

IMPACT REPORT

2022



2022 Better Bones @ Balance® Workshop.

OVERVIEW

This report summarizes the work of OSU Extension’s Physical Activity and Active Living (PAAL) team between January 2022 and December 2022. The report presents statewide impacts and outcomes across PAAL programs and initiatives, including BEPA 2.0, Better Bones & Balance®, Walk With Ease, and StrongPeople™. The report concludes with future directions for PAAL statewide efforts and an invitation to join the team.

PAAL GOALS

Established in 2017, the PAAL mission is to provide strategic support for OSU extension to increase access and opportunity to physical activity for all Oregonians. *We seek to:*

- **Guide and inform** decision-making related to PAAL activities
- **Promote** state-supported programs and activities
- **Support** Extension’s ability to respond to PAAL local initiatives
- **Enable** measurement of PAAL activities
- **Report and communicate** PAAL efforts and impacts

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PAAL Collective Impacts

Shifting Back to “Normal”

As the COVID-19 pandemic began its third year and safety restrictions began to loosen, our team was able to resume physical activity programming that had been previously put on hold or greatly reduced for the past two years. Many pandemic-related changes, such as the offering of online and hybrid trainings, have continued to stay in place across PAAL programs.

All four physical activity (PA) programs (BEPA 2.0, Better Bones & Balance[®], Walk With Ease, and StrongPeople[™]) offered through OSU Extension trained new leaders in 2022, **helping build and rebuild capacity to deliver PA programming across the state.** For Better Bones & Balance[®] and StrongPeople[™], these were the first new leaders trained since the onset of the COVID-19 pandemic.

Extension faculty and staff helped embed **34 PAAL-related policy, systems, and environment (PSE) changes** in seven counties during 2022. Such changes included incorporating PA into the school day, creating facility shared use agreements, providing new opportunities for structured PA, and more.

The following pages of this report focus on each statewide PA program individually, highlighting successes from 2022.



34

PA-related PSE changes
through SNAP-Ed
programs and efforts



15+

capacity-building PSE
trainings across PAAL
programs



Students playing a BEPA 2.0 Activity. Photo by Katie Ahern.

BE Physically Active 2Day!

2022 Program Impacts



1,706

youth exposed to PA through SNAP-ED direct education



8,945+

youth exposed to PA through indirect SNAP-Ed programming



184

toolkits distributed to Oregon educators



336

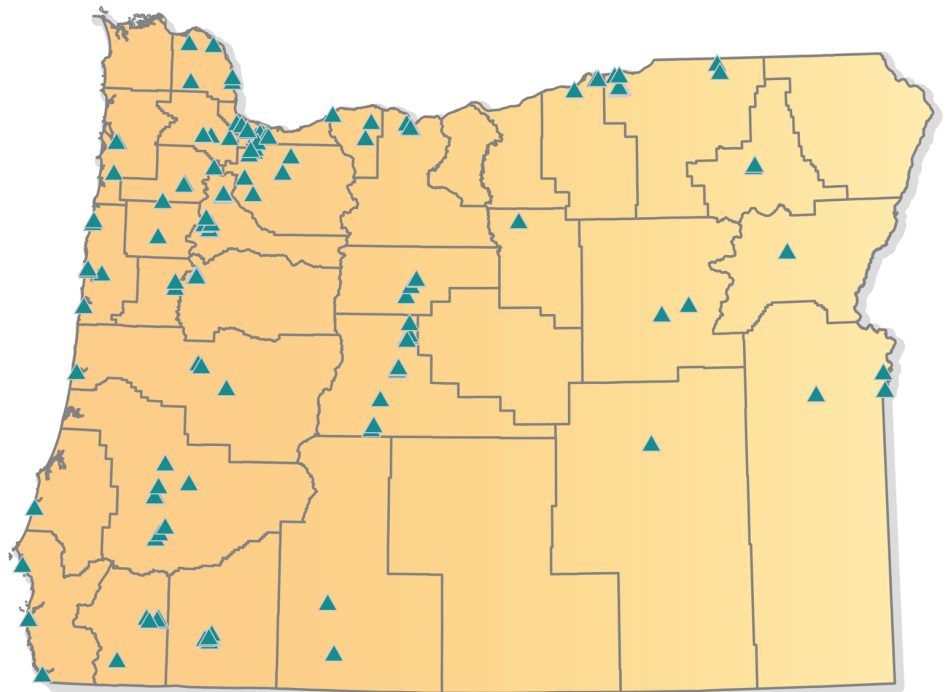
toolkits distributed to interstate partners

Program Overview

Be Physically Active 2Day! (BEPA 2.0) is a school-based physical activity program aligned to Oregon and National K-5 Health Education (HE) and Physical Education (PE) standards. BEPA 2.0 fills a statewide gap in resources available to classroom teachers and includes over 50 unique activities that teachers can use in their classroom to reinforce grade-level movement skills and competencies, teach HE and PE literacy, and provide PE time in accordance with statewide policies. In addition, BEPA 2.0 includes a set of portable play items, activity videos, training documents, policy and reporting templates, and implementation support.

BEPA 2.0 is present in **over 150 schools and community organizations** in Oregon and is used in **7 additional states** around the country. **Two new partnerships** with Cooperative Extension and SNAP-Ed programs in other states were expanded in 2022, including those in California and Virginia.

Schools and Community Organizations with BEPA 2.0 in Oregon



▲ Locations with BEPA 2.0 materials and/or training (July 2022)

BE Physically Active 2Day!

BEPA 2.0 Training Program

During the COVID-19 pandemic, the BEPA 2.0 team developed an online, asynchronous training that enabled training access despite pandemic-related restrictions. This new, online training approach:

- **Increases training access** and program reach
- **Enables new partnerships** with schools and community-based organizations
- **Decreases burden** on county Extension professionals

The online training continued to be implemented and evaluated in 2022. Additionally, Extension faculty and staff in **Baker, Deschutes, Douglas, and Jackson Counties** provided **in-person BEPA 2.0 trainings** to educators in their regions. Data show that both online and in-person training modalities are similarly effective, both increasing knowledge and confidence of trainees to implement the BEPA 2.0 program.

A **new online training** designed to train trainers was also developed and piloted with interstate partners in 2022. Like the direct training of educators, data show that the online train-the-trainer approach is effective at increasing the knowledge and confidence of trainers to train other educators how to deliver BEPA 2.0.

87

Oregon educators trained
online to deliver BEPA 2.0

181

Oregon educators trained
in-person to deliver BEPA 2.0

79

educators trained to train
other educators

Online Train-the-Educator Highlights

75% of participants reported an **increase in knowledge** to deliver the BEPA 2.0 program

77% of participants reported an **increase in confidence** to deliver the BEPA 2.0 program

100% of participants **felt more prepared to deliver** the BEPA 2.0 program than they did prior to the training

Based on data from 60 matched participant responses

Online Train-the-Trainer Highlights

79% of participants reported an **increase in knowledge** to train others to deliver the BEPA 2.0 program

85% of participants reported an **increase in confidence** to train others to deliver the BEPA 2.0 program

92% of participants **felt more prepared to train** others to deliver the BEPA 2.0 program than they did prior to the training

Based on data from 48 matched participant responses

BE Physically Active 2Day!

BEPA 2.0 – Success Story Spotlights

The BEPA 2.0 program continues to grow and expand within Oregon and in partner states. This success is due to the outstanding efforts of our own Extension faculty and staff, as well as strong partnerships with other organizations. Below are two of the many success stories regarding BEPA 2.0 during 2022.

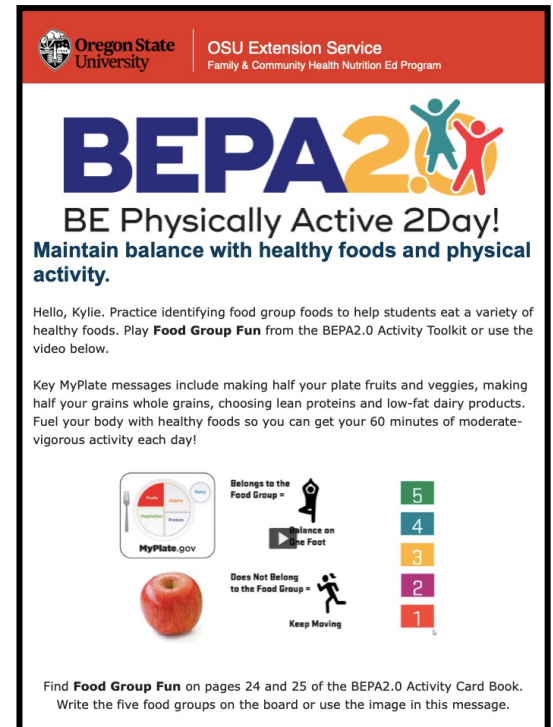
Monthly Newsletters

Extension faculty and staff in Deschutes County, led by Katie Ahern, developed BEPA 2.0 newsletters that are sent to educators each month as a reminder to implement activities. Each newsletter focuses on a specific activity from the BEPA 2.0 Activity Card Set and additional nutrition messaging. In 2022:

- Monthly newsletters were sent over **three months** (October–December)
- Over **271 educators** received the newsletters

Deschutes County has been sending email reminders to teachers for years. However, this new format will allow Extension faculty and staff in other counties to share the newsletters with their local educators as well. Faculty in other counties (Douglas, Jackson, & Josephine) have already begun sending the newsletters in their respective regions.

In 2023, this project will continue to expand statewide.



Oregon Healthy Schools + BEPA 2.0

The BEPA 2.0 program has had a long-standing relationship with the Oregon Department of Education (ODE). In 2022, ODE paid for asynchronous BEPA 2.0 training access, BEPA 2.0 Toolkits, and follow-up training sessions for up to 95 interested elementary-aged educator in the state through the Oregon Healthy Schools Grant.

- **70 educators** participated in 2022
- **57 toolkits** distributed through this effort in 2022

Since 2019, over 315 educators across Oregon have been trained to deliver BEPA 2.0 through collaboration with ODE and the Oregon Healthy Schools grant. This partnership continues to flourish, with efforts to expand BEPA 2.0 being written into the next Oregon Healthy Schools grant cycle.

Better Bones & Balance®

2022 Program Impacts



1

new hybrid training
for instructor certification



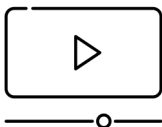
39

**instructors trained or
recertified** to teach BBB



261

instructors certified
since 2010



97

BBB DVD's distributed
across Oregon and beyond

Program Overview

Better Bones and Balance® (BBB) is a community-based fall and fracture, risk-reduction exercise program. Developed at OSU, the BBB program incorporates lower body resistance training with weighted vests, impact and balance exercises, and is delivered as three 50-min sessions per week by community fitness instructors who were trained and certified through OSU Extension and local partners. The BBB program has demonstrated effectiveness in reducing fall and fracture risk, arresting bone loss and helping participants obtain the recommended levels of physical activity for adults and older adults. Estimates of program reach suggest approximately **5,000 adults and older adults participate in BBB programs each year.**

2022 New Instructor Training Highlights

Training of new BBB instructors was put on hold in 2020 and 2021 due to the COVID-19 pandemic. In 2022, BBB launched a hybrid certification training for new instructors that included one day of in-person, practical learning. This new training format **increases access** for trainees in Oregon and beyond and **decreases costs** of training and travel. As with the online recertification training developed in 2021, the new in-person training will allow for more trainings and continued efficiency in program delivery for both the PAAL Team and BBB certified instructors.

95.2%

of participants reported
feeling **confident to lead**
others through a BBB class
post-training

100%

of participants reported being
able to **explain the role of**
exercise in preventing a fall
post-training



BBB Master Trainer Linda Pozzesi leads group of new instructor trainees.

StrongPeople™

2022 Program Impacts



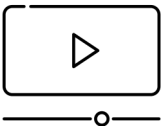
10

new leaders trained
in 2022



8

in-person classes
in 2022



3

virtual classes
in 2022

Program Overview

StrongPeople™ is an exercise program developed at Tufts University by Dr. Miriam Nelson. StrongPeople™ was designed for mid-life and older adults to increase the number of individuals engaging in safe and effective strength training worldwide.

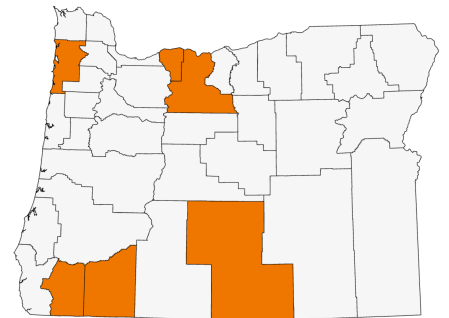
Pandemic Pivots

Prior to the COVID-19 pandemic, StrongPeople™ (formerly known as StrongWomen™) had 60 leaders, serving approximately 500 participants a week in Oregon and southern Washington. The pandemic caused many groups to put their programming on hold, though others continued to deliver via Zoom.

Growing the Program

Thirteen new and returning leaders were trained in 2022 in Hood River County, helping support the eleven classes held across Oregon and southern Washington.

Additionally, viewership of online classes has doubled since March of 2022, demonstrating a strong desire by participants to engage with the program asynchronously.



Oregon counties offering StrongPeople™.



StrongPeople™ leaders trained in Hood River County.

Walk With Ease

2022 Program Impacts



397

individuals participated in
WWE programs in Oregon



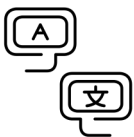
15

new WWE leaders
were trained in 2022



22

total classes offered
in 2022



5

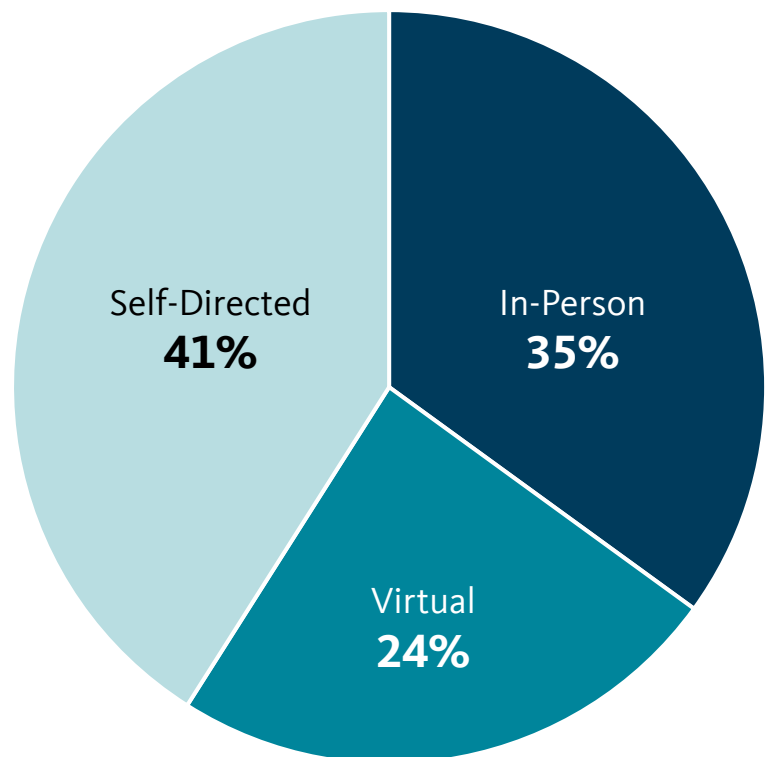
Spanish classes offered
in 2022

Program Overview

Walk With Ease (WWE) is an exercise program designed to help people living with arthritis manage their pain and help all people engage in physical activity by adding walking into their daily routines. WWE is a national program developed by the Arthritis Foundation. Studies found WWE reduced arthritis pain, increased muscle strength and improved overall health for participants. WWE participants can choose a **self-directed, virtual, or in-person** six-week group series led by a certified leader. Participants provides gain the information and tools they need to develop a safe physical activity routine that fits their unique needs and goals. **Materials and classes are available in English and Spanish.**

During 2022, OSU Extension and **32 community partner organizations** supported WWE. In-person and virtual series are led by 80 community leaders, 34 of whom are affiliated with Oregon State.

2022 WWE Participation by Class Type



Kudos, Awards, and Scholarship



The Physical Activity and Active Living (PAAL) Team achieved regional and national recognition in 2022. Campus and county-based faculty worked collaboratively to disseminate, evaluate, and improve our physical activity programs to better serve the stakeholders of Oregon.

The BEPA 2.0 implementation team won a regional awards, and the Better Bones & Balance® and BEPA 2.0 programs were disseminated via peer-reviewed scholarship. Additional program evaluation is ongoing, with more scholarship to follow.

Kudos & Awards



National Extension Association of Family and Consumer Sciences

2022 Communications Award (BEPA 2.0) – 1st Place Regionally

Peer-reviewed Presentations



Evaluating Effectiveness of an Online Physical Activity Promotion Training for School-Based Practitioners. Packebush & Gunter (2022), *Oregon Public Health Association [OPHA] Annual Conference (presentation)*.



Evaluating Effectiveness of of Various Physical Activity Instructor Certification Modalities. Radcliffe, Tudor, Packebush, & Gunter. (2022), *Oregon Public Health [OPHA] Association Annual Conference (presentation)*.

Upcoming Peer-reviewed Presentations & Scholarship



Effectiveness of Online Training to Build Capacity for CSPAP Implementation. Packebush & Gunter (2023), *Society for Health and Physical Educators [SHAPE] National Convention and Expo (presentation)*.



Evaluating Effectiveness of an Online, Asynchronous Training Environment to Scale BEPA 2.0, a School-based Physical Activity Promotion Program. Packebush & Gunter (2023), *Active Living Conference (presentation)*.

PAAL and Health Equity

PAAL Aims to:

- Identify target audiences with insufficient access to PA (at-risk) whom we are not serving
- Identify and implement strategies to reach at-risk populations
- Document reasons we are unable to reach identified at-risk populations and problem solve to expand reach

BEPA 2.0 Equity Strategies

- Provide Spanish translation of program curriculum (led by the SNAP-Ed Spanish workgroup)
- Provide Spanish BEPA 2.0 web resources for families
- Video captioning of all BEPA videos
- Adapted curriculum to make activities inclusive and provide inclusion support for educators

BBB Equity Strategies

- Ability level modifications provided to participants
- Expanding program delivery modality to increase access
- Expanding training modalities to increase access and expand reach
- Video captioning
- Provide reduced-cost trainings as needed to increase representation among instructors and increase access in low-income and underserved areas.



WWE Equity Strategies

- Provide curriculum in English and Spanish
- Program is offered free, and dissemination is prioritized to low-income communities
- Virtual and self-directed participation options
- Virtual, self-directed, and in-person classes conducted in Spanish

Onward 2023-2025

Vision: Increase and enable physical activity access for all Oregonians, with a focus on our most underserved populations.

Mission: Providing strategic support for programs and extension professionals to meet the PAAL vision in every Oregon county.

Next Steps: Over the next biennium (2023-2025), the PAAL team aims to expand reach, support more county partners, provide more experiential learning for OSU students, and align impact and outcome reporting with existing systems to better enable statewide collective impact reporting. Plans also include:

- Outcome evaluation of PAAL statewide programs
- Focus on walkability and supporting PSE efforts statewide

JOIN PAAL: Have passion and interest in promoting physical activity? Interested in evaluation? Looking for new ways to fulfill your service obligation? Seeking opportunities for scholarship? Want to play in the sandbox with a motivated squad of barrier busters?



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Photo: Stephen Ward

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