

IMPACT REPORT

2023



StrongPeople™ participants. Photo by Alyson Yates.

OVERVIEW

This report summarizes the work of the Oregon State University Extension Service's Physical Activity and Active Living (PAAL) team between January and December of 2023. The report presents statewide impacts and outcomes across PAAL programs and initiatives, including BEPA 2.0, Better Bones & Balance®, StrongPeople™, and Walk With Ease. The report concludes with future directions for statewide PAAL 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

The programming supported by the Physical Activity and Active Living (PAAL) team is targeted primarily towards youth and older adults. All four physical activity (PA) programs offered through OSU Extension (BEPA 2.0, Better Bones & Balance®, StrongPeople™, and Walk with Ease) trained new leaders in 2023, **increasing statewide capacity to deliver PA programming.**

In addition to supporting the training, implementation, and evaluation of the four PA programs, the PAAL team worked on other physical activity promotion projects throughout 2023. A sampling are provided below.



19+

capacity-building PSE trainings across PAAL programs

Physical Activity + Food Hero

- **Social Media Campaign.** A weekly social media campaign promoting PA and Walk With Ease through the Food Hero program began in November 2023, generating 4,932 interactions on Facebook and Instagram.
- **Physical Activity Website.** PAAL team members helped curate content for a PA topic page on the Food Hero website, providing nutrition-themed PA activities, PA information, and other helpful resources.
- **Older Adult Newsletters.** The PAAL team has collaborated with Food Hero to integrate PA tips and topics into quarterly Food Hero for Older Adults newsletters since 2020. Three more newsletters were developed and distributed to older adults in 2023.



Walk With Ease participant crossing the street in Corvallis, OR. Photo by Oregon State University.

BE Physically Active 2Day!

2023

Program Impacts



341

youth exposed to PA through direct SNAP-ED programming in Oregon



3,815+

youth exposed to PA through indirect SNAP-Ed programming in Oregon



521

toolkits distributed to Oregon educators



14

trainings provided by Extension faculty/staff

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. 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 **8 additional states** around the country.



Children doing a BEPA 2.0 Activity at an elementary school in central Oregon. Photo by Katie Ahern.

Interstate Partnerships

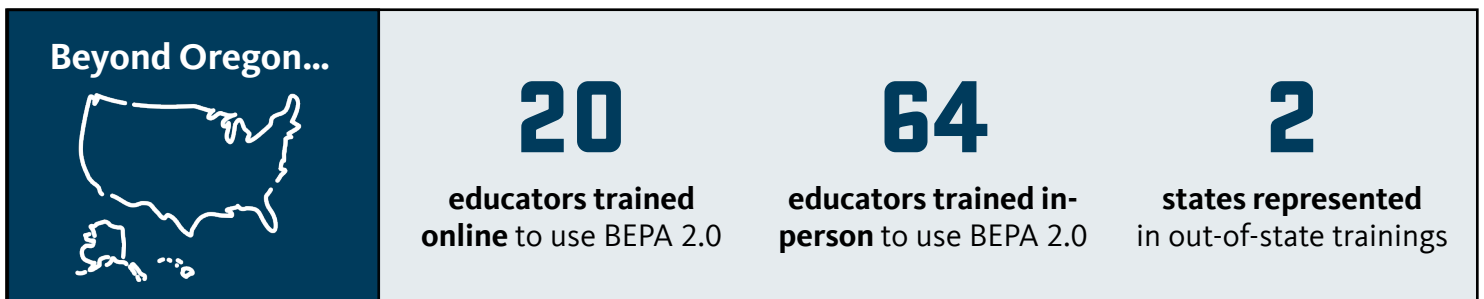
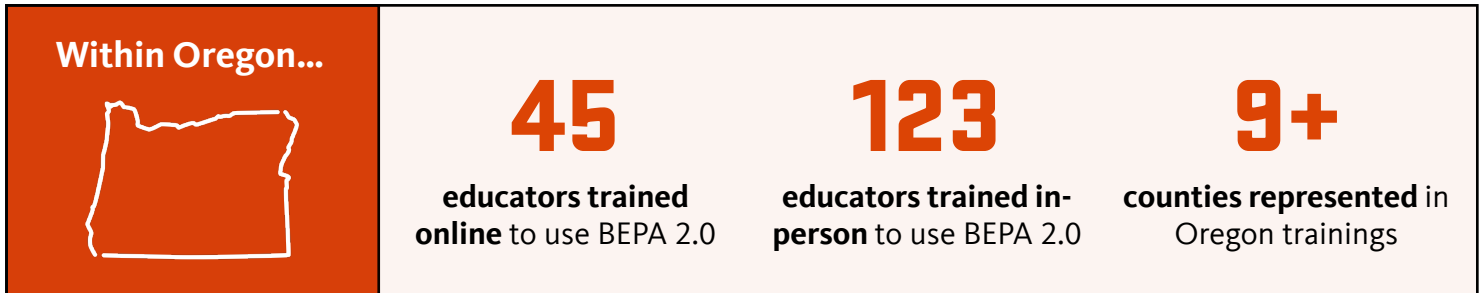
BEPA 2.0's presence in the National Supplemental Nutrition Assistance Program Education (SNAP-Ed) Toolkit as a research-tested intervention allows for collaboration with partners across the country. Previously held partnerships with Cooperative Extension and SNAP-Ed programs in Alabama, California, and Virginia continued to grow in 2023, and a new partnership with the University of Maryland was developed. **Over 1,000 BEPA 2.0 Toolkits were distributed to interstate partners in 2023**, building capacity for educators to provide physical activity opportunities to elementary-aged youth.



BE Physically Active 2Day!

BEPA 2.0 Training Program

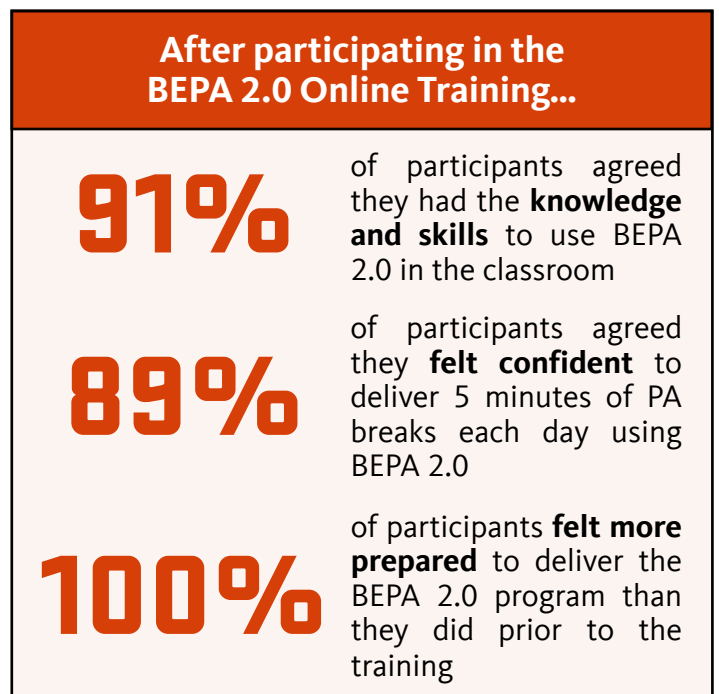
BEPA 2.0 Trainings are delivered in-person and in an online, asynchronous format. In 2023, these two modalities provided training opportunities for **252 educators** across the United States.



The effectiveness of the various BEPA 2.0 training modalities was evaluated in 2023. Data show that the **in-person and asynchronous trainings are similarly effective** at increasing the knowledge and confidence of trainees to implement the BEPA 2.0 program.



In-person BEPA 2.0 Training for California SNAP-Ed Educators. Photo by Paul Tabarez.



Older Adult Programming

2023 PAAL Evaluation

The PAAL team supports a suite of three older adult physical activity programs: Better Bones & Balance® (BBB), StrongPeople™ (SP), and Walk With Ease (WWE). In 2023, we sought to evaluate all three programs to gain a better understanding of who participates in our programming, where participants are located, and how much physical activity they participate in.

Participants

A total of 456 survey responses were returned from Oregon and 14 other states.

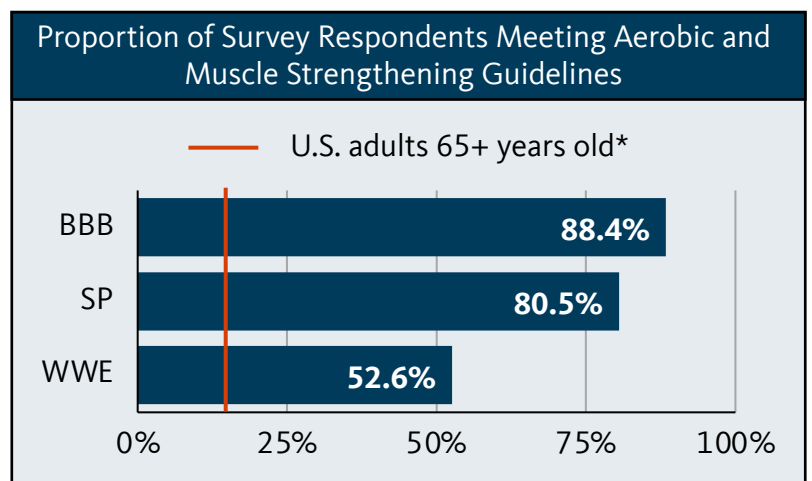
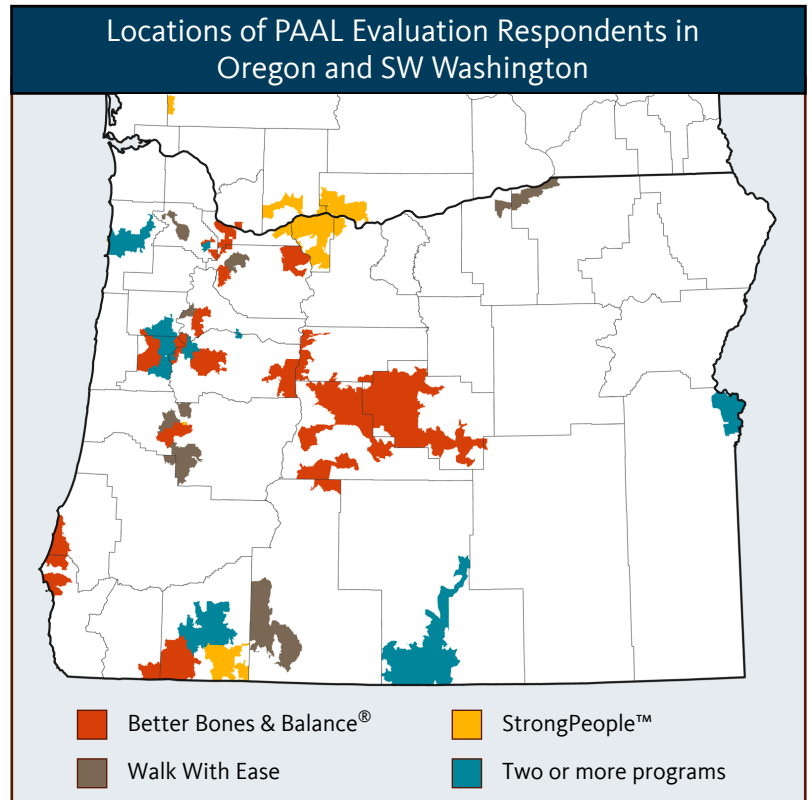
- BBB: 332 responses
- SP: 112 responses
- WWE: 20 responses

Among Oregon respondents, 52% had rural zip codes. Overall, survey respondents were 92% female, 99% non-Hispanic, 91% White, and 77% college graduates.

Results

Respondents reported many benefits of being physically active, including improved muscle strength (79%), improved mental health (67%), improved mental health (65%), and increased social connections (46%).

Only 15% of U.S. adults over age 65 are getting the recommended amount of aerobic and muscle strengthening PA for optimal health, yet **53% to 88% of Extension-supported PA program participants are meeting the recommendations.**



What Did We Learn?

- **Significantly more PAAL program participants engage in the recommended amounts of PA** compared to the general population and report significant health benefits attributable to physical activity.
- To extend these benefits to more Oregonians, PAAL's aim is to **increase the diversity** of BBB, SP, and WWE program leaders and **increase outreach** to rural and other underserved target audiences.

*U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans Midcourse Report: Implementation Strategies for Older Adults. Washington, DC: U.S. Department of Health and Human Services; 2023

Better Bones & Balance®

2023 Program Impacts



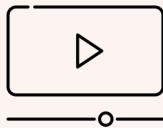
28

new instructors trained
to teach BBB



9

instructors recertified
to continue teaching BBB



175

BBB DVD's distributed
across Oregon and beyond



285

instructors certified
since 2010

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-minute 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.**

2023 New Instructor Training Highlights

OSU Extension partnered with Linn Benton Community College's (LBCC) Community Education program to deliver the 2023 BBB New Instructor Training. This was the second time that a hybrid certification training was offered for new instructors, the first of which occurred the year prior. This year's training included **participants from 14 Oregon counties** and one individual from out of state. There were also **four Extension FCH and SNAP-Ed employees** that participated in the training, increasing capacity to deliver BEPA 2.0 to low-income audiences in their regions.

100% 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. Photo by Mia Evans.

StrongPeople™

2023 Program Impacts



225

weekly participants
in StrongPeople™ classes



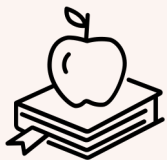
14

in-person classes
offered in 2023



2

virtual classes
offered in 2023



153

leaders trained
since 2012

Program Overview

StrongPeople™ is an evidence-based community exercise program targeted to midlife and older adults. StrongPeople™ was developed from research conducted by Dr. Miriam Nelson at Tufts University and adapted for community use by the Extension Service. The OSU Extension Service has supported training of StrongPeople™ (formerly known as StrongWomen™) leaders and offers classes throughout Oregon and southern Washington.



StrongPeople™ participants during a class in the Columbia River Gorge. Photo by Alyson Yates.

Class Offerings. In-person classes were held in Hood River, Jackson, Josephine, Lake, and Wasco Counties, as well as Washington's Skamania and Klickitat Counties. Virtual classes also drew participants from across the Pacific Northwest. These classes drew in approximately **225 individuals per week**, equating to **20,000–30,000 individual strength training experiences** in 2023.

Quarterly Leader Calls. In late September, leaders gathered for the **first quarterly StrongPeople™ leader meeting**, providing a space to check-in, provide updates, share success and challenges, and get support from Extension.

Online Videos. The online StrongPeople™ program videos continue to be a great venue to reach people, with **over 25,000 views** of the intermediate and introductory program videos.

Future Trainings. There are plans for hosting a new StrongPeople™ leader training in early 2024, **further expanding capacity** to deliver the program across the region.

Walk With Ease

2023 Program Impacts



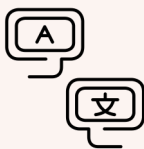
391

individuals participated in WWE programs in Oregon



18

total classes offered in 2023



9

Spanish classes offered in 2023



42

community partner organizations supported WWE

Program Overview

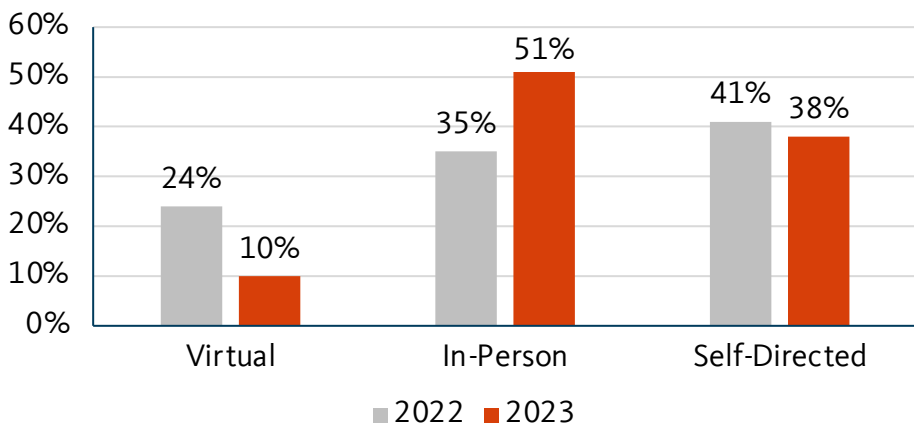
Walk With Ease (WWE) / Camine Con Gusto (CCG) is an evidence-based walking program developed by the Arthritis Foundation that is designed to meet people where they are at and help them get up and moving! The program is designed for people living with arthritis and other chronic pain conditions but is available and beneficial to anyone hoping to become more physically active. WWE/CCG is proven to reduce the pain and discomfort of arthritis, increase balance, strength, and walking pace, and build confidence to be physically active. Leader training, materials, classes, and the self-directed program are available in English and Spanish.



WWE participants during an in-person class. Photo by Alyson Yates.

The program is offered in three formats: instructor-led in-person classes, instructor-led virtual classes, and online self-directed classes. During the program, participants gain information and tools to develop a safe physical activity routine that fits their unique needs and goals.

WWE Participation by Class Type



Training Highlights

110

total community leaders
(47 affiliated with Oregon State)

17

new WWE leaders

34

new CCG leaders

Success Story Spotlights

PAAL programs continue to grow and expand within Oregon and in partner states. This success is due to the outstanding efforts of our Extension faculty and staff, as well as strong partnerships with other organizations. Below are two of the many success stories regarding PAAL programs in 2023.

OregonASK + BEPA 2.0

The BEPA 2.0 program has had a long-standing relationship with the Oregon Department of Education (ODE). In 2023, ODE and the Oregon Afterschool and Summer for Kids (OregonASK) Network collaborated with the BEPA 2.0 team to provide training and materials to afterschool educators across the state using funding from the Oregon Healthy Schools Grant.

- Extension faculty and staff provided BEPA 2.0 trainings for **30 afterschool program educators** at the Oregon Afterschool Conferences in May and November of 2023.
- All attendees received a **free BEPA 2.0 Toolkit** for use in their respective organizations.

In 2024, BEPA 2.0 Toolkits will continue to be distributed to afterschool educators throughout Oregon.



Participants of a BEPA 2.0 Training. Photo by OregonASK.

Walk With Ease Grant Successes

With previous grants supporting Walk With Ease (WWE) set to end in 2023 and 2024, the WWE team supported the Oregon Health Authority in their application for ongoing Centers for Disease Control and Prevention (CDC) Arthritis Grant Funds. These efforts were successful, resulting in an **additional five years of WWE funding**.

Additionally, the WWE team pursued funding through the National Center on Health, Physical Activity, and Disability (NCHPAD) inclusive Community Implementation Process (NiCIP) grant, in partnership with the Oregon Office on Disability and Health through Oregon Health Sciences University. This three-year grant will **focus on inclusive and accessible wellness programming in Lane County**, with a proposed focus of making local WWE programs more accessible. The grant includes funding to support Extension involvement at both the state and local levels for WWE.



Walk With Ease class in Jackson County. Photo by Alyson Yates.

PAAL-Related Scholarship

Campus and county-based faculty worked collaboratively to disseminate, evaluate, and improve our physical activity programs to better serve the stakeholders of Oregon. Additional program evaluation is ongoing, with more scholarship to follow. See the tables below to explore PAAL-related scholarship from 2023.

Youth Programming

BEPA 2.0 Online Training: Effectiveness and Implications for Practice.

Packebush, Radcliffe, & Gunter (2023), *OSU Extension Service FCH/SNAP-Ed/EFNEP Spring Conference (poster)*.

Effectiveness of Online Training to Build Capacity for CSPAP Implementation.

Packebush & Gunter (2023), *Society for Health and Physical Educators [SHAPE] National Convention and Expo (oral 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 (oral presentation)*.

Extension's Role in Optimizing Implementation of a School-based Physical Activity Program.

Packebush, Ahern, Brody, & Gunter (2023), *OSU Extension Annual Conference (poster)*.

Adult and Older Adult Programming

Better Bones & Balance®: Evaluation of Instructor Training Modalities to Improve Access.

Radcliffe, Packebush, & Gunter (2023), *OSU Extension Service FCH/SNAP-Ed/EFNEP Spring Conference (poster)*.

Older Adults in Oregon and Beyond Are Meeting Physical Activity Guidelines Through Extension-supported Physical Activity Programs.

Packebush, Kraemer, Radcliffe, & Gunter (2023), *OSU Extension Annual Conference (poster)*.

The Power of Partnerships: Extension's Role in Coordinating Walk With Ease in Oregon.

Radcliffe, Harris, & Warnock (2023), *OSU Extension Annual Conference (poster)*.

Walk With Ease: Creating Accessible, Equitable, and Engaging Physical Activity Opportunities for All Oregonians.

Warnock, Radcliffe, & Harris (2023), *OSU Extension Service FCH/SNAP-Ed/EFNEP Spring Conference (poster)*.

Upcoming Scholarship (2024)

School-Based Physical Activity Program Implementation is Enhanced with Support from Community-Based Partners.

Packebush, Ahern, Brody, & Gunter (TBD), *Journal of School Health (in review)*.

Enhancing Capacity for School-Based Physical Activity Programming Through Online Training.

Bennett, Packebush, & Gunter (TBD), *Journal of Extension (in progress)*.

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
- Expand program delivery modalities to increase access
- Expand training modalities to increase access and reach
- Video captioning
- Provide reduced-cost trainings to increase representation among instructors and increase access in low-income and underserved areas

SP Equity Strategies

- Ability-level modifications provided to participants
- Expand program delivery modalities to increase access
- Expand training modalities to increase access and reach
- Training and participant materials available in English and Spanish

WWE Equity Strategies

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

Onward 2024-2025

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 year (2024-2025), 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:

- Improve programming and training based on outcome evaluation of PAAL statewide programs
- Adapt BEPA 2.0 to include activities that focus on mindfulness
- Explore expansion of BEPA 2.0 into childcare settings



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Join the PAAL Team!

Do you have passion for promoting physical activity? Are you interested in evaluation? Are you looking for new ways to fulfill your service obligation or seeking opportunities for scholarship? Do you want to play in the sandbox with a motivated squad of barrier busters? Join our team of physical activity promoters!

Contact us to learn more: Kathy.Gunter@oregonstate.edu | Thomas.Packebush@oregonstate.edu



Photo by Alyson Yates.

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Visit <https://extension.oregonstate.edu/families-health/physical-activity> to learn more about PAAL.

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