommendations and Reality

Virginia EFNEP Participants FY2015 Minutes of Daily Physical Activity

■ Entry ■ Exit



Gap between Recommendations and Reality

We asked our Program Assistants in VA if they currently meet the PAGA recommendations of at least 30 minutes of moderate intensity physical activity most days of the week.

- 18% reported meeting the recommendations
- 28% reported getting less than the recommendations
- 9% reported not engaging in any physical activity



Barriers to Physical Activity for Participants

- Commute times
- Lack of active transportation
- **Unsafe neighborhoods**
- Limited **access** to parks and recreation facilities
- Air pollution
- Lack of **financial resources** for health promoting services
- Lack of time
- Poor health
- Lack of social support



Barriers to Physical Activity for Participants

- Lack of time
- Physically demanding jobs
- Inconvenience
- Lack of self-motivation
- Not enjoying exercise
- Finding exercise boring
- Low self-efficacy
- Fear of injury
- Lack of self-management skills
- Lack of support
- Lack of access/infrastructure in local community



Barriers to Teaching Physical Activity

- Discomfort leading demonstrations
 - Self-efficacy
 - Insecurity r/t weight status
- Lack of expertise
- Questions of liability and job responsibilities
- Lack of **time**, space, and equipment during lessons



Thinking about these barriers in your state...

- What resources would be helpful **for participants** to increase physical activity? **For peer educators** to teach physical activity?
- What are **your concerns** about incorporating more physical activity into lessons? How do these **differ or align** with peer educators' concerns?



Move More, Virginia!

- Set of comprehensive physical activity workout videos featuring a variety of activities
 - 7 minute HIIT workout
 - 30 minute moderate intensity full body workout
 - 10 minute and 15 minute resistance band workouts
 - 15 minute and 20 minute core workouts
 - 2-5 minute warm-ups
- Planned and **led by Certified Group Fitness Instructor, VCE Exercise Specialist & Certified Personal Trainer**



Move More, Virginia!

A 15 Minute Resistance Band Workout



Move More, Virginia!

- Feature diverse cast, including Program Assistants, Extension Agent, program participants & community members
- Offer 3 levels of intensity, safety cues, and positive encouragement to “find your own highest intensity”
- **Open Access** resource
- Requires minimal equipment
- **Can be used in class or at home**



Move More, Virginia!

A 15 Minute Resistance Band Workout



Future Plans for *Move More, Virginia!*

- ± 6 additional workout videos
 - Dance aerobics, flexibility, “Mommy & Me,” [possibly] prenatal exercises, & more interval training workouts
- Additional physical activity resources in print, digital, and mobile application formats
 - Incentives for in-person programs & online content for social media outreach
 - Tools for supporting on-going behavior change, data collection & post-graduation follow-up
- Additional training for Program Assistants
 - [PAR-Q](#) and liability issues
 - How to incorporate videos into lessons



Feedback from Participants & Peer Educators

- To show others that no matter what shape and size you are, you can do exercises.
- To promote good health and exercise for our area's FNP Leader.
- My clients need to see that the average person can exercise anywhere and that it can be fun.
- To be part of someone's vision and to be light to all others who want to exercise.
- The coordinators were definitely my motivation!



Feedback from Participants & Peer Educators

- ¹To show folks the three levels of exercise and how they can begin and graduate up to the advance level. ²To promote good physical health through various levels of exercise. ³To show others that not all people who are on exercise videos are "skinny" and "tiny"!
- For them to also see that all ages benefit from exercise and you don't have to be in shape to perform the exercises. Clients of all ages and walks of life can and will benefit from the video.
- They will provide others with a tool that they can use at home that will benefit their lifestyle.
- It will encourage others that they can exercise at their own pace and in the comforts of the home.
- to encourage people to exercise at a level that they can do



Move More, [Your State Here]!

Formative Research

- What specific barriers are your participants and peer educators facing?
- What types of physical activities are your participants interested in?
 - Preferred length, equipment, style, delivery format, etc.
- How do you and your peer educators wish to incorporate physical activity into lessons?
- What resources do you have available?



Move More, [Your State Here]!

- Improving peer educator self-efficacy in incorporating physical activity into lessons
 - Increase opportunities/support for increasing their own physical activity (employee wellness, activity breaks in training, etc.)
 - Work with exercise specialists to develop materials and train employees
 - Demonstrate vs. lead vs. participate along with class
 - Offer a range of options to choose from
 - Share success stories of both participants and peer educators
 - Emphasize small steps that add up



Move More, [Your State Here]!

Recipe for success:

- Peer educator and participant buy-in
- Partner with experts
- Address the specific barriers for your state
- Variety of resources
- On-going trainings
 - Why to, How to, Troubleshooting, & Reinforcement
- Feedback at every stage



Questions?

Thank you for your participation!

