

Webinar Series

SMALL STEPS TO INCREASING PHYSICAL ACTIVITY

May 17, 2017

Webinar Reminders

- ✓ Dial-in on your phone.
- ✓ Please mute your mic to prevent any feedback.
- ✓ Use the **Question Box** to post any questions along the way.

Today's Presenters



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Healthy Eating and Active Living Coordinator

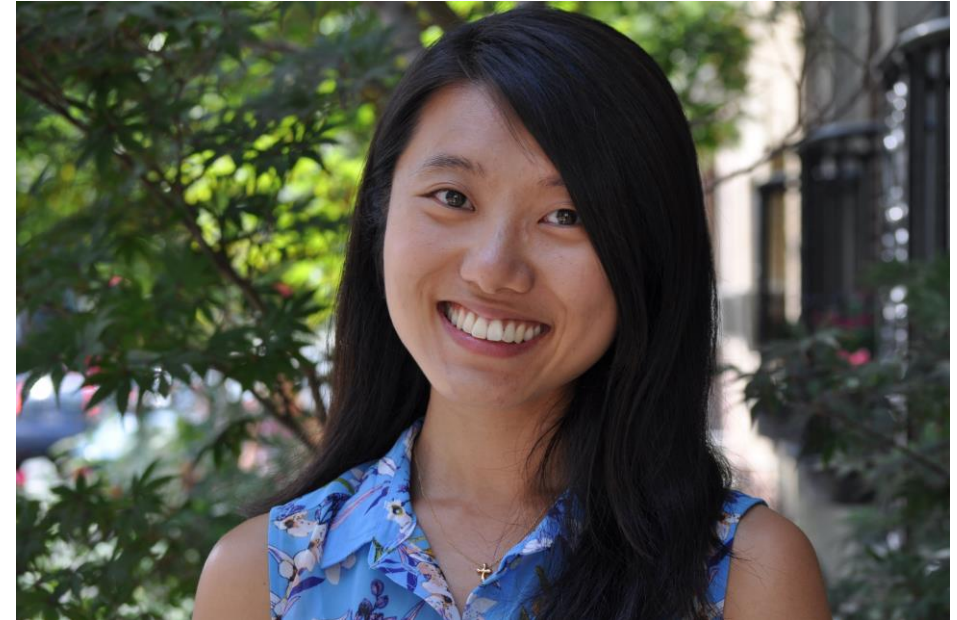
Community and Clinical Connections for Prevention and
Health Branch, NC Division of Public Health



Julia Yao, MPH

Faithful Families Program Specialist

Community and Clinical Connections for Prevention and
Health Branch, NC Division of Public Health



Objectives for today's webinar

Participants will gain a better understanding of:

- Why more people are promoting walking.
- Physical activity guidelines and what they means for everyone.
- Faithful Families Walking Challenge
- Active Routes to Schools
- Shared-use or Open-use and faith communities.

Why Walk??

There are many reasons to walk and roll:

- To get somewhere – work, school, our place of worship or other nearby destinations.
- To help us think, relieve stress.
- Spend quality time with our friends and family (even the furry ones).
- To have fun.
- To make our voices heard.

Why promote walking?

- Walking helps a person be physically active which is one of the most important ways to improve health and well being.
- Making walking easier helps communities by improving:
 - safety, social connections, the local economy and air quality

“The journey to better health begins with a single step.”

- Vivek H. Murthy, M.D., Surgeon General

Physical Activity

30%

Lower risk of
early death



Source: U.S. Department of Health and Human Services. *Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities*. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2015.

Children and Adolescents	Adults
<ul style="list-style-type: none"> ■ Improved cardiorespiratory fitness. ■ Improved muscular fitness. ■ Improved bone health. ■ Favorable body composition. ■ Improved markers of cardiovascular and metabolic health. 	<ul style="list-style-type: none"> ■ Lower risk of early death. ■ Lower risk of heart disease and stroke. ■ Lower risk of high blood pressure and adverse blood lipid profile. ■ Lower risk of type 2 diabetes. ■ Lower risk of colon and breast cancer. ■ Lower risk of metabolic syndrome. ■ Prevention of weight gain. ■ Weight loss, particularly when combined with reduced calorie intake. ■ Improved cardiorespiratory fitness. ■ Improved muscular fitness. ■ Prevention of falls. ■ Reduced depression. ■ Better cognitive function (for older adults).

Physical Activity Recommendations

Children and adolescents need 1 hour or more of physical activity daily. This should include:



Source: United States Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans.
<http://www.health.gov/paguidelines/guidelines/>. Accessed April 2015.

Physical Activity Recommendations

Adults need 20 – 40 minutes or more of physical activity daily.
This should include:



Aerobic Activity

Most of the 20 minutes or more should be aerobic activity and should include vigorous-intensity at least 3 days a week.



Muscle-Strengthening Activity

on at least 2 days of the week.

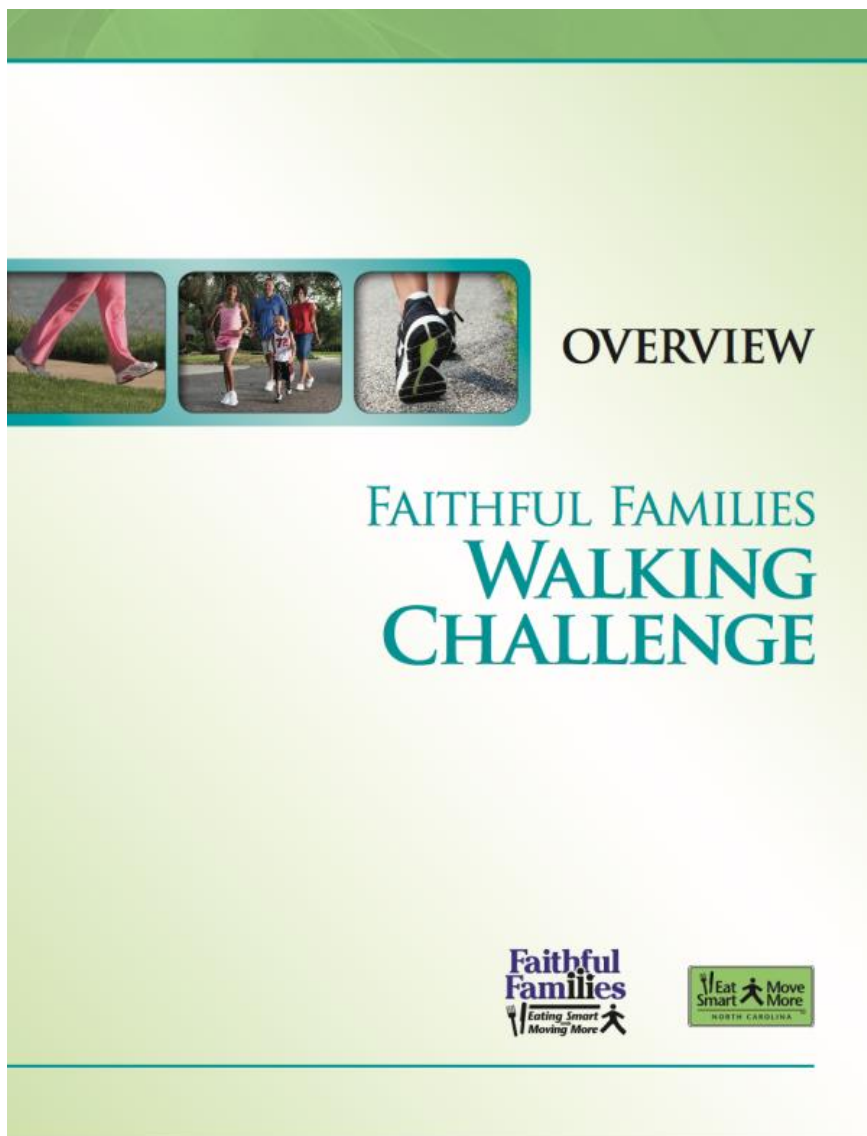
150 - 300 minutes or more of physical activity weekly

Who should walk?

- Walking is the most common activity of teens and adults.
- It requires NO special skills or equipment.*
- It's easy to begin and maintain as part of a physically active lifestyle.
- Most people are able to walk, and many people with disabilities are able to walk or move around with assistive devices, such as wheelchairs or walkers.
- Walking is a year-round activity that can be done indoors or outdoors!!

Are you convinced??





NEW! FAITHFUL FAMILIES WALKING CHALLENGE

Julia Yao

Faithful Families Program Specialist

Overview

- Encourages faith community to increase physical activity by walking more in daily life.
- Not an exercise plan!
- Encourages simple lifestyle changes that can be incorporated easily into regular routine.

This means:

- walk more while doing things you normally do at work, at home, and in your faith setting.
- integrate walking little by little into daily life to develop long-term habits.

What is the challenge?

- 4-week long event.
- Friendly competition, with community support.
- For every 10 minutes of walking, receive 1 point.
- Prizes to winning members or team.

Make it as competitive as the community would like it to be!

Materials

- Challenge Overview
- Announcement Poster
- Sign-up Sheet
- Walking Log Sheet
- Weekly Newsletters
- Certificate of Achievement
- Evaluation Survey

[Resource Link](#)

The image displays a collection of printable materials for the Faithful Families Walking Challenge. At the top left is a large poster titled 'COMING SOON! Faithful Families Walking CHALLENGE' with a stick figure icon. To its right is a 'SIGN-UP SHEET' with a table for names, addresses, and phone numbers. Below the poster is a 'WALKING LOG' with a grid for tracking daily walks. To the right of the log is a 'CERTIFICATE OF PARTICIPATION' template. Further right is an 'EVALUATION' survey form. At the bottom are four weekly newsletters, each with a title like 'GETTING STARTED', 'STEP OUT', 'STEP IT UP', and 'STAY MOTIVATED'. The bottom of the page features the text 'Download these printable materials at FaithfulFamiliesESMM.org' and logos for 'Faithful Families Eating Smart Moving More' and 'Eat Smart Move More NORTH CAROLINA'.

Poster

Sign-Up Sheet

Walking Log

Certificate

Evaluation

Newsletter Week 1

Newsletter Week 2

Newsletter Week 3

Newsletter Week 4

Download these printable materials at FaithfulFamiliesESMM.org

Faithful Families Eating Smart Moving More

Eat Smart Move More NORTH CAROLINA

Weekly Newsletters

- Helpful ideas to walk more at work, at home, and around neighborhood.
- Tips to explore and stay safe while walking outdoors.



Week 1: Getting Started

Week 2: Step Out

Week 3: Step it Up

Week 4: Stay Motivated



FAITHFUL FAMILIES WALKING CHALLENGE

Congratulations on taking the first step to improve your health by joining the Faithful Families Walking Challenge! Walking is an easy way to start and maintain an active lifestyle. This newsletter provides tips to help you collect challenge points and enjoy walking as part of your daily routine.

GETTING STARTED

Here are some tips to making walking a part of your daily routine.

BRING FRIENDS AND FAMILY

- ☐ Walk with a friend or a group.
- ☐ If you have small children, walk with them in a stroller or wagon. If the weather is warm, consider bringing along water and healthy snacks for you and your child.
- ☐ Walk with a pet.
- ☐ Walk with members of your faith community. Consider having walking meetings, walking before or after worship, or walking during other faith community events.

BE PREPARED

- ☐ Wear comfortable and supportive walking shoes.
- ☐ Have a pair of walking shoes in the car or at your desk at work.
- ☐ Mark a walking date on your calendar.

DETERMINE YOUR ROUTE

- ☐ Walk in your neighborhood, around the parking lot of your faith community, or at a school, local gym, or other community building.
- ☐ Look for safe places to walk in your community like walking trails, sidewalks, or local parks.

SET A TIME AND PLACE

- ☐ When at work, walk during your work breaks or at lunch.
- ☐ Start slowly. Begin by walking ten minutes at a time.
- ☐ Bring a walkie or cell phone to keep track of your time.
- ☐ Download a free cell phone application to keep track of your steps and distance.
- ☐ Commit to meeting members of your faith community as a designated go-to walk.

STAY POSITIVE

- ☐ Having a new routine can be difficult at first, but remember that every step you take is a step towards improving your health!

For more on North Carolina's walking campaign, visit MoveMoreWithFaithNC.com





FAITHFUL FAMILIES WALKING CHALLENGE

Congratulations on making it halfway through the Walking Challenge. This week we challenge you to step up the intensity or duration of your daily walk. Brisk walking is an excellent aerobic workout that reduces the risk of high blood pressure, high cholesterol, and diabetes.

STEP OUT

Now that walking is a part of your daily routine, it is time to step out and explore different places to be physically active. Here are some ideas for walking in familiar or new places.

ENJOY THE NATURAL BEAUTY OF THE OUTDOORS

Parks, greenways, and trails are excellent places for walking. These places are usually free, accessible, and provide a place to walk outdoors. To find accessible trails near you, visit www.AmericanTrail.org.

USE PUBLIC COMMUNITY FACILITIES

Walking tracks at a school or gym are great places to walk. There is no need to cross streets or wait for traffic lights. Check out your local schools and see if there are walking tracks open and available for public use. Your faith community is a great place to walk as well. Consider walking outside in the parking lot or outdoors if the weather is hot.

DON'T LET BAD WEATHER SLOW YOU DOWN

Walk in a mall or a covered shopping center. Mall walking is a great indoor option as malls are flat and accessible.

TRAVEL THE WORLD WITH A VIRTUAL WALKING PLACE

There is a place in the world that is important to your faith community? Consider sharing walks of at least 10 minutes each during the day. To get the most substantial benefits, aim to walk briskly for at least 150 minutes a week.

For more on North Carolina's walking campaign, visit MoveMoreWithFaithNC.com





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STEP IT UP

Now that walking is a part of your daily routine, it is time to step out and explore different places to be physically active. Here are some ideas for walking in familiar or new places.

STROLL

This is a casual slow walking pace when you barely exert yourself. At this pace, you can breathe without effort while holding a conversation.

BRISK WALK

This is a faster pace when you are walking quickly and moderately exerting yourself. At this pace, you can carry on a conversation, but you may start to breathe a little heavier and need to catch your breath throughout the conversation.

POWER WALK

This is a high-intensity pace when you are barely exerting yourself. At this pace, you may be able to say a couple of words between breaths, but holding a conversation will be very difficult.

Stay hydrated

Replacing water in the body lost during exercise will help you avoid dehydration. Water is the best drink before and after your walk. Drink at least 8 cups of water before an activity and 3-8 cups of water after you are finished with the activity.

For more on North Carolina's walking campaign, visit MoveMoreWithFaithNC.com





FAITHFUL FAMILIES WALKING CHALLENGE

Way to go! You have almost completed the Faithful Families Walking Challenge. During this last week, think of ways to keep up the good work even after the Walking Challenge is over by continuing to use the tips you have learned along the way. Remember to check Faithful FamiliesEatingSmart.org after the Walking Challenge is over for resources to help you increase your physical activity levels.

STAY MOTIVATED

It's important to stay motivated as you continue to take steps to improve and maintain your health. Here are some tips and resources to keep you walking all year long.

- ☐ Set up walking groups, body systems, and other forms of social support for walking so you have multiple opportunities to walk each week. Your faith community can be a great source of support.
- ☐ Develop a walking map or guide at your faith community. Consider mapping out routes around your faith community or finding out how many laps it would take to complete a mile in your faith community's parking lot.
- ☐ Create a walking path or trail at your faith-based organization.
- ☐ Make walking a routine activity by putting it on your calendar.
- ☐ Partner with a school or local community center to establish a shared use policy and promote walking programs. The resources below can help you to learn more about this work.
- ☐ Develop a national policy to promote walking instead of elevator use in your community of faith. The resources to the left can help you to learn more about this work.
- ☐ Track your progress and celebrate your successes. Look at your Faithful Families Walking Challenge log and see how far you have come. Give yourself a pat on the back for a job well done!
- ☐ Now that you have completed the challenge, we encourage you to let us know how it went by filling out a brief survey. Visit FaithfulFamiliesEatingSmart.org and search "walking challenge" to take the survey!

For more on North Carolina's walking campaign, visit MoveMoreWithFaithNC.com



Easy, Motivating and Fun!

- Can go at own pace.
- Network of support to encourage each other to increase physical activity.
- Some friendly competition to jumpstart motivation.

Evaluate the challenge!

- Encourage folks to fill out brief online survey.
- Provide evaluation data.
- Plan future physical activity programs.

[Survey Link](#)



CONTACT

If you have questions about the program *outside of North Carolina*, please contact:

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If you have questions about the program *in North Carolina*, please contact:

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Faithful Families
NC Division of Public Health, DHHS
1915 Mail Service Center
Raleigh, NC 27699

If you are a faith community in North Carolina interested in offering this program, please click [here](#) for a [list of trained facilitators](#).

Faithful Families Walking Challenge

Google Custom Search

The Faithful Families Walking Challenge is a fun way to encourage everyone in your faith community to walk more every day. During the four-week event, participants challenge each other, such as friends and family, to increase how much they walk from week to week. The Challenge Overview provides step-by-step instructions and guidance on organizing the event. Weekly newsletters contain tips and ideas that anyone can use to walk more in their daily lives. Each participant will also receive a Walking Log, which offers an easy way to record the number of points accumulated each day during the challenge. Everything you need to plan, participate in, and evaluate the Walking Challenge can be downloaded here.

- [Challenge Overview](#)
- [Poster](#)
- [Sign-Up Sheet](#)
- [Walking Log](#)
- [Newsletter Week 1](#)
- [Newsletter Week 2](#)
- [Newsletter Week 3](#)
- [Newsletter Week 4](#)
- [Certificate](#)
- [Evaluation](#)



[Online Evaluation Survey](#)

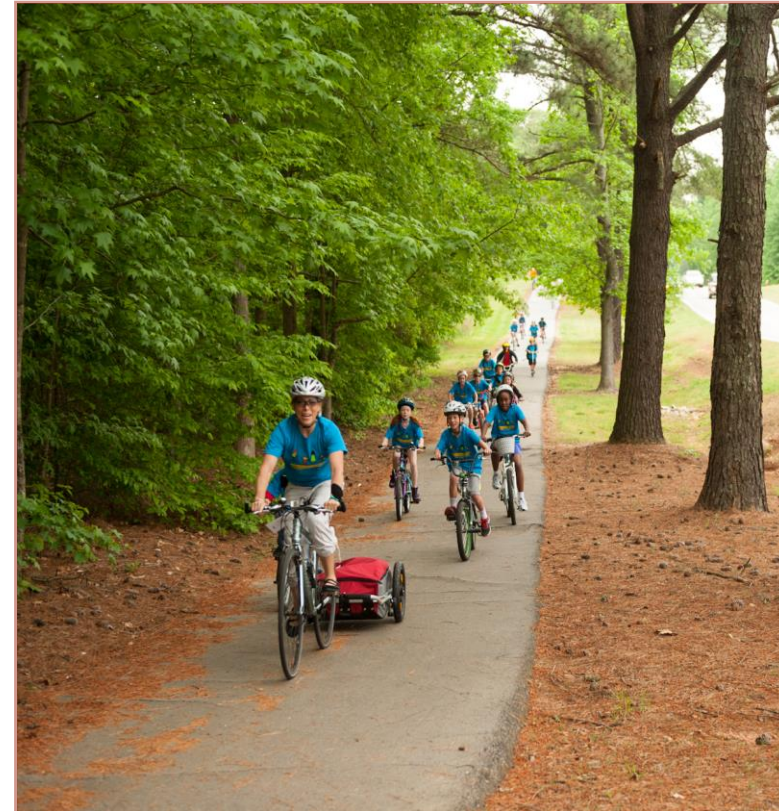
After completing the challenge, please encourage participants to fill out the brief online survey. It takes no more than a few minutes to complete and will help us plan more physical activities for your community to enjoy.



THANKS!

After the Challenge: Promoting walking in your community

- Find other community programs that are promoting walking in your community.



Active Routes to School Project Goal

Increase the number of elementary and middle school students who safely walk and bike to school.



Why Should Children Walk or Bike to School?

- Develops healthier habits in students.
- Promotes a cleaner environment
- Promotes safety.
- Reduces traffic congestion.
- Creates a stronger sense of community.
- Reduces costs
- Improves accessibility for all.
- Improves community infrastructure.



Community & Clinical CONNECTIONS
 for Prevention & Health Branch
NORTH CAROLINA DIVISION OF PUBLIC HEALTH

HOME ABOUT US WHAT WE DO RESOURCES DATA OUR STAFF CONTACT US

Active Routes to School

Active Routes to School is a NC Safe Routes to School Project supported by a partnership between the NC Department of Transportation and the NC Division of Public Health. Through this project there are ten Active Routes to School project coordinators working across North Carolina to make it easier for elementary and middle school students to safely walk and bike to school. The project coordinators work with partners in their communities to increase:

- One-time awareness events about the importance of Safe Routes to School.
- The number of ongoing programs that encourage walking and biking to or at school.
- The number of trainings on how to implement Safe Routes to School-related activities.
- The number of policies that support walking and biking to or at school.
- The number of safety features near schools.

In addition to working directly with schools, the project coordinators work within communities to identify opportunities for shared use of facilities and Complete Streets to improve access to physical activity. For more information about the project, [click here](#).



Active Routes to School Regions

[Click for more information.](#)



Learn more about International Walk to School Day and Bike to School Day



Project Activities

Awareness-Raising Events

- Increase one-time awareness events about the importance of Safe Routes to School

Ongoing Programs

- Increase the number of ongoing programs that encourage walking and biking to school

Trainings/Workshops

- Increase the number of trainings on how to implement Safe Routes to School-related activities

Policy Changes

- Increase the number of policies that support walking and biking to school

Built Environment Changes

- Develop a plan for an infrastructure issue statement to identify a physical improvement to local infrastructure for future exploration

Common Elements Among Programs that Increased Walking and Bicycling

1. In-school champion
2. Promotional activities
3. Community support
4. Policies



Making the connection:

How can YOU engage with Active Routes to School?

- **Community and neighborhood site development**
 - Incorporate elements that support bicycle and pedestrian activity and connectivity to schools
- **Support and promote**
 - Walk to School Day, Bike to School Day and on-going Active Routes to School Programs in your area

Consider A Shared or Open Use Policy

Shared use – also called “joint use” and “community use”:

- When organizations agree to open or increase access to their facilities for community use (a formal agreement between two or more entities).

Open use:

- The practice of allowing free community access to recreational facilities without a formal agreement.

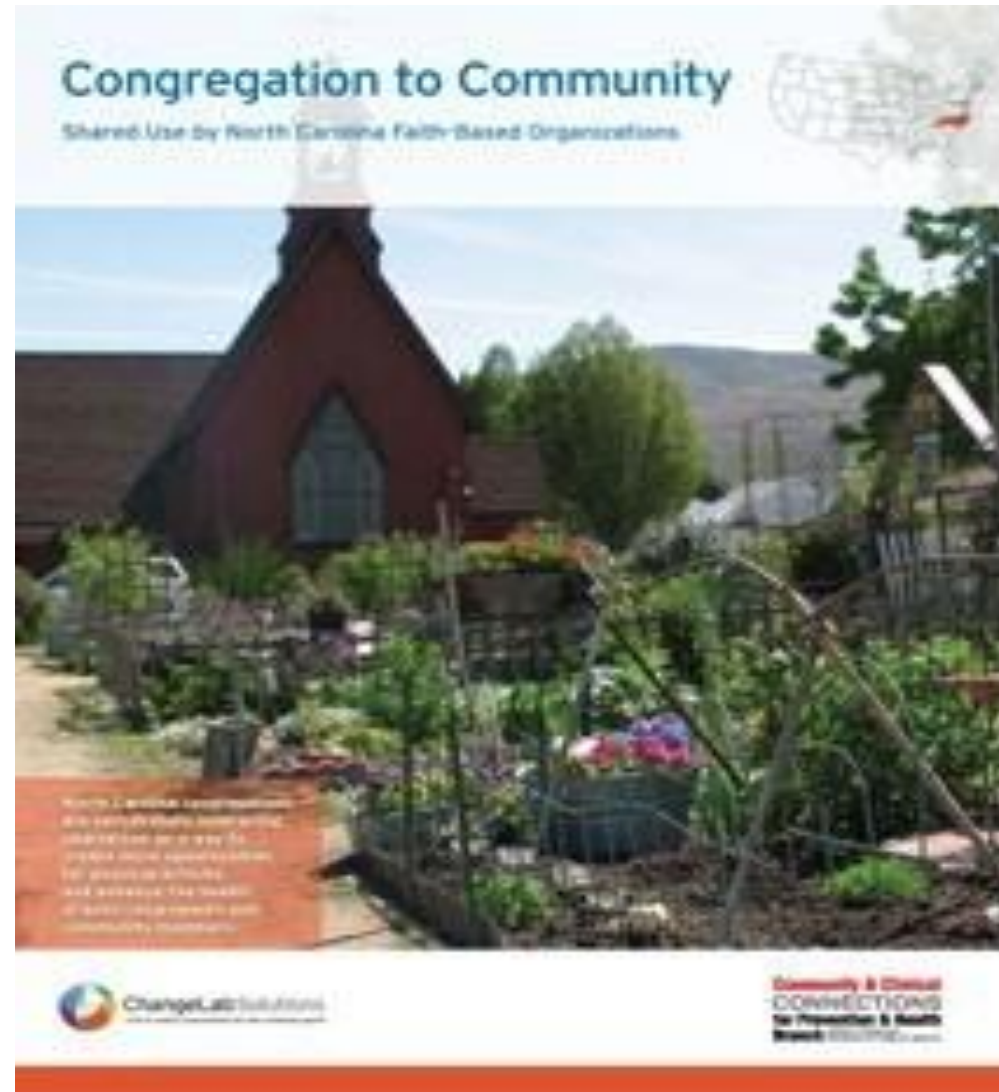
What Can Open Use Look Like for Faith-Based Organizations?



Open use by faith-based organizations can take many forms, including:

- Allowing the community to use existing outdoor facilities like playgrounds, basketball courts, walking trails, and picnic areas.
- Allowing the community to use indoor facilities like gymnasiums, social halls, multipurpose rooms, and even kitchens.
- Inviting the community to join in a congregation's health-promoting activities, like exercise classes, walking programs, and cooking classes.
- Welcoming the community to participate in a congregation's garden program.
- Building new facilities or starting new programs specifically for the broader community.

For More Information



http://www.changelabsolutions.org/sites/default/files/Congregation-to-Community_FINAL_20140930.pdf

Upcoming Events



September 20, 9:30-3:30

Embassy Suites, Cary, NC

Workshop with MARK FENTON to learn ways to promote walkability in your community.

[Registration form](#)

Upcoming Webinars

August 8 @ 1pm: MED Instead of MEDs Recipe Adaptations for Faithful Families

November 7 @ 1pm: Building Partnerships to Support Faithful Families

Calendar and Registration:

faithfulfamiliesesmm.org/wp/events/category/webinar-calendar/

Upcoming Faithful Families Trainings

December 5 – 2017 North Carolina Training
For local NC health departments and Non-EFNEP partners.

December 13 - 14 – 2017 National Training
For anybody interested in implementing Faithful Families outside of North Carolina.

Calendar and Registration:

faithfulfamiliesesmm.org/wp/events/category/training-calendar/

Additional Resources

- Shared Use and Faith Communities webinar
- Move More North Carolina: A Guide to Creating Walking Maps

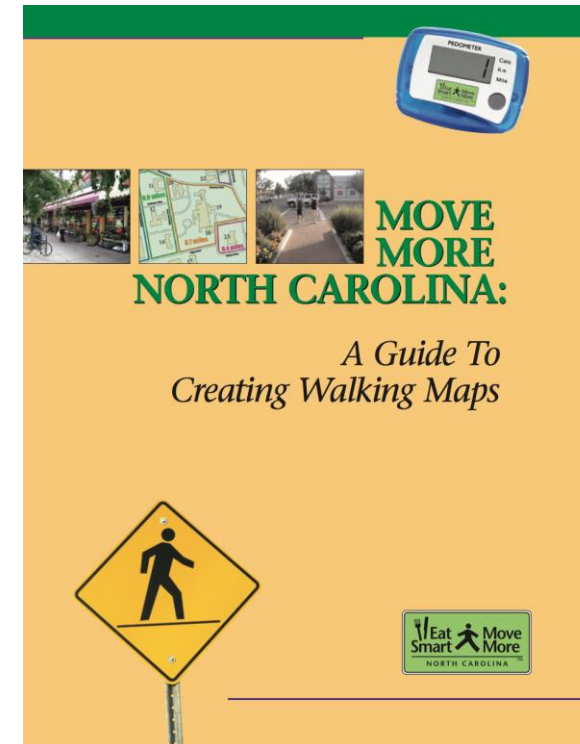
Shared Use and Faith Communities



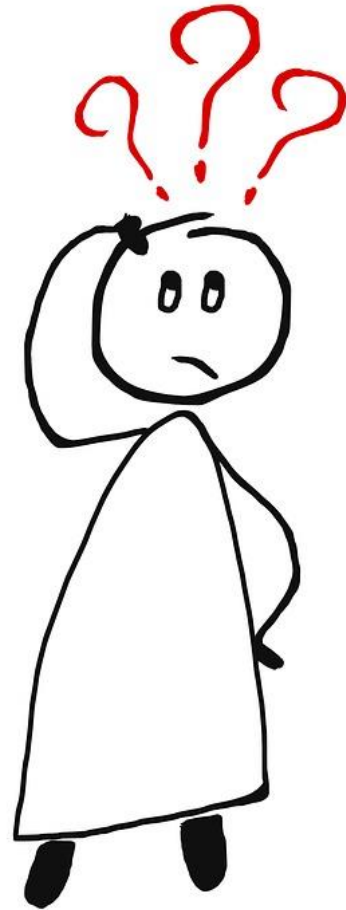
Dr. Annie Hardison-Moody, Faithful Families Director, Anna Stein, Legal Specialist with the Division of Public Health and Travis Greer, Worksite-Faith Coordinator discuss the promotion of physical activity through Faithful Families as well as strategies to encourage faith communities to open up their facilities for “shared use” of physical activity spaces.

[Watch Webinar](#)

[Download Video](#)



QUESTIONS



Thank you for attending!



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