

Travis County Physical Activity Landscape Assessment:
*Exploring Needs, Assets & Opportunities for
Active Living in Travis County*

Final Report

October 15, 2024

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EXECUTIVE SUMMARY

Purpose: Participation in daily physical activity is a key behavior and practice for the prevention of non-communicable diseases and the promotion of physical, mental and social health, yet not all individuals and communities have the same supports and opportunities to engage in physical activity. *The Travis County Physical Activity Landscape Assessment* was a one-year, rapid community assessment funded by the University of Texas MD Anderson Cancer Prevention and Control Platform (CPCP) aimed at exploring the needs, assets and opportunities for physical activity (PA) and active living for and with the Austin/Travis County community.

Methods: This rapid community assessment was guided by a mixed methods approach and the *Intervention Mapping (IM)* health promotion planning framework, which included establishing a small planning group and implementing the *IM Core Processes* (question posing, conducting a literature review, analyzing existing data, and collecting primary data). Primary methods included: 1.) a *scoping review and content analysis* of past Travis County community health assessments and related reports (2011-2023) as well as a *literature review of authority PA recommendations*; 2.) *an analysis of current PA-related data* to explore socio-demographic and geographic differences in PA engagement; 3) key informant interviews with community leaders (n=26) representing 18 community-based and governmental organizations; and 4.) *an asset assessment* of organizations that provide PA programming and related supports in Travis County based on our scoping review, Google searches, and key informant input. The assessment was conducted between September 2023 and September 2024 by researchers at the UTHealth Houston School of Public Health in Austin, Texas in partnership with leaders from MD Anderson CPCP.

Results: Our review of past Travis County community assessments and analysis of current PA data indicate that Travis County as a whole outperforms the state of Texas for indicators such as leisure-time PA among adults (e.g., 19% of adult residents vs. 25% Texas residents engage in no leisure-time PA). While these findings are encouraging, just under one in five Travis County residents report no leisure-time PA in the past month, representing an important public health need for Travis County that has largely persisted since 2013. In addition, PA prevalence estimates for Travis County as a whole mask important disparities in PA engagement for specific racial/ethnic groups, income groups, and geographic areas within Travis County. In addition to identifying disparities by socio-demographic factors, we documented key disparities in leisure-time PA by geographic area within Travis County, which vary by area income-level. In understanding further the factors that drive these disparities, we identified various social determinants of health-related barriers for PA engagement based on our review of community health assessment reports, including *climate-related barriers* (e.g., hot weather), *economic-related barriers* (e.g., lack of time, housing costs), *neighborhood and built environment-related barriers* (poor infrastructure such as lack of sidewalks; lack of access to parks for 35% - <50% of residents; poor park conditions), and *social and community context-related barriers* (lack of PA programs for specific groups; safety; segregation/racism; lack of transportation). In building from a strength-based approach, we also generated an initial asset list of organizations that are currently providing PA programming in Travis County, as well as a synthesis of recommendations and proposed strategies for PA promotion based on our scoping review. We also provide a 'proof-of-concept' PA indicator dashboard for Travis County.

Conclusion: Travis County has a rich ecosystem of supports for PA, which includes multiple and diverse PA programs and organizations providing PA, expanding park and trail access, and ongoing efforts to improve community design to support walking and biking. Leisure-time PA (LTPA) also appears to be higher in Travis County than Texas as a whole. Despite these encouraging findings, many residents do not engage in LTPA, and important disparities in LTPA by race/ethnicity, income, education and geographic area persist within Travis County, with multiple barriers identified in this assessment. This report underscores the need for ongoing and enhanced action to support PA among all Travis County residents, and provides a foundation for informing future research and community health improvement planning to increase PA equity, and importantly, quality of life for our Travis County community.

INTRODUCTION

Physical activity (PA) is a key behavior and practice for the prevention of non-communicable diseases and the promotion of physical, mental and social health, with benefits for the health and quality of life of individuals and communities that span across the lifespan.¹⁻³ Despite the multiple benefits of physical activity, not all people have the same opportunities and supports to engage in physical activity. In the United States (U.S.), over half of children and adults do not meet physical activity guidelines,^{4,5} with disparities found for specific racial/ethnic groups and lower income groups.⁶⁻¹⁰ Among populations experiencing economic disadvantage, barriers for leisure-time and active commuting PA engagement include distance and lack of access to physical activity facilities, perceived neighborhood safety, and lack of social and community supports.⁷⁻¹⁰

Texas represents an important state for exploring barriers and supports for physical activity engagement given the high percentage of children and adults who do not meet physical activity guidelines. Among school-aged children in Texas, the majority (80%) do not engage in the recommended 60 minutes of daily physical activity.¹¹ Similarly, Texas adults have among the highest physical inactivity rates in the U.S., with 25% to <30% of residents engaging in no leisure-time PA.⁶ While Austin, Texas is often considered a more active city—which includes being ranked 33 out of 100 largest cities on community fitness in 2024 by the American College of Sports Medicine,¹² half of Travis County adults (50.3%) have been found not to meet PA recommendations.¹³

With the overarching goal of informing physical activity planning and promotion efforts in partnership with the Austin and Travis County communities, we implemented *The Travis County Physical Activity Landscape Assessment* project, a one-year, rapid community assessment aimed at identifying and describing community needs, assets and opportunities for physical activity promotion for Travis County residents (9/1/23-9/30/24). This report presents our findings and co-learnings based on:

- *a scoping review of existing community needs assessments* and related reports for Travis County conducted between 2011 and 2023;
- *a scoping review of the literature* to identify current physical activity recommendations and promising strategies;
- *an analysis of current data* to better understand disparities in PA engagement by school and community-level income for Travis County school-aged children and adults;
- *key informant interviews with community leaders* from government and community-based organizations; and
- *an initial exploration of physical activity assets and organizations that provide physical activity programming* and related community health support in Travis County.

In guiding forward our collective mission of supporting PA engagement for all Travis County residents, we also provide an initial *active living dashboard* of both individual-level and physical activity-related indicators for Travis County.

PROJECT OVERVIEW & GUIDING QUESTIONS

The Travis County Physical Activity Landscape Assessment is based in a rapid community assessment approach for providing initial insights about a community health issue to inform subsequent intervention planning.¹⁴ Led by researchers at the UTHealth Houston School of Public Health in Austin, Texas in partnership with leaders from The University of Texas MD Anderson Cancer Center's Cancer Prevention and Control Platform (CPCP) and input from Travis County community leaders and practitioners, this rapid landscape assessment is guided in part by the Intervention Mapping health promotion planning framework, a six-step planning framework that has been applied to various health topics, populations and settings.¹⁵ With foundation in Step 1 of Intervention Mapping (IM) – *Needs and Asset Assessment*, we followed the *IM Core Processes* to guide our approach, including: question posing, conducting a literature review, analyzing existing data, and collecting primary data.¹⁵

Key questions that guided this rapid landscape assessment were:

Physical Activity Needs and Barriers

1. What are the primary needs and barriers for physical activity engagement identified in previous Austin/Travis County community health assessments and related reports?
 - What is the prevalence of physical activity engagement among adults and children in Austin/Travis County?
 - What are the subgroups who may benefit from greater community support based on lower physical activity prevalence in Austin/Travis County?
 - What are the geographic places within Travis County that may benefit from further support for physical activity engagement?
 - What are the barriers for physical activity engagement among residents of Austin/Travis County?

Physical Activity Promotion Recommendations, Strategies, and Community Social Capital

2. What are the recommendations and strategies for promoting and supporting physical activity cited in previous Austin/Travis County community health assessments that can inform community health promotion planning and equitable community improvement?
3. Who are the organizations currently working in the physical activity space in Travis County? Who are the organizations that may be able to further support physical activity promotion efforts in Travis County?

Physical Activity Community Health Indicators

4. What are individual-level (e.g., % meeting PA recommendations and other fitness indicators) and environmental-level (e.g., community walkability score) indicators of physical activity for Travis County residents, schools, cities and communities that can inform community health promotion planning efforts?

GUIDING EQUITY FRAMEWORKS

In guiding our assessment, we aimed to embrace, to the extent possible, *principles of health equity*, as part of our learning efforts about physical activity in Travis County. Equity has been defined as: “...predicated on the ethical principle of distributive justice; one that requires our decisions regarding the allocation of resources, benefits, and burdens across society be informed by the social conditions of individuals and communities.”¹⁶ With guidance from the equity principles of “*position equity as an essential focus of the learning system*” and “*measure for equity*” as outlined in the *7 Core Practices for the Pursuit of Equity through a Learning Health System*,¹⁶ we aimed to be intentional in exploring potential disparities in physical activity engagement by subgroups (e.g., by gender, race/ethnicity, age, and socioeconomic position) and geographic areas within Travis County. Complementing this equity lens, our assessment was guided by both a *social ecological framework* and *social determinants of health framework* that aims to move beyond the individual to understand better the social and environmental barriers to physical activity engagement as well as the community-informed recommendations, environmental supports, and strategies for increasing physical activity.^{15,17}

METHODS

This rapid landscape assessment is rooted in a mixed methods study design, with primary methods that include: 1.) a *scoping review and content analysis* of existing Travis County community assessments and related reports (2011-23); 2.) literature review of leading physical activity organizations to identify recommendations and strategies; 3.) *an analysis of current data* to examine school and geographic differences in PA by income level; 4.) key informant interviews with community leaders; and 5.) an *initial asset assessment* of Austin/Travis County-based organizations that provide PA programming and supports. Based on our quantitative data, we also created an initial proof-of-concept *active living dashboard* for Travis County. This assessment was conducted between September 1, 2023 and September 30, 2024, with guidance from a small planning team comprised of UTHealth Houston School of Public Health-Austin researchers and MD Anderson Cancer Prevention and Control Platform leaders (see cover page). Below, we describe our methods.

Scoping Review of Existing Travis County Assessments. In conducting the scoping review of existing community assessments, we adapted the Arksey & O'Malley scoping review approach,¹⁸ a gold standard approach for scoping reviews of the peer-reviewed literature, for our review. [Table 1](#) describes our approach for conducting this review.

Table 1. Description of scoping review approach. *Travis County Physical Activity Landscape Assessment Project* (August 2024).

| | |
|---|---|
| Step 1: Identify the Research Question(s) | We began this assessment with identifying guiding questions for our scoping review of existing community health assessment reports (see questions above). |
| Step 2: Search for Relevant Travis County Community Health Needs Assessment Report | We aimed to identify existing community health needs assessments within Travis County that can address our guiding questions listed above. Key inclusion criteria for these assessments are that: a.) they include Austin or Travis County; b.) they include a focus on physical activity promotion and/or related content area (e.g. parks; active commuting for transportation); c.) they have been conducted within approximately the past ten plus years (2011-2023). Identification of community health needs assessment reports were guided by the following approaches: <ul style="list-style-type: none"> • Consultation with MD Anderson Cancer Prevention and Control Platform (CPCP) Project Leaders who shared with us an initial list of community needs assessment reports for Travis County. • Consultation with Travis County Community Leaders to identify existing Travis County community needs assessments with a PA focus. • Internet Searches for existing reports and searches of existing organizational websites (e.g. Austin Parks and Recreation). Key search terms included: "Austin", "Travis County", "Community Health Assessment" and "Physical Activity". |
| Step 3: Select the Community Health Assessment Reports | We included community health assessment reports based on meeting the inclusion criteria cited under Step 2. In selecting reports, we included only the most recently available report when two or more reports were available. |
| Step 4: Chart the Data | Data for this scoping review were excerpted from the identified community health assessments and strategic plans and charted manually by the project coordinator, with oversight by the principal investigator. In conducting the review, we conducted a content analysis ¹⁹ and abstracted data into an evidence table (see Table 1 , Appendix A). Key data abstracted from reports included: <ul style="list-style-type: none"> • Report Name, Lead Organization(s), and Date of Report • Objectives of Community Assessment • Physical Activity (PA) Indicators, Measures, Methods and/or Existing Data Cited • PA prevalence and identification of higher risk groups and communities • Challenges and Barriers for PA engagement • PA promotion strategies & Recommendations for PA promotion |
| Step 5: Collating, Summarizing and Reporting the Results | Once the data were abstracted into evidence tables, we conducted a subsequent content analysis to identify overarching themes for each of the categories reported with the aim of synthesizing our findings and identifying cross-cutting themes. |

Literature Review of Recommendations from Leading Physical Activity Organizations.

In addition to a review of existing community assessments, we conducted a search of leading PA and health organizations to identify current PA recommendations and PA promotion strategies for U.S. children and adolescents. An evidence table was then developed to synthesize and present our findings. Key search terms included: 'physical activity guidelines for children,' 'adolescent physical activity recommendations,' 'school-based physical activity strategies,' 'community-based physical activity initiatives,' 'before and after school physical activity programs,' 'health promotion for youth,' 'exercise guidelines for kids,' 'physical activity interventions,' 'childhood obesity prevention,' and 'adolescent health promotion.'

Physical Activity Indicator Analysis. In better understanding current engagement in physical activity as well as environmental support for physical activity, we conducted additional analyses of FitnessGram[®]²⁰ (children), the Texas School Physical Activity and Nutrition (SPAN) Study,²¹ the CDC PLACES 2023 dataset²² and Texas Behavioral Risk Factor Survey (adults),²⁷ as well as indicators on walkability, bikeability and public transit access based on the Walk Score.²³ Below, we provide a brief description of each dataset and analytic approach.

FitnessGram[®] is a national fitness assessment for school-age children that assesses *aerobic capacity* (e.g., pacer test, one mile run and one mile walk test), *body composition* (e.g. Body Mass Index; percent body fat), and *muscle strength, endurance, and flexibility* (e.g., curl-up, trunk lift, push-up, back-saver sit-and-reach).²⁰ Publicly available data provide the mean percentage of students for participating schools who meet recommendations for various fitness indicators, with school representing the unit of analysis. For the current assessment, we created a Travis County-specific dataset of FitnessGram data for the most recent publicly available data from 2021-22 that comprised all schools and school districts participating in the assessment for that year. For our elementary school dataset, a total of n=114 schools participated from 10 school districts, with our final analytic sample comprising n=108 schools after n=6 schools were removed due to lack of data for five or more fitness indicators. We then added a *percentage of economically disadvantaged students* (ED) variable, with data obtained from Texas Tribune for 2021-22, which was then transformed into a categorical variable based on the tertile distribution of percentage of economically disadvantaged students (i.e., high, medium, low ED). We then conducted analyses for the total sample and stratified by gender. Analyses consisted of both descriptive analyses (percentages; means) as well as Analysis of Variance (ANOVA) to compare the mean percentage of schools meeting a fitness indicator by school economic disadvantage category (low, medium and high).

Texas School Physical Activity and Nutrition (SPAN) Survey. The Texas SPAN Survey is a statewide representative survey of children in 2nd, 4th, 8th and 11th grades aimed at assessing nutritional status, activity levels, oral health and other health-related behaviors²¹ (PI: Dr. Deanna Hoelscher, UTHealth Houston School of Public Health-Austin & Dell Center for Healthy Living). While the [SPAN Data Explorer](#) allows one to retrieve estimates for various health behaviors at the state level and for border versus non-border counties, we requested support from the Dell Center for Healthy Living with providing comparison prevalence estimates for Public Health Region 7, the region that include Austin/Travis County and the State of Texas on the percentage of students who participate in 5 or more days of moderate physical activity per week, a proxy measure for meeting of physical activity recommendations.

CDC PLACES, Behavioral Risk Factor Survey, & Walk Score. The CDC PLACES dataset, Texas Behavioral Risk Factor Survey data, and data from the Walk Score website were analyzed to both explore sociodemographic and geographic differences in PA engagement by city or community within Travis County, as well as to inform a proof-of-concept PA/active living dashboard for Travis County. CDC PLACES dataset provides model-based community estimates for a range of health measures for small areas, including counties, places

(incorporated and census designated places), census tracts, and ZIP Code Tabulation Areas (ZCTAs) across the U.S., with estimates calculated using a multilevel statistical modeling framework known as multilevel regression and poststratification (MRP).²² Data sources used to generate these model-based estimates include CDC Behavioral Risk Factor Surveillance System (BRFSS) 2020 or 2021 data, Census Bureau 2020 or 2021 county population estimate data, and American Community Survey 2017–2021, or 2016–2020 estimates. We also conducted additional analyses of the most current publicly available online Texas Behavioral Risk Factor Surveillance System data to explore current prevalence estimates for leisure-time PA engagement in past month (2022) and meeting of PA guidelines (2019).²⁷ Estimates on walkability, bikeability, and public transit access were obtained from the *Walk Score* website, which provides a score of 0 (lowest) to 100 (highest) at the zip code, neighborhood or city level based on a range of factors.²³ Analyses of these data were based on descriptive statistics (means, percentages).

Key Informant Interviews with Community Leaders. We conducted key informant interviews²⁴ with community leaders in Travis County to provide insights on the needs, barriers, assets and recommendations for physical activity promotion in Travis County. In recruiting our key informants, we aimed to identify community leaders who represented organizations involved in the provision of PA programming, health and wellness promotion, and/or other community-based programming related to wellness and community development, including leaders from health departments, parks and recreation department, community-based organizations, and community coalitions. Key informants were identified via input from our MD Anderson collaborators, our local community health networks, and via consultation with community leaders.

Study Measures and Data Collection Procedures. The interview guide was developed by the project team and included 10 open-ended questions that explored communities within Travis County with the greatest needs for physical activity and community health promotion, specific populations within Travis County with greater needs for physical activity support, PA indicators, existing PA and other health promotion initiatives, challenges for PA promotion and engagement, and assets and opportunities for PA promotion (see [Appendix A](#) for Key Informant Protocol and Interview Guide). The project coordinator and principal investigator reviewed training protocols prior to calls and conducted the interviews. Each participant interviewed accepted participation after being read informed consent ([Appendix A](#)). Interviewees were offered a \$50 Target or Amazon gift card for their participation. Interviews ranged from 30 to 60 minutes. Interviews were digitally recorded using WebEx, and notes were recorded in a Word document. Interviews were conducted between

Box A. Procedures for conducting key informant interviews. *Travis County Physical Activity Landscape Assessment (2023-2024)*.

- Develop a roster of community leaders to participate in the Key Information Interviews with community partner input and via snowball sampling approach.
- Invite community leaders to participate in via email.
- Conduct interviews via Webex.
- Upload transcripts to NVivo qualitative software and conduct thematic analysis with two coders.
- “Center” coding of transcripts and identify final thematic categories and themes.
- Create thematic maps and write up findings.

September 2023 to September 2024. **Box A** presents a summary of the procedures for conducting the key informant interview.

Analysis: Qualitative analysis of interview transcripts was conducted by two research team members (N.M. and G.F.). In conducting the analysis, interview transcripts were first uploaded to NVivo qualitative data analysis software (QSR International Pty Ltd. Version 10, 2012). Analysis of the interview transcripts was guided by a thematic analysis approach using a deductive (driven by the study questions) and inductive (allowing for emerging themes) coding scheme.^{25,26} Analysis consisted of familiarizing ourselves with the data by first reading through all open-ended responses; attaching a descriptor (code) to the qualitative data; creating categories; and identifying key themes.

Asset Assessment of Physical Activity-Related Organizations. Lastly, we conducted an initial asset assessment of organizations that provide PA programming as well as organizations that provide related support (e.g., educational resources) within the Austin/Travis County area. We also aimed to identify organizations that may not work directly in the PA space but represent promising partners for PA promotion. We identified organizations via our scoping review, key interviews with community leaders, input from our MD Anderson CACP collaborators, and Google hand searches. While our aim was to generate an initial resource list, we consider our efforts just a first step and underscore the opportunity to enhance this list by seeking further input from school and community coalitions and public health and community leaders in Travis County.

In the following section, we present our findings, as organized by the following sections:

- **Section 1:** Prevalence of Physical Activity Engagement in Austin/Travis County
- **Section 2:** Physical Activity Engagement in Austin/Travis County by Socio-Demographic Factors.
- **Section 3:** Physical Activity Engagement by Geographic Place within Travis County
- **Section 4:** Physical Activity Needs and Barriers for Austin/Travis County Residents – *Scoping Review*
- **Section 5:** Physical Activity Needs and Recommendations for Austin/Travis County Residents – *Key Informant Interviews*
- **Section 6:** Physical Activity Assets & Opportunities in Austin/Travis County
- **Section 7:** Travis County Physical Activity Indicator Analysis & Dashboard
- **Section 8:** Physical Activity Recommendations and Strategies for Austin/Travis County – *Scoping Review*

FINDINGS

Section 1. Prevalence of Physical Activity Engagement in Austin/Travis County

In this first section, we explore the prevalence of physical activity engagement in Austin/Travis County based on both a scoping review of existing Austin/Travis County community assessment reports as well as analysis of current data. First, we provide a brief overview of the reports identified for our scoping review, along with key data sources cited for estimating prevalence of physical activity engagement.

Descriptive Characteristics of Community Needs Assessment-Related Reports

Table 1 in Appendix B presents a summary of our findings from our scoping review analysis of existing community health assessment and strategic planning reports. Reports were published primarily between 2011 and 2023. The reports focused on residents from Austin, Travis County, and/or central Texas, with three reports that were specific to Colony Park, Del Valle, and Montopolis communities, which are located within or adjacent to (Del Valle) Austin. We also included citation of potential data resources for physical activity (e.g., SPAN and CDC BRFSS). In Appendix B, Table 1 is organized as follows:

- Physical activity specific related reports & data (n=4: *Texas Department of Health Services-Behavioral Risk Factor Surveillance System*²⁷; *Greater Austin YMCA 2022 Annual Impact Report*²⁸; *Austin & Travis County Active Living Plan, 2020*²⁹; *Healthy Austin Program Indicators, 2011-16*³⁰).
- General community health assessment reports and strategic plans that aimed to describe the overall health of Austin, Travis County and/or Central Texas (n=5: *Austin & Travis County Community Health Assessment, 2022*³¹; *Imagine Austin Comprehensive Plan, 2012 & 2018*³²; *Central Health HealthCare Equity Plan, 2022*³³; *Community Needs Assessment Central Region: Travis County, 2019*³⁴; and *Austin Strategic Direction 2023*³⁵).
- General community health assessment reports for specific communities within Austin and Travis County (n=3: *Colony Park Sustainable Community Initiative Community Profile, 2012*³⁶; *Youth Advocates for Change – Del Valle High School, 2021*³⁷; *Youth-led Community Health Learning Initiative in Partnership with the Del Valle and Montopolis Communities, 2019*³⁸).
- Parks, Recreation & Other Extracurricular Community Assessment & Strategic Planning Related Reports (n=3: *Austin Public Libraries Comprehensive Library Strategic + Facilities Plan, 2023*³⁹; *Our Parks, Our Future: Austin Parks & Recreation Long Range Plan, 2020-2030*⁴⁰; *Healthy Parks Plan for Travis, Bastrop, Caldwell Counties, 2019*⁴¹).
- Children and Youth Community Assessment Reports (n=6: Michael & Susan Dell Center for Healthy Living *Texas School Physical Activity and Nutrition (SPAN) Survey 2019-20* and *Child Health Status Report*²¹; *Ready by 21 Children and Youth Demographics, 2008-14*⁴²; Texas Education Agency (TEA) – *Physical Education Report (2021-22)*; TEA Coordinated School Health – *Texas School Health Survey (2022-23)*; and TEA *FitnessGram® Texas Statewide Report (2018-19)*).⁴³

Data Collection Methods of Community Needs Assessments & Data Sources

Our review of existing community needs assessments and related reports identified a diversity of data collection methods and sources (Appendix B, Table 1). The data collection methods specific to assessing community and physical activity needs and opportunities

included qualitative methods such as focus groups, in-depth interviews, key informant and stakeholder interviews, community outreach campaigns, virtual forums, public meetings, and photovoice, and quantitative methods that included telephone polls, online surveys, and social media analytics. In addition, the reports also included citation or analysis of existing data, which primarily consisted of self-reported data of physical activity or outdoor recreation. Primary sources of existing data cited included: for adults: the CDC Behavioral Risk Factor Survey (BRFSS), CDC 500 Cities data (which includes BRFSS); for children/adolescents: the Texas SPAN Survey.

Prevalence of Physical Activity among Travis County Residents

Physical Activity among Adults in Austin/Travis County

Prevalence of No Leisure-Time Physical Activity: According to data from 2020, the percentage of adults in Travis County who report no leisure-time physical activity (LTPA) in the past month is lower in Travis County (19%) compared to the state of Texas (25%) and the U.S. (22%), and access to parks or recreation facilities is higher based on County Health

Table 2. Percentage of adults reporting no leisure-time physical activity and who have access to park or recreation facility for Travis County, Texas, and U.S. (2020).

| Indicator | Travis County | Texas | U.S. |
|--|---------------|-------|------|
| % of Adults - No Leisure-Time Physical Activity | 19% | 25% | 22% |
| % Adults - Access to Park or Recreation Facility | 93% | 82% | 84% |

Source: County Health Rankings & Roadmaps (2020)⁴⁴

Rankings and Roadmaps data (Table 2).⁴⁴

Based on analysis of publicly available online data from Texas Department of State Health Services (TDSHS), we also found that the percentage of LTPA in the past month was generally lower among Travis County adults (19.4% of adults engaged in no LTPA) compared to adults in other large Texas counties based on data from 2022 (i.e., residents engaged in more LTPA in Travis County compared to other counties, with the exception of Williamson County, which fared better) (Fig. 1).

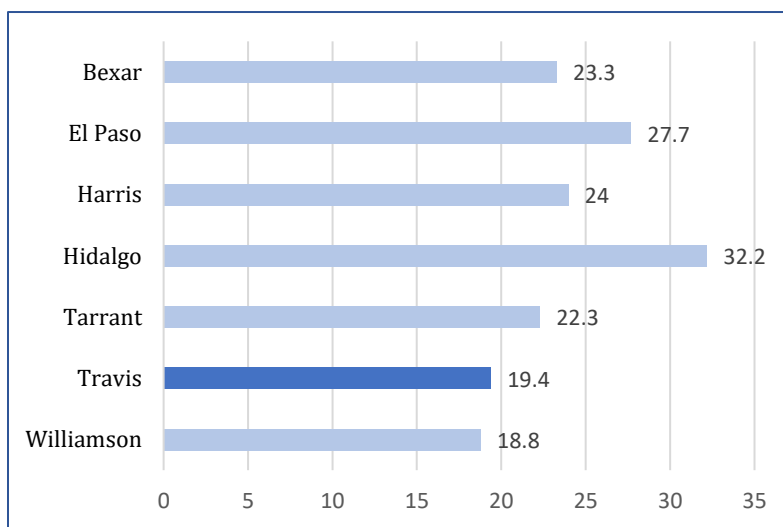


Figure 1. Percentage of adults engaging in No Leisure-Time Physical Activity in Past Month by Texas Counties. Texas Behavioral Risk Factor Surveillance (BRFSS), 2022

Despite these encouraging findings, a large percentage of Travis County adult residents report no LTPA in the past month. Trend analyses from the latest *Austin/Travis County Community Health Assessment-2022* indicate an increase in prevalence of inactivity between 2013 and 2017, and then a decline in inactivity in 2019 (i.e., an increase in physical activity).³¹

Based on the most recent available data from 2022, 19.4% of Travis County residents engaged in no LTPA versus 25.5% of Texas as a whole.²⁷ We conducted additional analyses with Behavioral Risk Factor data for Travis County for 2016-2022 and found that, despite some slight increases and decreases, a fairly consistent one-fifth of residents report no LTPA in the past month (Fig. 2).

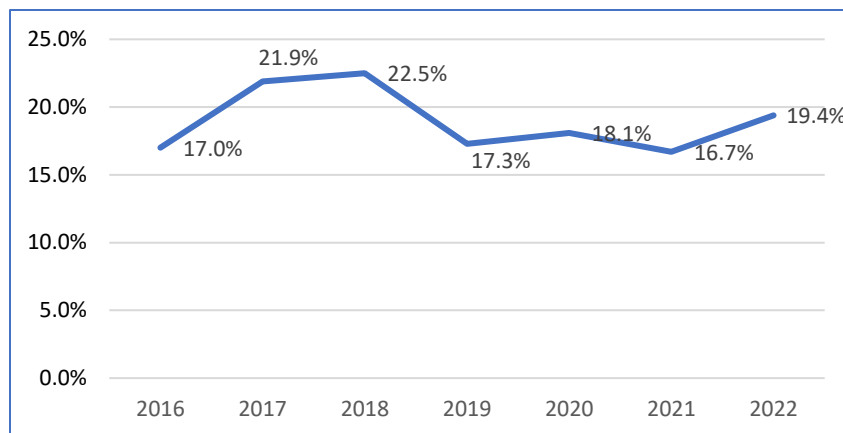


Figure 2. Percentage of Travis County, Texas adults reporting no leisure-time physical activity in the past month (2016-2022). Texas Department of State Health Services – BRFSS.²⁷

Prevalence of Meeting Physical Activity Recommendations. With regard to meeting of PA recommendations (150 minutes of moderate intensity PA and two days of muscle strengthening activity per week), we found a similar prevalence for Travis County residents as compared to Bexar, El Paso, and Harris counties, with approximately one-quarter of residents meeting PA recommendations, with a higher prevalence compared to Hidalgo, Tarrant and Williamson counties (Fig. 3). Despite having comparable or slightly higher prevalence, approximately three-quarters of residents are not meeting PA recommendations, underscoring ongoing need to provide PA support for all residents. Park utilization is one approach to increase PA, yet we note that less than half of Travis County respondents (38%) use parks daily or weekly.⁴¹

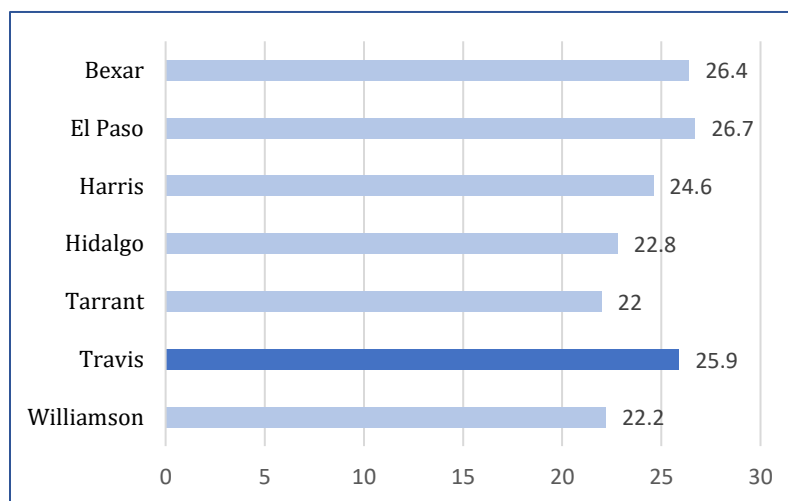
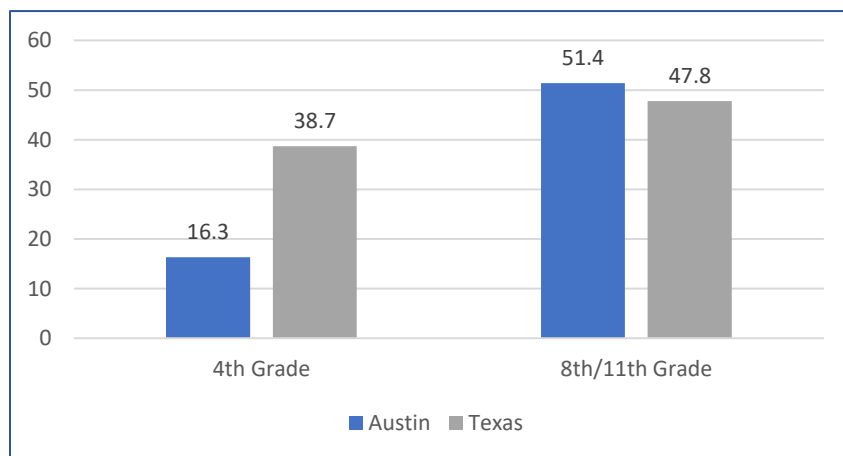


Figure 3. Percentage of Adults who meet Physical Activity Recommendations, by Selected Texas Counties (2019). Based on publicly available data from Texas Department of State Health Services- BRFSS 2019²⁷

Physical Activity among Children and Adolescents in Austin/Travis County

We explored available data sources and reports for understanding and tracking PA engagement among children and adolescents in Texas, including the *Texas Education Agency (TEA) FitnessGram*[®] assessment, which includes data on various facets of fitness as described above²⁰; *TEA School Health Survey*, an annual survey on policies and practices at the elementary, middle and high school levels (e.g., PA-specific measures include practices for meeting physical activity requirements for elementary and middle schools); and the *Child Health Status Report – Child Physical Activity* from the Michael & Susan Dell Center for Healthy Living, which provides data from the *Texas School Physical Activity and Nutrition Survey* (SPAN) on PA practices (e.g. past 7-days PA; sports team participation; extracurricular PA participation) for 2nd, 4th, 8th, and 11th grade students in Texas²¹ ([Appendix B, Table 1](#)). Among these datasets, few provide readily-accessible data for children at the county level. Despite this challenge, we requested support from the Dell Center for Healthy Living with analyses of Texas SPAN data for Public Health Region 7, which includes Austin/Travis County. In addition, we were able to create a Travis County-specific dataset of Travis County schools that participated in FitnessGram[®], with findings presented below under our exploratory analyses of physical activity by sociodemographic factors.

Based on Texas SPAN 2019-20 data for Health Service Region (HSR) 7, which encompasses Austin/ Travis County, the average percentage of 4th, 8th and 11th graders who participate in 5 or more days of moderate PA per week is lower when compared to the state of Texas as a whole (33.8% vs. 43.3% respectively). However, when data are stratified by 4th and 8th/11th students, 4th graders in HSR 7 reported less PA (16.3%) compared to same-aged students for the state of Texas (38.7%). Students in 8th and 11th grade, on the other hand, reported slightly higher prevalence of participation in 5 or more days of moderate activity (51.4% vs. 47.8% for Texas)²¹ ([Fig. 4](#)).



Service Region 7 (Austin) and Texas who engage in 5 or more days of physical activity. (SPAN 2019-20).²¹

Section 2. Physical Activity Engagement in Austin/Travis County by Socio-demographic Factors

In understanding the approximately one-fifth of Travis County adult residents who engage in no leisure-time PA, the approximately three-quarters of Travis County adult residents who do not meet PA recommendations, and approximately 50% or more of Travis County 4th and 8th/11th grade children who do not meet PA recommendations of 60 minutes of daily PA, we explored further potential disparities in PA engagement by key socio-demographic factors within Travis County, including race/ethnicity, gender, age, income, and educational level.

Physical Activity by Race/Ethnicity. Persistent racial/ethnic disparities in PA were noted across reports reviewed in our scoping review and with our analysis of publicly available data for Travis County. CDC Behavioral Risk Factor Surveillance System (BRFSS) data for 2011-2015 from *Healthy Austin Program Indicators*, for example, indicated a lower percentage of African American/Black (36.3%) and Latino/Hispanic (39.7%) adults reported meeting of recommendations of 150 minutes of moderate intensity PA per week compared with White residents (51.0%).³⁰ The most recent publicly available BRFSS data from 2019 indicated similar disparities, with 47.1% of Hispanic adult residents versus 62.7% of White residents meeting the 150 minutes of weekly moderate (aerobic) PA recommendation (21% of Hispanic versus 28% of White residents met both aerobic and strengthening recommendations) (note: data not available for Black/African American residents).²⁷ Similar disparities were noted for the percentage of adults engaging in no leisure-time PA (LTPA) in the past month. Findings from the *Community Health Needs Assessment Central Region: Travis County* conducted by Ascension Seton in 2019 indicated that Latino/Hispanic adults had the highest prevalence of no leisure-time PA (35.4%), followed by Black/African American (30.0%), and white residents (24.8%) (BRFSS data from 2011-2015).³⁴

The most recent BRFSS data available from Texas Department of State Health Services (TDSHS) from 2022 indicate ongoing disparities in PA engagement by race/ethnicity, with 28.7% of Hispanic and 23.2% of Black residents in Travis County reporting no LTPA in the past month versus 13.2% of white residents.²⁷ These racial/ethnic disparities are not unique to Travis County, as presented in Figure 5.

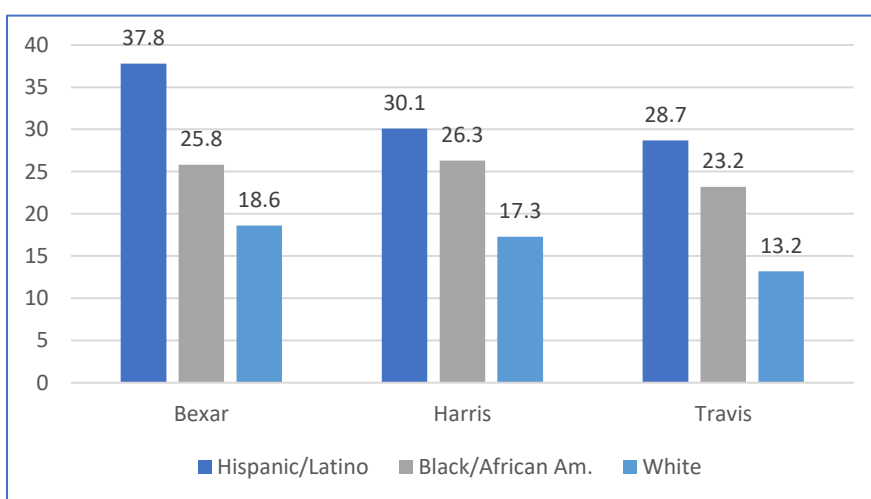


Figure 5. Percentage of Bexar, Harris and Travis County adults who report no leisure time physical activity in past month by race/ethnicity (2022). Texas Department of State Health Services- BRFSS 2022.

Physical Activity by Gender and Age. In addition to disparities by race/ethnicity, our review of existing Travis County community health assessments and analysis of current data also documented differences in PA engagement by gender, age, income, and education. Based on an analysis of BRFSS 2019 data, the *Austin/Travis County Community Health Assessment-2022* found that 17.8% of adult male residents reported no leisure-time PA compared with 20.4% of female residents.²⁵ Based on the most recent data available from TDSHS from 2022, 25.0% (95% Confidence Interval (CI): 19.5%, 31.3%) of Travis County female residents compared to 13.5 % (10.0%, 18.0%) of male residents engaged in no LTPA,²⁷ indicating important gender differences. With regard to age, BRFSS data from 2022 available from TDSHS indicate that Travis County adults aged 65 and older had the highest prevalence of no LTPA (27.2%), compared with 18.2% for adults 46-64 years, 18.4% for adults between the ages of 30-44 years, and 17.4% of adults 18-28 years.²⁷

Physical Activity by Income. Physical activity engagement in Travis County was also found to be inversely related with socioeconomic position indicators of income and education. The *Healthy Parks Plan for Travis, Bastrop, and Caldwell Counties* from 2019, for example, reported that 34.7% of Travis County adults who make under \$25,000 a year reported no LTPA in past month compared with 9.7% who make over \$50,000 a year.⁴¹ These disparities mirror findings from 2011-2015 reported in the *Ascension Seton Community Health Needs Assessment* report for Travis County from 2019 that indicated 37.2% of residents earning less than \$25,000/year engaged in no LTPA, compared with 29.8% of residents earning between \$25,000-\$75,000, and 19.4% of residents earning >\$75,000/year.³⁴

The most recent data from 2022 from TDSHS underscore ongoing disparities in leisure-time PA by income, with 41.0% of Travis County adults earning <\$25,000/year reporting no LTPA, compared with 34.4% of adults earning \$25,000-\$49,999, and 11.0% of adults earning \$50,000 or more/year.²⁷ Disparities in LTPA for Travis County mirror disparities for other large counties in Texas, including Bexar and Harris counties (Fig. 6).

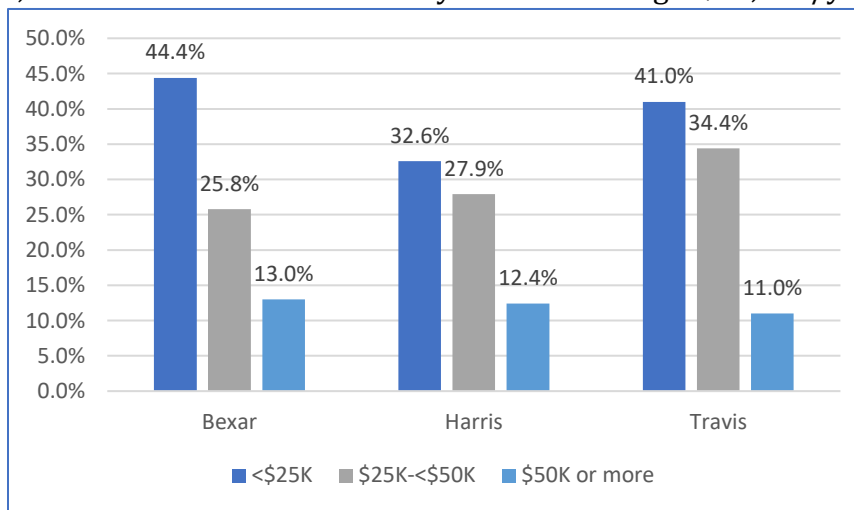


Figure 6. Percentage of Bexar, Harris and Travis County adults who report no leisure time physical activity in past month by yearly income (USD\$) (2022). Texas Department of State Health Services- BRFSS 2022.

Child Fitness by School-Level Economic Disadvantage: We also conducted additional analyses of the most recent and publicly available FitnessGram® data. Of the 108 Travis County public elementary schools that participated in the 2021-22 FitnessGram assessment, under one-fifth of students (16.6%) met all six FitnessGram indicators of *aerobic capacity*, *body composition* (healthy weight), *muscle strength*, *endurance*, and *flexibility*. Of note, students attending the highest economically disadvantaged schools were less than half as likely to meet all six FitnessGram indicators (average of 9.0% of students across Travis County schools) compared to students attending medium (20.5%) and low (20.4%) economically disadvantaged schools ($p=.002$ for high vs. low economic disadvantage (ED); $p=.998$ for medium vs. low ED) (Fig. 7).

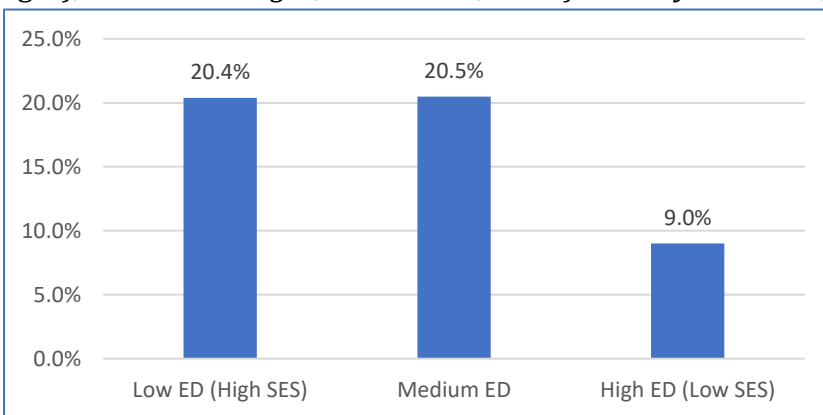
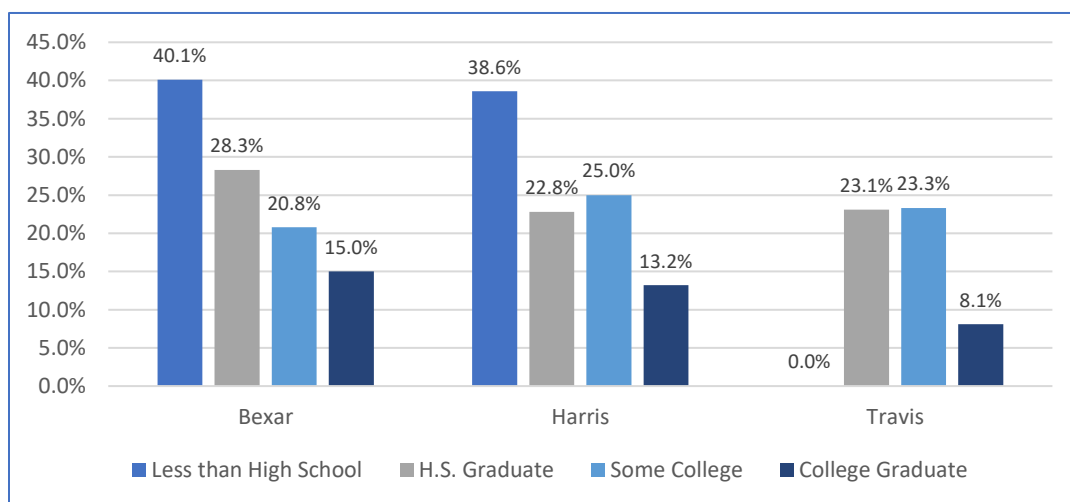


Figure 7. Average percentage across schools of Travis County elementary school students who met all six FitnessGram® indicators by School Economic Disadvantage (ED) (2021-22) ($n=108$ Travis County public elementary schools participating in 2021-22 FitnessGram® assessment) (Low/Med vs. High ED: $p=.002$)

Physical Activity by Education. Physical activity was also found to be inversely associated with education level of Travis County adult residents. In our scoping review, *Healthy Parks Plan for Travis, Bastrop, and Caldwell Counties* (2019) report, for example, found that 41% of Travis County adults with a high school education or less reporting to never use parks compared to 26% with a college education.⁴¹ The most recent data from TDSHS (BRFSS 2022) underscore educational disparities in leisure-time PA (LTPA), with a higher percentage of residents with less than a college education (~23%) reporting no LTPA in the past month compared with residents with college



a Figure 8. Percentage of Bexar, Harris and Travis County adults who report no leisure-time physical activity by education level completed (BRFSS 2022). Texas Department of State Health Services- BRFSS 2022.

education (8.1%). These educational disparities in LTPA are similar to those in other counties such as Bexar and Harris counties (Fig. 8).²⁷

Section 3. Physical Activity Engagement by Geographic Place within Travis County

Physical Activity by Geographic Place within Travis County – Scoping Review. Aspects of the built environment were cited as an important barrier or asset for physical activity engagement in our scoping review - as we explore below (e.g., access to parks, sidewalks, recreational opportunities), yet few of the community assessments reviewed explicitly explored PA engagement among residents by geographic place of residence within Travis County. Among the reports we identified, *The Youth-led Community Health Assessment* presents findings on a community health assessment of the Del Valle and Montopolis communities (led by report author AS)³⁸ – two communities adjacent to and within Austin, respectively. In addition to a qualitative assessment of needs and assets using photovoice- with barriers cited below, we found higher prevalence of no LTPA among adults in Montopolis and Del Valle compared to Austin and Texas based on an analysis of 2018 BRFSS data (Fig. 9).

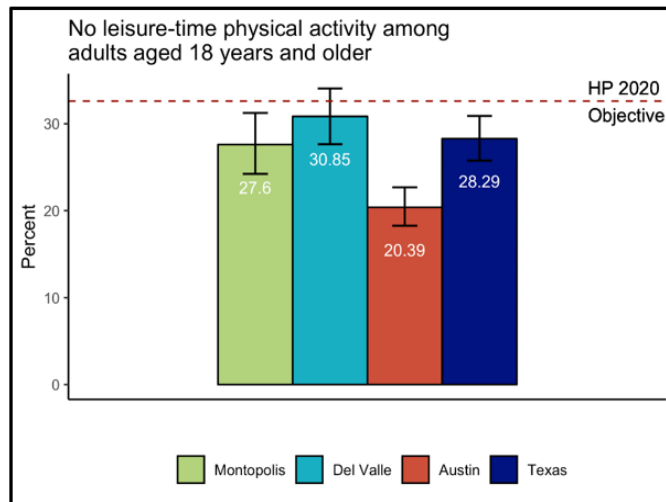


Figure 9. Percentage of adults who report no leisure-time physical activity in Montopolis, Del Valle, Austin and Texas (BRFSS 2018). Original Source of Figure: *Youth-led Community Health Learning Initiative* (Springer et al. 2019).³⁸

Adult Physical Activity by Travis County Cities and Communities – New Analyses. In further exploring PA engagement by geographic place within Travis County, we conducted additional analyses with the CDC PLACES 2023 dataset, which present model-based community estimates for small areas, including counties, places (incorporated and census designated places), census tracts, and ZIP Code Tabulation Areas (ZCTAS).²² Based on this analysis, an estimated 18% of Travis County adult residents were found to engage in no leisure-time physical activity (LTPA) in the past month. Del Valle (a community located 7 miles southeast of Austin) (30.5%), Creedmoor (a city within Travis County located 15 miles south of Austin) (29.9%), and Manor (a city located 12 miles northeast of Austin) (22.5%) had the highest percentage of adults reporting no LTPA; Rollingwood (10.9%), West Lake Hills (11.3%), Bee Cave (12%), Lakeway (13.5%) (cities located primarily on the west side of Austin) had the lowest percentage of adults reporting no leisure-time physical activity in past month (Fig. 10) (see also Appendix C, Fig. 1, for map of LTPA by geographic area in Travis County). These differences pattern by income and poverty for these areas, with households in areas with lower median income and higher poverty reporting higher *no leisure time PA* in last month (i.e., higher inactivity) (Table 3).

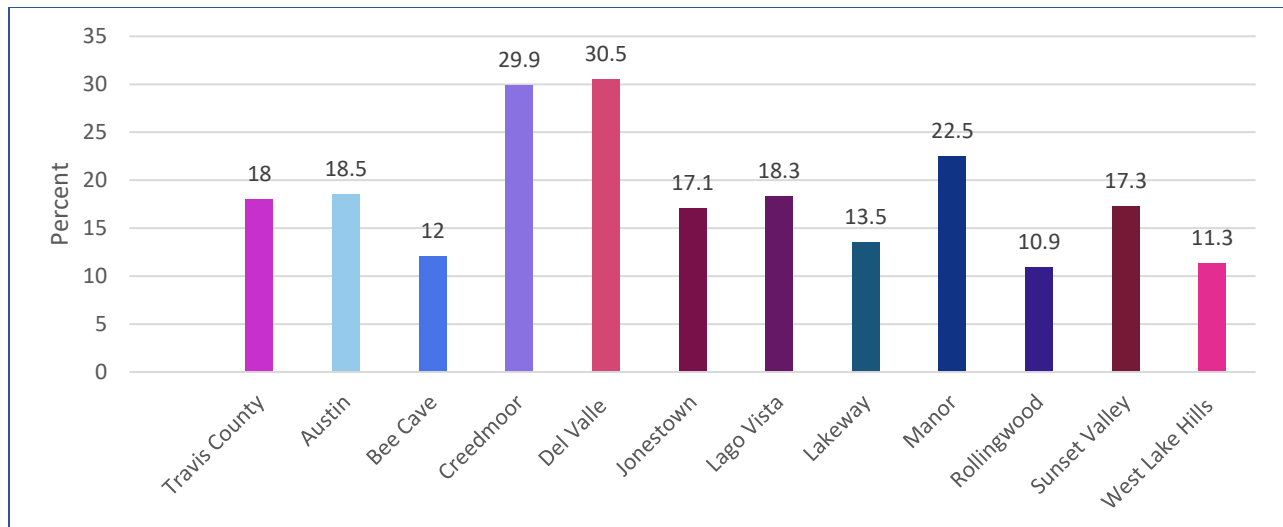


Figure 10. Percentage of adults who report no leisure-time physical activity in past month in Travis County, Austin, Bee Cave, Creedmoor, Del Valle, Jonestown, Lago Vista, Lakeway, Manor, Rollingwood, Sunset Valley, West Lake Hills (CDC PLACES 2023). *Travis County Physical Activity Landscape Assessment (2024)*.

Table 3. No leisure time physical activity, median household income, and poverty among Travis County cities/communities with the lowest and highest no leisure time physical activity in the last month. *Travis County Physical Activity Landscape Assessment (2024)*

| City or Community | Population (n) | No Leisure Time Physical Activity (% Adults) ^a | Median Household Income (USD\$) ^b | Persons in Poverty (%) ^b |
|-------------------|----------------|---|--|-------------------------------------|
| Bee Caves | 8,853 | 12.0 | 104,949 | 3.5 |
| Lakeway | 18,835 | 13.5 | 154,118 | 3.0 |
| Rollingwood | 1,514 | 10.9 | 231,875 | N/A |
| West Lake Hills | 3,360 | 11.3 | 210,000 | 8.3 |
| Average | 8,141 | 11.9 | 175,236 | 4.93 |
| Creedmoor | 407 | 29.9 | 67,321 | 7.1 |
| Del Valle | 84,537 | 30.5 | 77,845 | 16.1 |
| Manor | 15,341 | 22.5 | 96,657 | 5.6 |
| Average | 33,428 | 27.6 | 60,456 | 9.6 |

Source: ^aCDC PLACES 2023; ^bU.S. Census Bureau QuickFacts and Census Reporter (2022 Census data).

Health Conditions Related to Physical Inactivity by Geographic Place: In exploring further health conditions related to physical inactivity by geographic place within Travis County, we present in [Appendix C, Figures 2-6](#), prevalence estimates for Travis County adult residents for sleeping less than 7 hours, diagnosed diabetes, obesity, cancer, and depression.

Section 4: Physical Activity Needs and Barriers for Austin/Travis County Residents – Scoping Review

In addition to exploring the prevalence of PA by socio-demographic factors, we reviewed existing community health-related assessments and plans to identify individual-level and environmental-level factors that prevent Travis County residents from engaging in leisure-time PA or active commuting (walking and biking). In [Figure 11](#), we present a summary thematic map of key PA needs and barriers identified in our review of Travis County community health assessment reports (2011-23) as organized by a social determinants of health framework, with [Table 3](#) providing further description. We refer readers to the original reports for further context and detail with assessment methods and barriers ([Appendix B, Table 1](#)).

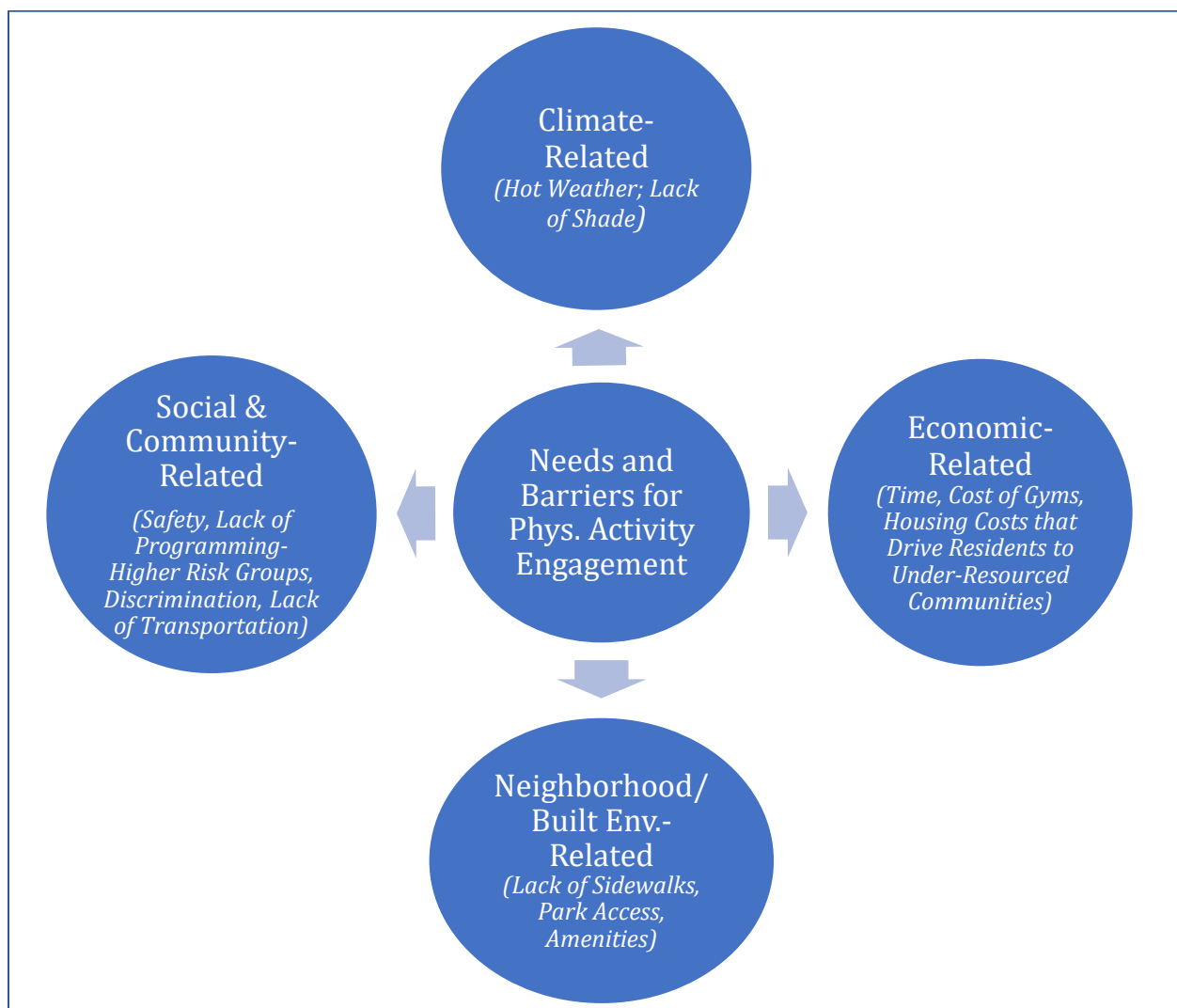


Figure 11. Thematic map of needs and barriers for leisure-time physical activity and active commuting (walking and biking) in Austin/Travis County as identified via a content analysis of existing Austin/Travis County community assessment reports (2011-2023). *Travis County Physical Activity Landscape Assessment (2024)*.

Table 4. Barriers for physical activity engagement based on review of community health assessments and reports for Austin/Travis County, Texas (2011-2023) as organized via a social determinants of health framework. *Travis County Physical Activity Landscape Assessment (2024)*

| | |
|---|---|
| <i>Climate-Related Barriers</i> | |
| Hot weather | Several reports recognized the challenges with climate change, including the hot weather during the summer months, that present a barrier to outdoor activity. ^{31,40,41} |
| <i>Economic-Related Barriers</i> | |
| Lack of time due to demanding work schedules | Insufficient time in the day due to work schedules was identified as a key barrier across several reports, ^{31,38} with one focus group member cited in the <i>Austin/Travis County Community Health Assessment-2022</i> stating: “Another factor is also that when the two of us in the house work, we get home late and tired and I get home to make food and we eat late so we end up not exercising, that also adds to us being overweight.” ³¹ |
| Cost of gyms and other PA programs | Focus group findings with the Stronger Austin initiative identified the high cost of gyms and other PA programs as important barriers for leisure-time physical activity engagement, as shared by one of the participants: “I would love to be part of all these gyms that are around, but oh my Lord, I can’t afford them.” ⁴⁵ |
| Rising housing costs displace residents outside of Austin | <ul style="list-style-type: none"> • “Rising costs for housing have had devastating impacts on low-income communities, causing large scale displacement, particularly in Austin, with many displaced residents moving further east into Travis County as well as to Bastrop and Caldwell Counties.”⁴¹ • In addition to overall economic impact on residents and families, potential PA impacts may include greater commute time and moving to areas that have less PA supports, in addition to overall economic impact. |
| <i>Neighborhood and Built Environment-Related Barriers</i> | |
| Poor infrastructure/ community design | Traffic, limited sidewalks, proximity to the freeway, and other physical characteristics represented key barriers for engaging in physical activity in public areas. ^{29,34,41} |
| Lack of access to parks for 35% to <50% of Travis County residents. | <ul style="list-style-type: none"> • As reported in the <i>2019 Austin Parks and Recreation Department’s Long-range plan</i>, approximately 65% of Travis County residents live within a ten-minute walk of a park, which is low compared to peer cities like Atlanta, San Diego, or Portland.⁴⁰ • According to the <i>Healthy Parks Plan for Travis, Bastrop, and Caldwell Counties report</i>, 56.5% of Travis County residents have access to parks.⁴¹ • Lack of proximity of parks to home represents a key reason people do not go to parks⁴⁰ |
| Lack of amenities in parks/poor park conditions | <ul style="list-style-type: none"> • The <i>Healthy Parks Plan for Travis, Bastrop, and Caldwell Counties report</i> found that the greatest barrier to physical activity in the park is the lack of amenities, based on findings from mixed methods assessment.⁴¹ • Poor park conditions were a key reason people do not use parks.⁴⁰ |
| <i>Social & Community Context-Related Barriers</i> | |
| Safety/Crime | <ul style="list-style-type: none"> • Safety was a common barrier cited for not going to parks,^{29,34,38,40} not engaging in active commuting,²⁹ and/or other physical activity in one’s neighborhood,³¹ with one focus group participant in the <i>Austin/Travis County Community Health Assessment-2022</i> sharing: “Winter was hard because I got home after work around 6 and it was getting dark and I wasn’t going to walk in my neighborhood because I don’t feel safe, because I kept hearing about what was happening.”³¹ |
| Lack of programming for caregivers and other underserved population | <ul style="list-style-type: none"> • Caregivers and working adults also need more programs geared towards them.³¹ • Another challenge is addressing the systematic issues that affect communities in Travis County. Healthcare disparities for communities of color, people with disabilities, and the LGBTQ+ community are important to consider when implementing physical activity promotion to underserved communities.^{31,34} |
| Segregation and redlining | <ul style="list-style-type: none"> • Redlining and segregation has led to disparities in healthcare access, food security, and education for Black and Hispanic communities.³² |
| Transportation - related barriers | <ul style="list-style-type: none"> • The <i>Youth-led Community Health Learning Initiative</i> identified the lack of public transportation to parks as a barrier for park utilization by Del Valle high school students.³⁸ Transportation was also cited as a key social determinant of health in the <i>Austin/Travis County Community Health Assessment 2022</i> report, with an estimated 40% of Travis County residents spending over 30 minutes commuting.³¹ Importantly, and as noted above, lack of proximity of parks to home represents a key reason people do not go to parks.⁴⁰ |

Section 5. Physical Activity Needs and Recommendations for Austin/Travis County Residents –Key Informant Interviews

We interviewed 26 community leaders from 18 community organizations to explore further the needs and recommendations for PA promotion and support in Travis County, with interviews taking place between November 2023 and September 2024. [Table 5](#) presents the types of organizations represented by the key informant participants.

Table 5. Types of Organizations Represented in Key Informant Interviews (n=18 organizations; n=26 community leaders), *Travis County Physical Activity Landscape Assessment* (November 2023 – September 2024).

| Type of Organization | Number of Organizations Interviewed (n=18) |
|---|--|
| Community health coalitions | 3 |
| Community based organizations that provide physical activity/wellness programming -all age groups | 3 |
| Community-based organization that provide physical activity/wellness programming- youth | 2 |
| Community-based organization that provide physical activity/wellness programming- older adults | 1 |
| Community-based organization focused on nature and community wellness | 2 |
| Community-based organization focused on community/racial empowerment and wellness | 2 |
| Faith-based community organization focused on issues of social/racial equity and empowerment | 1 |
| Government entities that include health/wellness related programming and infrastructure | 4 |

In [Appendix D](#), we present key themes identified from our thematic analysis along with key informant quotes, as organized by the interview guide questions, with a summary of themes presented in a thematic map in [Figure 12](#) below. Analyses of the key informant interviews resulted in the following core thematic domains:

- *Geographic locations* recommended for physical activity and wellness support
- *Communities of shared interest* and demographic groups who may benefit from further support for physical activity
- *Needs, barriers and challenges* for physical activity promotion in Travis County
- *Coalitions and organizations* working to promote physical activity in Travis County
- *Physical activity resources, initiatives and opportunities*; and
- *Physical activity indicators and data* that can guide physical activity promotion.

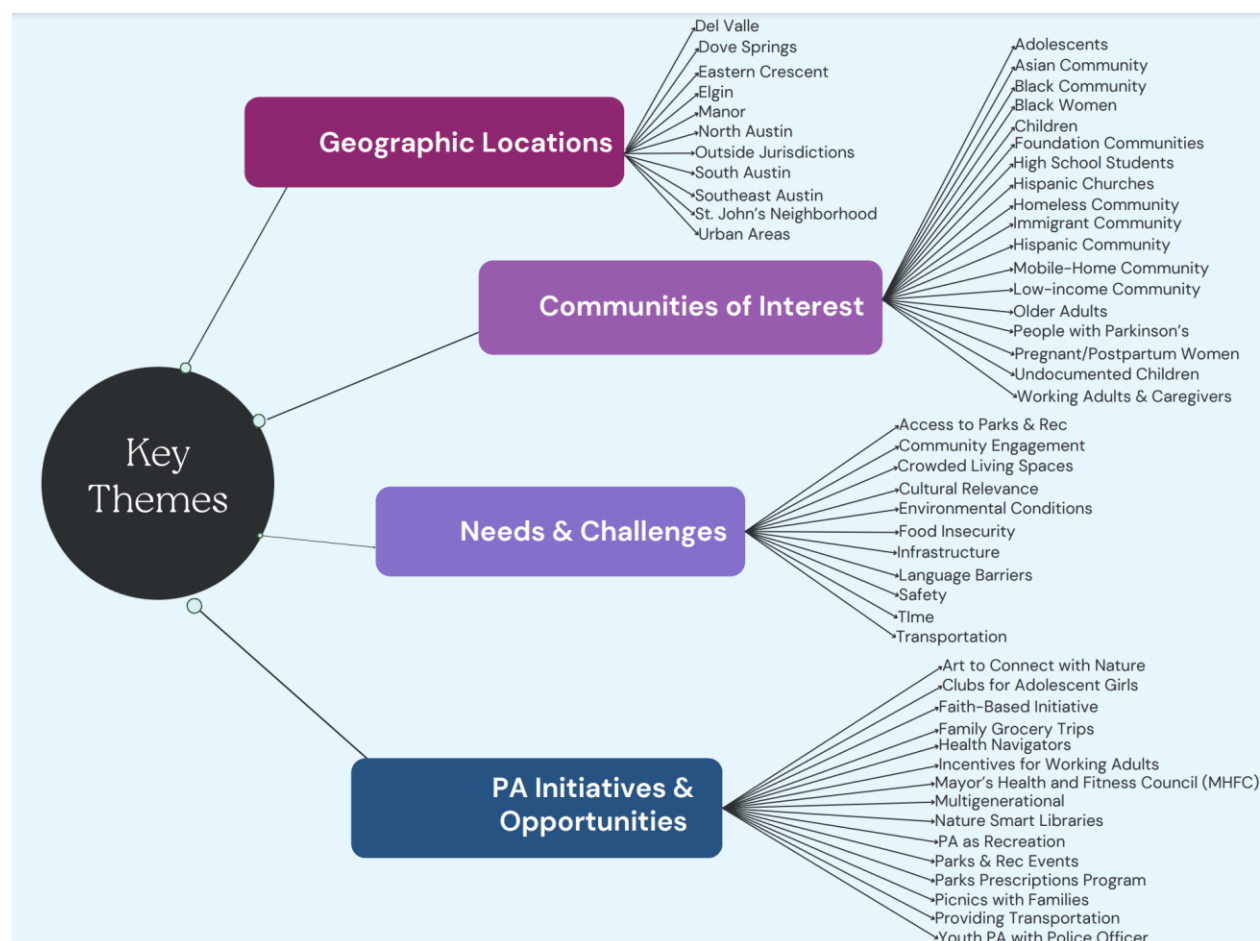


Figure 12. Thematic map: Geographic locations, communities of interest, needs and challenges, and initiatives and opportunities for physical activity promotion in Travis County. *Travis County Physical Activity Landscape Assessment* (Based on interviews conducted with n=26 community leaders between November 2023 and September 2024).

Geographic Locations

Interviewees were asked what geographic communities could benefit from physical activity promotion, programming and other supports. In response, many areas were cited, from neighborhoods and cities to regions. As presented in Figure 12, Del Valle, Dove Springs, the Eastern Crescent, Elgin, Manor, North Austin, Outside Jurisdictions, South Austin, Southeast Austin, St. John's Neighborhood, and "urban areas" were mentioned by interviewees as places that could benefit from further support with physical activity. The most salient codes for geographic location were Del Valle, Manor, and the Eastern Crescent (Appendix D, Table 1). With regard to Eastern side of Travis County, interviewees noted that resources tend to be greatly limited compared to other regions of the county. One interviewee said, "it's unfortunate that it's a lot of our East community that are at the most disadvantage, and also, have the highest [needs] for...their health." (Appendix D, Table 1).

"Right on the Eastern Crescent, but towards the inner Eastern, not on the outer, so they don't have the same resources and opportunities."

Communities of Shared Interest and Experience & Demographic Groups

In exploring specific communities of shared interest and demographic groups who could benefit from PA programming, promotion or overall support within Travis County, key informants provided a variety of responses ([Appendix D, Table 2](#)). Specific age groups cited included: children, children who are undocumented, adolescents, high school students, and older adults ([Fig. 12](#)). Specific racial/ethnic groups cited included: the Asian community, the Black community, and the Hispanic community. Other communities of shared interest and experience cited by key informants included: low-income communities, working adults, the unhoused community, caregivers, Foundation Communities (which serves economically vulnerable communities), mobile-home communities, and immigrant communities.

“Black people have not traditionally had the leisure time and the leisure money to be able to afford a tent, or, you know, things like that to go camping or whatever the things are outside.”

Of the communities mentioned, adolescents, older adults, low-income community, and the Black community were mentioned the most ([Appendix D, Table 2](#)), with low-income communities cited most frequently ([Appendix D, Table 2](#)). In underscoring the importance of providing support for communities experiencing economic disadvantage, one interviewee shared, “These are low-income communities, predominantly Black or Hispanic. They do not have access to quality fitness programming.” Another key informant stated, “They [low-income families] are living in situations where often they're living in apartment complexes that either don't have the green spaces, or it's not safe.” The recognition of the challenges of PA promotion for and with communities experiencing economic disadvantage underscores the need to address social determinants of health such as income equity in order to provide the support for physical activity for all. These findings triangulate with the geographic locations cited above, which focused on low-income area of Travis County.

“People are living in a state of crisis right now like, they're food insecure. They don't have money to keep their lights on. And so I think that's the biggest challenge you'll have in your work”

Needs, Barriers and Challenges

A specific goal of the *Travis County Physical Activity Landscape Assessment* focused on learning about current disparities in PA engagement along with the opportunities to narrow the gaps in PA engagement across geographic communities and population groups. In informing our collective understanding of disparities in PA engagement in Travis County, key informants identified a range of needs, barriers and challenges for physical activity access and promotion in Travis County, including: lack of access to parks and recreation centers, the importance of community engagement, crowded living spaces, the need for culturally relevant physical activity programming and promotion, environmental conditions

such as the increasing heat that inhibit outdoor physical activity, food insecurity- along with the opportunity to couple messaging about food security with PA promotion, poor infrastructure, language barriers, concerns about safety, time poverty, and lack of transportation (Fig. 12). While access to parks and recreation centers, cultural relevance, language barriers, time barriers, and transportation were all common areas of concern, safety – both traffic-related and crime-related - was among the most cited barriers for physical activity engagement in Travis County. One participant shared, “We are in public health, trying to urge them to get their kids to walk, get them to ride their bicycles... If I were their parent, I would say, no, I don't think so. You're gonna get your physical activity in the backyard where it's safer” (Appendix D, Table 3). These barriers underscore the need to move beyond individual-level strategies for the promotion of physical activity, to strategies that can address key social determinants of health and environmental conditions in order to create a supportive Austin/Travis County for all residents to engage in PA.

“If I’m working and then I’m working another job after my regular job, and I have to get dinner together, I’m just super exhausted and have my kids in activities. If you live in the outskirts, you have to adjust to the traveling time that it takes. So, by the time I can go to afterschool activities, I work my second job, and we have to commute back home, it’s getting dark. I’m just not about to walk through this park...”

Section 6. Physical Activity Assets and Opportunities in Travis County

In addition to identifying needs and barriers for PA engagement, we also aimed to identify some initial assets and opportunities that can be further harnessed and activated for PA promotion, following planning frameworks such as Intervention Mapping¹⁴ that guide planners to balance needs assessment with asset assessment and exploration of community strengths. As we were limited in our time and resources to conduct a thorough asset assessment, we note the opportunity for a more comprehensive assessment of PA assets within Austin/ Travis County that can serve to: a) assess potential disparities in location and access to assets (e.g., parks, PA programming), b) identify assets and promising approaches for PA promotion that may be available on one side of our community that can then be brought to other places in Travis County (following a *population dose methodology* approach related to expanding reach of a given strategy⁴⁶); and c) identify existing assets that can be further promoted with underserved groups and further enhanced (following a *population dose methodology* approach of enhancing strength of a given strategy⁴⁶).

In conducting an asset assessment, our previous work on the *Environmental Asset Assessment Framework* (led by author AS and Dr.

Sandra van den Berg) may hold promise to inform future efforts.^{17,47} This framework guides planners to identify settings (e.g., work places, schools, faith-based institutions) as well as environmental assets within settings (e.g., communication channels within schools) that can be harnessed for PA. **Box B** (above) presents example environmental assets that can be activated for PA promotion. In addition to these examples, there is opportunity to build from

Box B. Example environmental assets and settings for physical activity promotion in Travis County, Texas. *Travis County Physical Activity Landscape Assessment (2024)*.

Built and Natural Environment: The *Austin Parks and Recreation Long Range Plan*⁴⁰ and the *Healthy Parks Plan for Travis, Bastrop, and Caldwell Counties* report⁴¹ provide a comprehensive report on current access to parks and natural environmental supports (trails) for physical activity within Austin/Travis County. Examples of exciting new built environmental supports for PA in Austin/Travis County include the [Austin to Manor Trail](#), [Skyline Park](#) in the Easton Park neighborhood in Southeast Austin, among other examples, such as recent plans to [add five new parks to Austin](#).

Information Environment: Assets within the Travis County information environment include United Way for Greater Austin's [2-1-1 information line](#), which hosts ConnectATX, a rich platform and information resource for connecting residents with a range of social supports, including healthy living programming. It's Time Texas, a nonprofit based in Austin, provides free [telehealth coaching](#) to help people manage and prevent chronic disease. Conducting a robust assessment of information resources and assets for the promotion of PA in Travis County represents a promising future direction.

Policy Environment: The *Michael & Susan Dell Center for Healthy Living's Texas Legislature Bill Tracker* represents a rich policy-related asset for identifying proposed Texas bills related to child and adolescent health and provides policy briefs to inform child and adolescent health-related legislation, including physical activity-related topics. Other examples of policy-related assets include [shared used agreements](#) that can activate more spaces for physical activity within Travis County (e.g., schools) (see also Appendix D, Table 4). Further exploration of current [shared use/joint use agreements](#) along with lessons learned for their implementation can provide helpful insights about current gaps and opportunities.

Social/Organizational Environment & Settings for Physical Activity: In addition to the PA organizations (Appendix F), the *Austin & Travis County Active Living Plan 2020*²⁹ provides rich strategic direction with identifying a range of settings/sectors that can be further activated for PA promotion as well as multiple community partners that can provide support.

previous asset assessment efforts led by the Austin/Travis County Chronic Disease work group of the Austin/Travis County Community Health Assessment/Community Health Improvement Plan (CHA/CHIP), which led an asset assessment of PA-related supports (e.g., parks and trails) in 2019-20. For that effort we recognize the excellent contributions of Ashley Levulett and Susan Millea from Children's Optimal Health, and Jill Habegger-Cain and Allison Hardy from Austin Parks and Recreation Department, among other community leaders ([Appendix E](#)).

Innovative Initiatives and Organizations for Physical Activity Promotion in Travis County

In providing an initial foundation of asset assessment, we explored organizations and coalitions that are working to promote physical activity and community health in Travis County as well as innovative ideas and initiatives as part of our *key informant interviews*. [Figure 12](#) (above) provides a summary of organizations and initiatives, and [Appendix D](#), Tables 4 and 5 provide further detail on innovative ideas for PA promotion. Among the promising and innovative initiatives, key informants cited efforts that included utilizing art to connect people with nature, promoting faith-based initiatives, training health navigators, providing incentives for working adults, promoting physical activity via the Mayor's Health and Fitness Council (MHFC), creating multigenerational approaches, implementing a Nature Smart Libraries program, framing physical activity as recreation, advertising parks & recreation events, creating a parks prescriptions program, encouraging picnics with families, providing transportation, or implementing youth physical activity programming with local police officers ([Fig. 12](#)). In exploring creative solutions to physical activity promotion, one interviewee suggested to provide incentives to working adults by saying, "You need to provide incentives to get people to become interested. And it can be...stamp a card and there's a drawing at the end of the month" ([Appendix D, Table 5](#)). Another interviewee mentioned libraries as a mode of getting people outdoors, "we have a seed collection, we have story walks...but we're also a much bigger system" ([Appendix D, Table 5](#)). The visionary initiatives discussed promote community engagement by targeting a wide range of demographic groups. These innovative and creative programs and strategies represent promising opportunities to expand physical activity promotion in Travis County.

Lastly, we compiled an initial resource list of community organizations based in Travis County that provide physical activity programming, physical activity educational and data support, and/or other types of community programming and partnerships that hold promise for supporting physical activity ([Appendix F](#)). We organized this list by organizations and programs for: all ages, children and youth, adults and seniors. This list is far from exhaustive and is intended to provide an initial foundation for further development as a resource guide or directory. Beyond the need to expand this list via further input from the Austin/Travis County community, future steps with enhancing this guide may include exploring which programs are inclusive of various intellectual and physical capacities, and which programming is supportive of diverse cultural and language groups. We also note the opportunity to further enhance this report with the addition of a section on organizations that provide community resources for physical activity engagement (e.g., clothing, shoes, sports equipment, supports for covering gym membership, among other resources).

Section 7. Travis County Physical Activity Indicator Analysis & Dashboard

Key Informant Input on Travis County Physical Activity Indicator Dashboard

Community dashboards of health and social indicators represent a helpful tool and approach for setting goals, highlighting current needs, and monitoring progress for a given community health or social indicator. As part of our *key informant interviews*, we explored ideas for indicators that could be used to both set goals and monitor our community's progress with PA as well as inform PA programming in Travis County. The key informants interviewed identified a number of existing or new indicators that could be used in PA promotion. Physical activity indicators include time spent in nature/outdoors, active transport programs in Travis County school districts, public recreation center programs for older adults, social connectedness surveys, after school access to playgrounds or fields, after school physical activity programming for children, running clubs in Travis County, air and noise pollution mapping, mapping parks and recreation centers, mapping demographic statistics with physical activity prevalence, and community impact metrics ([Appendix D, Table 6](#) and [Fig. 13](#)). These indicators hold promise to both inform community health planning and monitoring as well as hold our community accountability for increasing access to parks and recreation centers, addressing issues of time poverty, transportation, cultural relevance, and environmental conditions, among other key social determinants of health that can impede physical activity participation for specific geographic communities and population groups in Travis County.

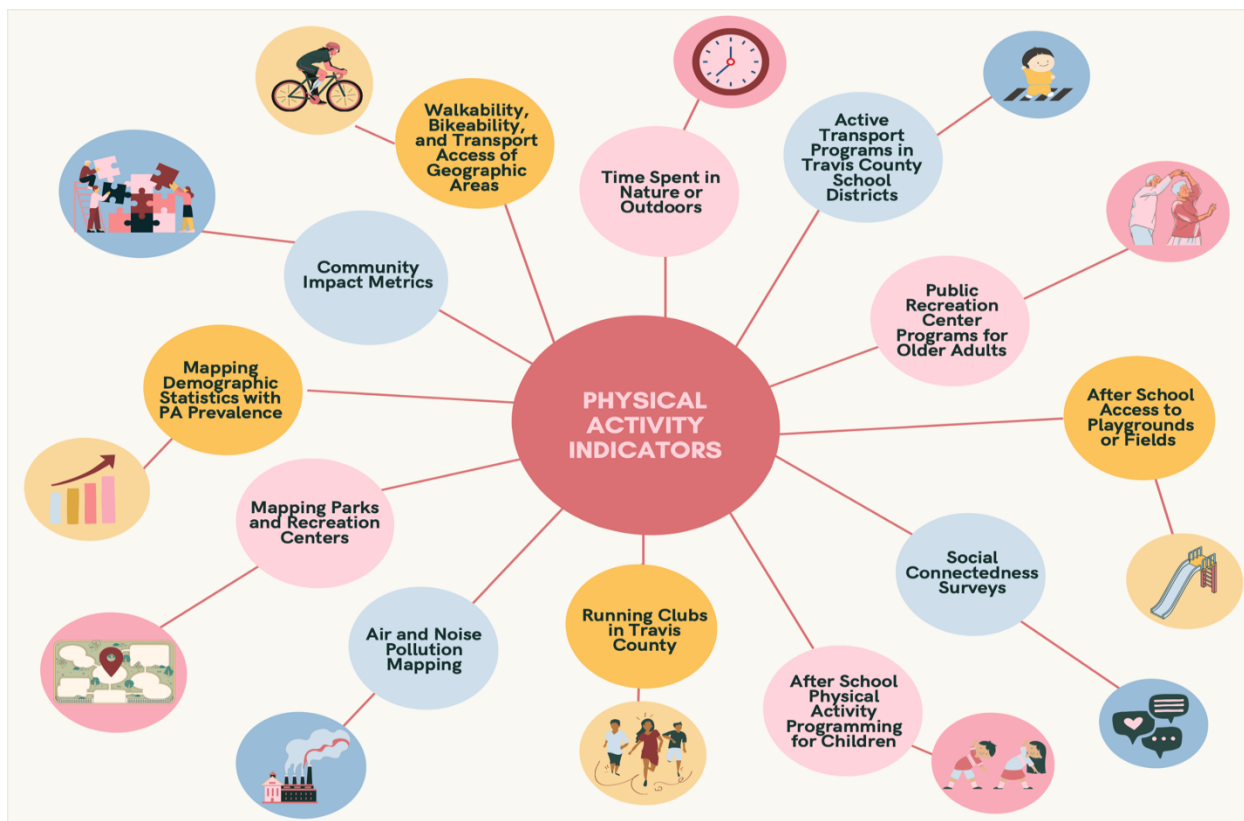


Figure 13. Thematic map: Proposed physical activity indicators that can guide goal setting and monitoring of physical activity promotion. *Travis County Physical Activity Landscape Assessment* (Interviews conducted: Nov '23 – Sept '24.)

Initial Proof-of-Concept Physical Activity Indicator Dashboard for Travis County

In further guiding physical activity goal setting and tracking for the Travis County community, we present an initial *proof-of-concept* physical activity indicator dashboard for Travis County (Fig. 14). This dashboard will be shared with community health coalitions and leaders in the Austin/Travis County area to explore further ways to enhance this initial content. In addition to exploring additional data for better understanding access to physical activity supports among specific population groups within Travis County (e.g. children of different ages, seniors, specific racial/social groups), there is opportunity to explore social/racial health equity indicators for physical activity, such as the percentage of households with access to PA resources such as gyms and free programming by geographic area, percentage of adults with vacation days and flexible work schedules that allow leisure-time PA, and percentage of residents with access to culturally relevant and language-inclusive programming, among multiple other indicators.

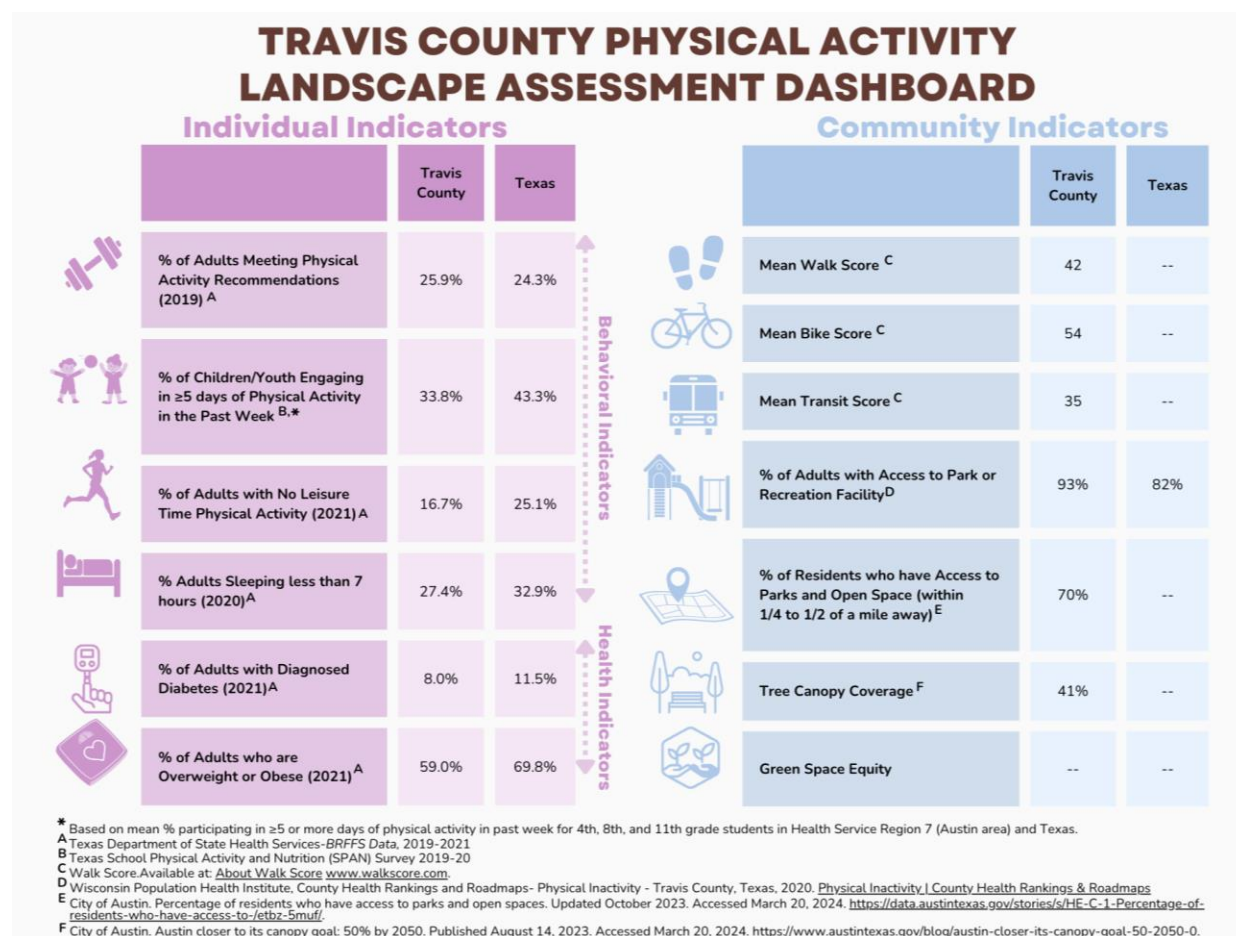


Figure 14. Initial “Proof-of-Concept” Physical Activity Dashboard for Travis County. *Travis County Physical Activity Landscape Assessment (2024).*

Section 8. Physical Activity Recommendations & Strategies – Scoping Review

In looking forward to how we can further support PA engagement among all residents in Travis County, we conducted both a literature review on recommendations for PA promotion for children and adolescents based on a review of authority organizations,⁴⁸⁻⁵³ as well as a content analysis of recommendations from our scoping review of Austin/Travis County community assessments and related reports.

Recommendations from Leading Physical Activity Organizations for Child Physical Activity

In this section, we provide a summary of key recommendations for child engagement in physical activity based on a review of authority organizations.⁴⁸⁻⁵³

Physical Activity Recommendations: Among the recurring recommendations highlighted by multiple sources is the importance of engagement in regular PA. For children and adolescents between the ages of 6 and 17, it is recommended to integrate PA into daily routines and to aim for at least 60 minutes of daily moderate-to-vigorous intensity PA, incorporating different aerobic, bone- and muscle-strengthening activities. Specifically, leading guidelines from CDC and other health authorities recommend incorporating aerobic activities such as walking or running to elevate heart rate for most of the daily 60 minutes, aiming for at least 3 days a week of vigorous-intensity activities, alongside muscle-strengthening exercises like climbing or push-ups, and bone-strengthening activities like jumping or running, each performed on at least 3 days per week.

Physical Activity Strategies. Based on our review of authority organizations, we identified specific strategies for supporting child physical activity as presented in **Box C** and the thematic map below (Fig. 15).

Box C. Recommended physical activity promotion strategies for young people

- **School-based Strategies:** In the realm of school-based strategies, key recommended strategies included offering quality physical education programs to develop students' skills and confidence; integrating activity breaks throughout the school day; engaging school staff as advocates; and enhancing the quality of physical education classes via the use of evidence-based programs such as CATCH and PARK PE.
- **Pre and Post-School Strategies:** Recognizing the significance of both pre and post-school timeframes (aka: "out-of-school-time"), recommendations emphasize providing opportunities such as intramural sports, clubs, and extended day programs, as well as ensuring safe travel environments for active transportation. By following these recommendations and strategies, communities can help create lifelong habits of physical fitness and well-being in young people.
- **Community-Based Strategies:** Collaboration with local organizations is essential to expand access to PA opportunities beyond school. Therefore, recommendations for community-based strategies most commonly include fostering partnerships (e.g., between schools and community-based organizations); advocating for shared use of recreational facilities outside of school time; modifying environments for accessibility; and promoting active transportation options (e.g., walking and biking).
- **For individuals with physical and intellectual disabilities,** strategies for physical activity must ensure inclusivity by providing resources, expertise, and adaptive facilities. These efforts help to create an environment where all children, regardless of abilities, can engage in regular PA.

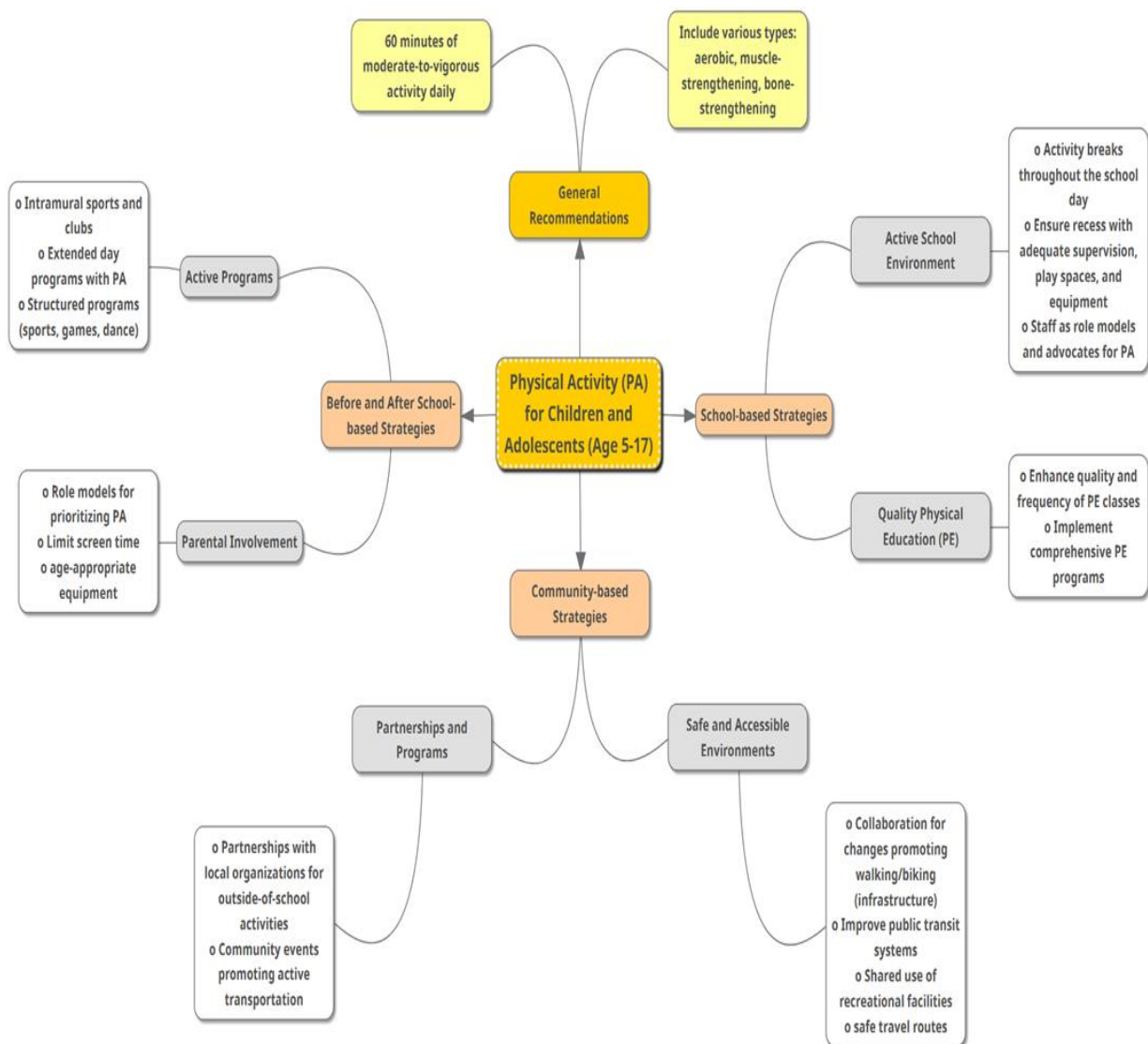


Figure 15. Thematic Map of Recommendations and Strategies for Physical Activity Promotion in Children and Adolescents, Scoping Review of Recommendations and Strategies for Physical Activity Promotion in Children and Adolescents - Travis County Physical Activity Landscape Assessment (2023-24).

Physical Activity Recommendations & Strategies from Travis County Community Assessments & Reports

In [Table 6](#), we provide a summary of recommendations and promising strategies for promoting and supporting physical activity among Austin/Travis County residents based on our content analysis of Austin/Travis County community health assessments (2011-2023) (see [Appendix G](#) for detail). Some reports (e.g., *Austin/Travis County Active Living Plan*²⁹) provided specific recommendations for physical activity promotion, while others provided recommendations and strategies based on community input as gathered via focus groups, interviews, and surveys. We aimed to summarize these recommendations and strategies here, yet we recognize that this synthesis does not capture the richness of each report, and thus refer readers to the original reports, as cited in [Appendix B, Table 1](#).

Table 6. Recommendations and strategies for promoting and supporting physical activity based on review of community health assessments for Austin/Travis County, Texas (2011-2023). *Travis County Physical Activity Landscape Assessment (2024)*

| Recommendation/Strategy | Description |
|---|---|
| <i>Plan Physical Activity with Intentional and Equitable Community Engagement & Partnership</i> | |
| 1.) Seek input and partnership with community members to inform PA planning | Various reports underscored the importance of partnering with and seeking input from the community to inform physical activity and community health improvement-related planning. ^{31,37-41} |
| <i>Increase Access and Support for Physical Activity via Enhancing the Built & Natural Environments</i> | |
| 2.) Enhance access to public spaces for all Travis County residents 3.) Create more ‘shared use’ agreements 4.) Create more dog parks | <ul style="list-style-type: none"> • A recommendation across several reports emphasized the importance of creating multigenerational access to public spaces and accessible design for residents with disabilities^{29,32,40} • The <i>Austin Parks and Recreation Long Range Plan</i> recommends supporting more amenities (e.g., temporary seating; play equipment) in urban public spaces within and beyond PARD parkland.⁴⁰ • Innovative solutions for creating additional spaces for physical activity shared by Del Valle high school students^{37,38} included: <ul style="list-style-type: none"> • Opening up the stadium at Del Valle High School for the community to use during off-hours; • Creating shared use agreements with the gym at Del Valle High School during summer months for the community to use; • Creating dog parks in Del Valle, a recommendation also made by <i>Austin Parks and Recreation Long Range Plan</i>⁴⁰ across Travis County areas. (See also references 54 & 55 for recent data on park access & canopy coverage). |
| 5.) Increase more access to green spaces and parks for all 6.) Enhance park amenities | <ul style="list-style-type: none"> • Between 35% and just under half of Travis County residents do not have access to parks.^{40,41} Creating equitable access to parks is a key recommendation within the <i>Austin Parks and Recreation Long Range Plan</i>⁴⁰ as well as the <i>Austin Strategic Direction 2023</i>³⁵ and holds promise to increase PA opportunities for Travis County residents. As shared by one focus group participant: “...Although there are parks, they are not accessible to everyone, I mean, the parks that...are integrated with more things are not close to the areas with all the people, the whole community.”³¹ • The <i>Austin/Travis County Active Living Plan</i>²⁹ recommends identifying publicly owned property for use as parkland, trails or green space in areas of high need; • The <i>Austin Parks and Recreation Long Range Plan</i>⁴⁰ recommends increasing the number of entrances to existing parks in order to expand number of residents within walking distance of a park; • The lack of amenities within parks was cited as a key barrier for PA within parks cited in the <i>Healthy Parks Plan for Travis, Bastrop, and Caldwell Counties</i> report;⁴¹ • Selected enhancements/amenities cited in the <i>Austin Parks and Recreation Long Range Plan</i>⁴⁰ include: increasing the number of community gardens and improving web-based information describing the parks system to help people quickly find amenities and experiences they are seeking |
| 7.) Develop and enhance safe, multimodal transportation for all of Travis County as well as walkable and bikeable streets | The <i>Austin & Travis County Active Living Plan</i> recommends advocating for and supporting ongoing efforts (e.g. Vision Zero Action Plan) to develop and enhance safe, multimodal transportation options across the community, paying particular attention to efforts that increase healthy food access and opportunities for physical activity. ²⁹ Enhancing the built environment for walking and biking is especially important for underserved areas of Travis County, as shared by a participant in the <i>Youth Advocates for Change</i> program in Dell Valle: “As you know, we don’t have bicycle lanes at Del Valle High School, DV Middle school or DV Elementary school.” ³⁷ |
| 8.) Promote specific spaces for community PA, including “open streets” and mall walking | Residents offered innovative solutions for harnessing spaces for physical activity, including “open streets” events in which pedestrian barriers are set up in the street to enable more physical activity-including walking, biking and dancing, and social interaction, which took place during early phases of the COVID-19 pandemic and have roots in Austin that include “ <i>Viva Streets</i> ” in 2013. One focus group participant shared spaces she goes for PA: “You can go walking, [it] is one of my favorite things. [W]hen it is not hot, you can go walk in the park. Even in this weather, you can go to |

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| | the mall. My husband used to hate that, but I didn't mind going to walk in the mall; you're still walking." ³⁰ – <i>Focus Group Participant</i> ³⁴ |
| <i>Increase Physical Activity Opportunities and Programming for All Populations in Travis County</i> | |
| 9.) Enhance PA opportunities and programming for underserved areas in Travis County | Several reports noted the need to enhance access to opportunities and programming for young people and adults in underserved areas of Travis County, with many citing the need for enhanced support for economically underserved areas ^{31,37,38} As shared by one Dell Valle youth leader: "And there is not really anything like a bowling alley here in Del Valle." ³⁷ |
| 10.) Increase programming that is culturally sensitive/relevant | Develop and promote culturally sensitive programs and events for recreation centers and diverse populations. ^{29,32,40} Examples may include programming and events in languages other than English (e.g., Vietnamese, Mandarin, Spanish) for the culturally diverse Austin/Travis County community. Multicultural programming and events were cited as important to both promote PA and foster a sense of community. |
| 11.) Increase family-friendly opportunities for PA | Create family-friendly opportunities for people to join their children in physical activity, as recommended by community residents. ^{32,40} This could include family events at the local recreation centers. |
| 12.) Increase hours of operation for parks and other PA programming | In addressing the time barrier, participants in both the <i>Youth Advocates for Change</i> ³⁷ and <i>Youth-led Community Health Learning Initiative</i> ³⁸ from Del Valle High School recommended the need to increase hours of operation for parks and other PA programming: "Something that is close to the community that will be open for longer hours than what it usually is." "Also, the hours for it should be quite open since most people work and most kids are in school." |
| <i>Activate Settings, Foster Intersectoral Partnerships, and Explore Innovative Approaches for Physical Activity</i> | |
| 13.) Enhance physical activity across settings & sectors: <i>Austin & Travis County Active Living Plan(2020)²⁹ - Recommendations by Setting & Sector</i> | <p><i>Business & Industry</i></p> <ul style="list-style-type: none"> ● <u>Recommendation 1</u>: Identify and circulate materials for best practices, models, and evidence-based physical activity interventions in the workplace ● <u>Recommendation 2</u>: Create an accessible forum that nurtures natural collaborations between industry, agency, and business to share worksite wellness resources and programming and promote physical activity among employees ● <u>Recommendation 3</u>: Incentivize transit choices <p><i>Community, Recreation, Fitness, and Parks</i></p> <ul style="list-style-type: none"> ● <u>Recommendation 1</u>: Build on the City of Austin Park Ranger Program and apply it to other programs for youth in open spaces ● <u>Recommendation 2</u>: Focus on the development of smaller, neighborhood parks that include swimming pools and are easily accessible to nearby residents by foot, bike or public transit ● <u>Recommendation 3</u>: Restart the Viva! Streets Austin: Ciclovía Festival on a quarterly basis and combine it with an Austin Open House <p><i>Education Setting</i></p> <ul style="list-style-type: none"> ● <u>Recommendation 1</u>: Partner with school districts and childcare providers to better fund and implement active education and youth programs and provide students with a variety of options to be physically active. ● <u>Recommendation 2</u>: Expand programs with existing educational program partners, such as the Austin Nature and Science Center and Lady Bird Johnson Wildflower Center, focused on offering more hands-on activities and creating more outdoor learning environments ● <u>Recommendation 3</u>: Carve out a space to test and pilot new, innovative ideas to increase physical activity, especially considering the impact of events like COVID-19 <p><i>Faith-based Setting</i></p> <ul style="list-style-type: none"> ● <u>Recommendation 1</u>: Tailor faith-based physical activities or programs to take place outdoors when feasible ● <u>Recommendation 2</u>: Encourage the development of partnerships with organizations focused on active living throughout changing seasons ● <u>Recommendation 3</u>: Build upon the success of existing faith-based health programs <p><i>Healthcare Setting</i></p> |

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| | <ul style="list-style-type: none"> • <u>Recommendation 1</u>: Supply health care providers with access to and knowledge of successful, evidence based, culturally appropriate community programs for physical activity • <u>Recommendation 2</u>: Implement a Park Prescription (Park Rx) program • <u>Recommendation 3</u>: Work with the senior population to help promote policies for aging in place <p><i>Mass Media</i></p> <ul style="list-style-type: none"> • <u>Recommendation 1</u>: Create digestible, regularly updated information on active living • <u>Recommendation 2</u>: Launch a regular schedule of active living campaigns focused on different parts of Austin and Travis County • <u>Recommendation 3</u>: Create and publicize a vision for the future of active living in Austin and Travis County based on public input <p><i>Public Health</i></p> <ul style="list-style-type: none"> • <u>Recommendation 1</u>: Create an active living coalition • <u>Recommendation 2</u>: Mitigate the disparities exacerbated by events like COVID-19 that are a barrier to services, resources, opportunities, and other health-promoting activities • <u>Recommendation 3</u>: Create, maintain, and leverage cross-sectoral partnerships and coalitions that implement evidence-based strategies to promote physical activity <p><i>Sport</i></p> <ul style="list-style-type: none"> • <u>Recommendation 1</u>: Work on increasing more artificial turf space that requires less maintenance • <u>Recommendation 2</u>: Ensure the virtual delivery of sports activities to people of all ages, backgrounds, and abilities, and promote individual sports such as biking, skateboarding, and running • <u>Recommendation 3</u>: Establish an entity that can serve as a central resource to unify and strengthen stakeholders in the sports sector <p><i>Transportation, Land Use, and Community Design</i></p> <ul style="list-style-type: none"> • <u>Recommendation 1</u>: Use social determinants of health to set benchmarks and use an evaluation tool to measure impact of planning programs, policies, and land use changes • <u>Recommendation 2</u>: Improve shared use active transportation infrastructure, such as sidewalks and bikeways, by prioritizing "quick build" solutions and reallocating street space to active transportation uses/users • <u>Recommendation 3</u>: Prioritize mitigating urban heat island effect in design, especially prioritizing tree canopy and other shade creation strategies |
| 14.) Foster innovative approaches for diverse groups and <i>interweave</i> physical activity into diverse settings | <p>Innovative programs like that "<u>Nature Smart Libraries</u>" taking place at Austin Public Libraries with support from the Cities Connecting Children to Nature initiative (e.g., creating more outdoor spaces for libraries, providing seed libraries, and outdoor education to connect with nature) and other innovative ideas (park prescriptions via clinics; a walk to reflect a Muslim pilgrimage; using art to connect people to nature; picnics with families inspired by A Rocha's approach) hold promise to foster individual, family and community physical activity.</p> |

SUMMARY FINDINGS & RECOMMENDATIONS

In concluding this rapid landscape assessment of physical activity in Travis County, we provide a summary of our findings and initial recommendations for future directions in [Table 7](#) as informed by our scoping review, analysis of existing data, and key informant interviews. This summary and recommendations are intended to provide a foundation for community discussions and planning for ongoing community health improvement aimed at supporting PA among our Travis County community, with a focus on the subgroups and geographic areas with greatest need. We also provide an infographic of our key findings with the aim of further sharing our findings with the Travis County community ([Appendix H](#)).

Table 7. Summary Findings and Recommendations. *Travis County Physical Activity Landscape Assessment (2024).*

| Summary Finding | Description | Recommendation |
|--|--|---|
| Prevalence of Physical Activity Engagement among Travis County Residents | | |
| 1. Physical activity participation is higher for <u>Travis County adults</u> as a whole when compared to Texas adults, yet just under one in five Travis County residents reports no leisure-time physical activity. | <ul style="list-style-type: none"> As a whole, the prevalence of physical inactivity (no leisure time PA) among adults appears to be lower in Travis County compared to Texas, (19% vs. 25%, respectively), based on <i>2020 County Health Rankings & Roadmap</i> data,⁴⁴ representing a promising finding for our Travis County community. Despite higher PA engagement for Travis County compared to Texas, the most recent data from 2022 indicate that just under one in five Travis County adults (19%) report no leisure-time physical activity of Travis County,²⁷ a trend that has persisted since 2011.³¹ Based on current population estimates of 1.27 million Travis County adults, approximately 241,300 Travis County residents do not participate in leisure-time PA. | <p>Just under one in five Travis County (TC) residents engages in no leisure-time PA:</p> <ul style="list-style-type: none"> Identify higher risk groups for low PA. Identify and implement community-informed strategies to increase PA participation with the aim of decreasing the percentage of Travis County residents who engage in no leisure-time PA. |
| 2. Physical activity participation is lower for <u>Travis County children and adolescents</u> compared to Texas children and adolescents. | <ul style="list-style-type: none"> The prevalence of child and adolescent PA participation varies by age group, with 4th grade students in HSR 7 (Austin/Travis County) reporting lower participation in past 5 or more days of weekly PA (16.3%) compared to Texas as a whole (38.7%), and 8th/11th grade students in HSR 7 reporting slightly higher PA compared to Texas as a whole (51.4% vs. 47.8%) based on <i>SPAN 2019-20</i> data.²¹ | <p>Approximately half or less of TC children/adolescents meet PA recommendations:</p> <ul style="list-style-type: none"> Identify communities with the most need and less opportunities for PA. Develop & implement community-engaged plan of action |

| Needs, Barriers, Assets and Opportunities for Physical Activity Promotion | | | |
|---|--|---|---|
| 3 | <p>Disparities in physical activity participation by sociodemographic factors have persisted over time, and this report provides new data on disparities in leisure-time physical activity by geographic place. Disparities in physical activity engagement represent an important target for increasing both physical activity equity and health equity in Travis County.</p> | <p>PA findings for Travis County as a whole mask underlying disparities in PA engagement by race/ethnicity, gender, age, and socioeconomic position (income and education), and by geography within Travis County.</p> <ul style="list-style-type: none"> • <i>Racial/ethnic disparities:</i> Persistent disparities in PA were found between 2011 and 2022 based on community reports reviewed, with African American/Black and Latino/Hispanic reporting lower leisure-time PA compared to white adult residents.^{30,31,34} We also note the need for further understanding of PA engagement for under-represented groups that include Asian residents and residents of different language groups. • <i>Gender & age disparities:</i> PA disparities were also found by gender (e.g., 17.8% of adult male residents reported no leisure-time PA compared with 20.4% of female residents²⁵) and age (e.g., residents ≥65 years had the highest levels of no leisure-time PA (27.2%).²⁷ • <i>Socioeconomic Position disparities:</i> People earning less income and with lower education were found to engage in less physical activity in both our scoping review,^{31,34} and based on analysis of the most recent data on leisure-time PA from TDSHS.²⁷ • <i>Geographic Place of Residence:</i> While few reports explored PA by geographic place of residence within Travis County, our analysis of CDC PLACES 2023 data found large disparities in leisure-time PA by household income and poverty level of a geographic area (an average of 11.9% vs. 27.6% inactivity for the cities and communities within Travis County with the lowest and highest inactivity, respectively) (see Table 3 above). • <i>Other Understudied Groups:</i> People with disabilities, caregivers, and hourly paid workers represent understudied groups for physical activity.³¹ Further efforts to co-learn in partnership with these communities about PA engagement and related barriers and opportunities is warranted. | <ul style="list-style-type: none"> • Increase study of understudied populations in Travis County (e.g., specific racial/ethnic groups; age groups; people with disabilities; caretakers) • Enhance assessment of PA participation by geographic areas within Travis County, with a focus on lower income communities. • Identify factors that are driving differences in socio-demographic disparities in PA, beginning with synthesis provided in this report. • Conduct 'positive deviance' assessment to better understand why some at-risk groups for lower PA are engaging in PA with the aim of identifying best practices and environmental supports. • Track PA disparities by sociodemographic factors over time to assess progress |

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| 4 | Social, economic and environmental barriers lower physical activity participation, representing important targets for community health improvement in Travis County | <p>Multiple social, economic and environmental-related barriers for physical activity engagement among Travis County residents were identified across our scoping review.</p> <ul style="list-style-type: none"> • <i>Climate-related barriers:</i> Hot weather • <i>Economic-related barriers:</i> lack of time due to demanding work schedules, prohibitive cost of gym memberships, and rising housing costs that displace residents outside of Austin. • <i>Neighborhood & built environment-related barriers:</i> Poor infrastructure and community design (e.g., lack of sidewalks; proximity to highway; unsafe conditions for walking/biking)^{29,34,41}; lack of access to parks (35% to <50% of Travis County residents have access to parks^{40,41}); and lack of amenities and poor conditions of parks.⁴¹ • <i>Social and community context-related barriers:</i> Lack of programming for caregivers, people with disabilities, and working adults, among other understudied/supported populations;^{31,34} safety and crime (a key reason people do not go to parks, engage in other PA in their neighborhood, or walk or bike);^{29,31,34,40} segregation and racism- resulting in under-resourced communities and spaces not open to all;³² and transportation to get to parks.³⁸ | <ul style="list-style-type: none"> • Conduct assessment on the social determinants of health-related barriers and facilitators. (e.g., How do work schedules influence PA engagement? How might flexible work schedules/vacation days support leisure-time PA? What strategies can be implemented to address safety concerns for greater PA in parks and neighborhoods?) |
| 5 | Initial asset assessment suggests a rich eco-system of organizations to support physical activity, yet there is need to better understand opportunities for physical activity within and across Travis County | <ul style="list-style-type: none"> • <i>Initial resource list:</i> We identified an initial resource list of organizations that provide PA programming or supports for Travis County for children and youth, adults and seniors (Appendix D, Table 4; Appendix F, Table 1). This list is preliminary, and further input is warranted to grow this list with additional organizations and make further enhancements. • <i>Disparities in PA assets:</i> While some data suggest Travis County residents have high access to parks and facilities in Travis County compared to Texas (93% vs. 82%, respectively),⁴⁴ findings from our scoping review indicate that access to parks is not equal across all Travis County residents (e.g. 35% or more do not have access to parks),^{40,41} and qualitative data cited in some reports and our key informant interviews indicate limited PA and recreational programming opportunities for specific geographic areas (e.g., Eastern Crescent) and vulnerable populations.³¹ We also refer readers to current efforts led by Central Texas Interfaith on park equity. • <i>Opportunity for enhanced asset assessment:</i> Further research is needed to better understand PA assets and opportunities in Travis County, which may include assessment of PA programming for different age groups across Travis County, access to PA places and spaces such as gyms | <ul style="list-style-type: none"> • Conduct community-driven asset assessment to identify existing assets and gaps in assets that can support PA engagement. • Explore implementation of <i>Environmental Asset Assessment</i>^{17,47} to assess assets as per: <i>Information Environment</i> (e.g., communication channels to promote PA); <i>Built/Natural Environment</i> (e.g., community design to activate PA spaces); <i>Policy Environment</i> (e.g. shared use agreements); <i>Social/Organizational/Cu</i> |

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| | | (including economic access), and identification of other assets that can be used to promote PA (e.g., communication channels within the information environment; shared use agreements within the policy environment). | ltural Environment (e.g. organizations that can provide PA). |
| Recommendations and Strategies for Physical Activity Promotion | | | |
| 6 | Identification of recommendations and strategies for physical activity promotion provides a promising foundation for guiding Travis County community health improvement efforts | <p>Our scoping review of community health assessments and related reports and key informant interviews identified a range of promising recommendations and strategies to promote and support physical activity in partnership with the Travis County community. As an initial starting place, we refer readers to the rich recommendations provided by the <i>Austin & Travis County Active Living Plan (2020)</i>,²⁹ which provide recommendations and strategies by setting and sector. Here, we provide general recommendations, and refer the reader to our Table 6 above for further specificity:</p> <ul style="list-style-type: none"> • Plan physical activity with intentional and equitable community engagement & partnership.^{37,28,40,41} • Increase access and support for physical activity via enhancing the built and natural environments.^{29,32,37,40,41} • Increase physical activity opportunities and programming for populations most in need in Travis County.^{31,32, 40,41} • Activate settings, foster intersectoral partnerships, and explore innovative approaches for physical activity.²⁹ | <ul style="list-style-type: none"> • Review recommendations and strategies for PA promotion here and within the Austin & Travis County Active Living Plan.²³ • Prioritize settings & communities with most need and opportunity. • Conduct community-led prioritization of strategies. • Develop setting-specific and community-specific plan of action for PA |
| 7 | A physical activity dashboard holds promise to further guide goal setting, needs assessment, monitoring, and overall community improvement for Travis County | <p>Lastly, as part of this rapid landscape assessment, we aimed to identify potential indicators and data sources related to physical activity that can serve to guide goal setting, assessment of needs, monitoring of progress, and overall community improvement related to creating a PA supportive Travis County community (see Figs. 13 & 14). Key indicators for this dashboard may include:</p> <p><i>Individual/Population-Level</i></p> <ul style="list-style-type: none"> • % adults meeting moderate PA recommendations • % children and adolescents meeting moderate PA recommendations • % adults engaging in no leisure-time PA • % adults sleeping less than 7 hours • % adults diagnosed with diabetes • % adults who are overweight/obese <p><i>Environmental-Level</i></p> <ul style="list-style-type: none"> • Mean walk score • Mean bike score • Mean transit score • % adults with access to parks or recreation facilities • % of residents who have access to parks or open space within ¼ to ½ mile • Tree canopy coverage • Green space equity | <ul style="list-style-type: none"> • Share initial proof-of-concept PA indicator dashboard with interested community partners. • Generate further community input into proposed indicators. • Identify platform and organization to host and upkeep PA dashboard for Travis County community. |

Limitations & Strengths

Limitations: Specific limitations of this assessment merit mention. First, our scoping review does not capture the richness of each of the reports included in our review, and thus we guide readers to explore further the context and richness of these findings in the original reports. *Second*, while we aimed to identify relevant reports as well as data sources, much of the review and data presented focus on adults. We recognize the opportunity to go deeper with this assessment in relation to specific age groups. Importantly, we lack reports and data specific to early childhood, and further assessment specific to young people and older adults is warranted. Third, there is continued need to explore PA needs and opportunities for specific racial/ethnic groups, given the racial/ethnic diversity of Travis County. Other understudied groups who merit focus for future assessments include caregivers and other low-wage workers, people with disability, LGBTQ community, and immigrant populations. While some of these groups are cited in the reviewed reports as vulnerable populations for health, data are generally lacking on these subgroups, representing an important need for future community assessment efforts. Fourth, as highlighted in our report, few reports explored PA engagement and supports by geographic area within Travis County. We attempted to advance our collective understanding of PA differences by cities and communities within Travis County with our analyses of CDC PLACE data, yet there is need to explore more fully physical activity needs, assets and opportunities by geographic area within Travis County. Related to these limitations, we recognize that our key informant interviews with just 18 organizations and 26 community leaders cannot reflect the richness in perspectives, cultures, and geographic places that comprise Travis County; further assessment for specific groups and geographic areas is warranted. Lastly, we underscore the nature of this assessment as an initial rapid landscape assessment implemented by a small team of researchers at the UTHealth Houston School of Public Health in Austin. We recognize the opportunity to enhance this assessment with further community input, including exploration of additional community reports, assets, input on PA indicators for a dashboard, and community-informed ‘solutions’ for supporting PA for all residents in Travis County.

Strengths: These important limitations notwithstanding, this rapid PA landscape assessment provides specific contributions worth highlighting. First, to the authors’ knowledge, this is the first scoping review of community health assessments and related reports specific to PA for the Travis County community. A review of past reports allows us to identify persistent disparities in PA engagement, including disparities by race/ethnicity and income, which were documented in this report, as well as identify a range of social determinants of health that prevent people from engaging in leisure-time PA or active commuting, which was based primarily on qualitative input from the Travis County community. Second, we aimed to incorporate a mixed methods approach following the Intervention Mapping *core processes*,¹⁵ which included a scoping review of existing reports, initial asset assessment of organizations providing PA programming, analysis of current PA data, and collection of primary data via key informant interviews with community leaders. Third, this is the first report, to the authors’ knowledge, that has explored PA participation by city/community within Travis County, with findings that further underscore the need to address PA disparities by income-level of a given area. We also aimed to provide an initial proof-of-concept physical activity indicator dashboard to help guide goal setting,

identification of needs, and monitoring of progress for community health improvement. Lastly, we provide a summary of recommendations for advancing physical activity and active living for Travis County residents based on a scoping review of previous Travis County reports and key informant interviews with community leaders that can serve as a foundation to inform action planning efforts in partnership with the Travis County community.

DISCUSSION AND CONCLUSION

Physical activity engagement is a key behavior and practice for the prevention of chronic disease and the promotion of overall health, well-being, and quality of life, representing a ‘*magic pill*’ for health.¹⁻³ This rapid landscape assessment aimed to identify and explore the needs, assets and opportunities for PA promotion for and with the Austin/Travis County community. Our analysis of current PA data indicates that Travis County as a whole outperforms the state of Texas when assessing indicators such as leisure-time PA among adults. While these findings are encouraging, we also note that just under one in five Travis County residents report no leisure-time PA in the past month, representing an important public health need for the Travis County that has largely persisted since 2013.

The average prevalence of leisure-time PA, while higher than the state of Texas, also masks the important disparities in PA engagement by gender, age, race/ethnicity, and income for residents in Travis County. In addition to identifying disparities by socio-demographic factors- many of which have persisted over time, we also documented disparities in leisure-time PA by geographic area within Travis County, which appear to vary by area income-level. In understanding further the factors that may drive these disparities, we identified various social determinants of health-related barriers for PA engagement based on our review of previous community health assessment reports, including *climate-related barriers* (e.g., hot weather), *economic-related barriers* (e.g., lack of time availability, housing costs that displace residents outside of Austin), *neighborhood and built environment-related barriers* (poor infrastructure and community design such as lack of sidewalks; lack of access to parks for 35% to just under 50% of Travis County residents; lack of amenities and poor conditions of parks), and *social and community context-related barriers* (lack of PA programming for specific groups; safety; segregation/racism; lack of transportation). These disparities in PA engagement for specific subgroups and geographic areas as well as the identified social determinants of health barriers represent important targets for community health improvement planning.

Key informant interviews with community leaders representing a range of organizations (government, community-based organizations, and coalitions) also generated rich insights about needs, assets and opportunities for physical activity promotion in Travis County. Our findings provide important foundation for guiding forward community health promotion planning efforts aimed at increasing physical activity equity across communities and populations groups. Among our key findings, we identified:

- *Geographic communities* within Travis County that may benefit from additional resources for physical activity promotion, including communities in the Eastern Crescent and Southeast Austin (e.g., East Austin, Manor, Del Valle, Dove Springs) and North Austin and St. John’s Neighborhood;

- *Population Groups and Communities of Shared Interest and Experience*, including: specific age groups that include children- and immigrant children and undocumented children, adolescents, high school students, and older adults; specific racial/ethnic groups that included: the Asian community, the Black community, and the Hispanic community; low-income communities, working adults, the unhoused community, caregivers, mobile-home communities, and immigrant communities;
- *Needs, Barriers and Challenges for Physical Activity Engagement and Promotion*, which included: lack of access to parks and recreation centers, the importance of community engagement, crowded living spaces, the need for culturally relevant physical activity programming and promotion, environmental conditions such as the increasing heat that inhibit outdoor physical activity and poor infrastructure, language barriers, safety, time poverty, and lack of transportation; and
- *Physical Activity Initiatives and Opportunities*, including organizations and initiatives that can be further leveraged for physical activity promotion in Travis County.

We also aimed to embrace a forward-looking vision via an initial assessment of assets, exploration of recommendations and proposed strategies for PA promotion, and the creation of a proof-of-concept physical activity indicator dashboard. In balancing our assessment of PA needs with recognizing the multiple strengths and assets that exist within Travis County, we generated an initial list of organizations that provide PA programming in Travis County, as well as other organizations that provide other types of support, such as educational resources and data and/or represent promising partners for PA promotion. As shared herein, we also identified and summarized various recommendations and proposed strategies for increasing PA promotion based on our scoping review of previous reports, with a specific highlight of the rich recommendations, settings, and partners proposed in the Austin & Travis County Active Living Plan. In guiding forward our collective PA promotion efforts, we highlight the opportunity to build from our proof-of-concept *physical activity indicator dashboard* that can provide further goal setting, identification of needs, and progress monitoring over time.

In concluding our report, we share here a recent definition of *physical activity security*, which builds from a health equity lens and recognizes the need to create the conditions for all people to have access to enjoyable physical activity:

“When all people, at all times, have physical and economic access to sufficient, safe and enjoyable physical activity to meet, not only their health needs, but to promote physical and emotional well-being and social connectedness, for an active and healthy life.”⁵⁶

We look forward to exploring our findings in partnership with the Travis County community with the aim of generating further research and action for PA-related community health improvement and PA equity promotion. Active living truly is the magic pill for physical, mental, and social health and well-being; let us continue to build from the strong collaborations, community assets, and diverse cultural groups in central Texas to create a Travis County where all residents have the supports needed to engage in active living.

ACKNOWLEDGMENTS

We gratefully recognize the Austin/Travis County community of physical activity, nonprofit, government, and public health leaders who participated in our key informant interviews. Their rich insights provide important guidance for future active living promotion efforts in Travis County. We also express our sincere appreciation for the valuable input, support and partnership with this project provided by Dr. Ruth Rechis, Executive Director *ad interim*, Cancer Prevention and Control Platform, and Ms. Haley Gardiner, Program Director, Be Well Communities™- Cancer Prevention and Control Platform, both from The University of Texas M.D. Anderson Cancer Center. Insightful input and recommendations were also provided to earlier drafts of this report by Ms. Tiffni Menendez, Senior Program Manager – Research and Project Director, Texas Research-To-Policy Collaboration Project; Ms. Carolyn Smith, Program Manager – Research, Texas SPAN Project Director; and Ms. Sarah Bentley, Project Manager, STREETS, all from the Michael & Susan Dell Center for Healthy Living at the University of Texas Health Science Center at Houston (UTHealth) School of Public Health in Austin, Texas. Funding for this report was made possible by a community grant from MD Anderson Cancer Center. The Michael & Susan Dell Foundation provided additional support for Dr. Springer’s research position at the UTHealth Houston School of Public Health in Austin, Texas. The contents of this work are solely the responsibility of the authors and do not necessarily represent the official views of MD Anderson, the Michael & Susan Dell Center for Healthy Living or the UTHealth Houston School of Public Health.

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Appendix A

Travis County Physical Activity Landscape Assessment -Key Informant Interview-

Description & Protocol

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|-----------------------|--|
| What & Why | <i>The Travis County Physical Activity Landscape Assessment - Key Informant Interview</i> ("Interview") aims to identify community needs, assets (e.g., organizations and existing coalitions, communication channels, settings, and existing best practices and promising initiatives), and opportunities for community health and physical activity promotion among communities within Travis County. Findings from the interview aim to inform community health planning efforts for community health planners and coalitions in Travis County, Texas. |
| Who | The Interview will be administered with adult community leaders based in Travis County and involved in physical activity programming, community health planning, and the social service sector, including leaders from health departments, parks and recreation department, community-based organizations, and community coalitions. We aim to conduct 20-25 interviews. |
| When | The Interview will be administered between September 2023 and August 2024, with the aim of completing by spring/early summer 2024. |
| How | <p>The Interview will be implemented based on the following steps:</p> <ol style="list-style-type: none"> 1) <i>Develop a roster of community leaders to participate in the Key Information Interviews.</i> This roster will be compiled in collaboration with Be Well Communities (M.D. Anderson) directors, via input from physical activity researchers and practitioners, and via snowball sampling approach in which we will elicit additional input from key informants about who else has knowledge about physical activity needs for Travis County. 2) <i>Invite community leaders</i> to participate in Key Informant Interview via email (see attached Letter of Invitation) and schedule day and time to conduct interview. 3) <i>Conduct interviews:</i> <ol style="list-style-type: none"> a. Record date and background information on Key Informant Interview Form prior to interview (see attached). b. Introduce yourself and describe purpose of interview as per script (see following page). c. <u>Read informed consent (see following page). In doing so,</u> emphasize the voluntary and confidential nature of interview, that no one outside of UTHealth Houston School of Public Health will hear these interviews, and that no names will be used in any reports associated with this rapid needs assessment. Be sure to also inform participants that the discussion will be recorded. If participant requests not to have interview recorded, then respect his/her/their wish and only record responses by hand. d. If participant declines participation, thank participant for their time. If participant agrees to participate, proceed with interview. e. Read each question and record response on form. Probe responses as needed. Record interview using Webex or Microsoft Teams platform. Take notes during session and record observations of interview in "Interviewer Observations" section. f. Thank respondent for time and input, and inquire how they would like their \$50 Target or HEB incentive delivered to them (electronic code or hard gift card). 4) Place Key Informant Interview Form in envelope with date of interview. 5) Store recording of interview on secured UTHealth Houston SPH intranet DelCAHL drive |

Travis County Physical Activity Landscape Assessment -Key Informant Interview-

Informed Consent

[Good morning/afternoon]. My name is _____, and I work at the University of Texas Health Science Center at Houston (UTHealth) School of Public Health, based in Austin, Texas. Our team is working in partnership with The University of Texas MD Anderson *Be Well Communities* initiative to learn more about community needs, resources and opportunities for community health promotion in Travis County, Texas. As a community leader for our Travis County community, we are inviting you to participate in a brief interview, which will take no more than 30 minutes, to ask for your input about opportunities within Travis County to further support community health promotion. I am now going to describe participation in this interview as part of our Informed Consent procedure:

- **Purpose:** This key informant interview is part of a landscape assessment of community health and physical activity needs and opportunities that is being led by Dr. Andrew Springer at the UTHealth Houston School of Public Health in Austin, Texas. The purpose of this interview is learn more about community needs, resources, and opportunities for community health and physical activity promotion among communities within Travis County. As a community leader, you have been invited to participate in this interview because you bring valuable knowledge about our Travis County community.
- **Voluntary Nature and Confidentiality:** Participation in this interview is completely voluntary, and you may choose whether or not to respond to specific questions. While we will ask permission to record the interview, we will not use your name in any publications or reports related to this project.
- **Time of Interview:** The interview takes approximately 20 to 30 minutes to complete.
- **Risks and Benefits:** There are no known risks to participating in this interview. Benefits include the opportunity to inform community health promotion planning efforts for Travis County.
- **Gift card:** As a token of our appreciation for participation in the interview, we will provide participants with a \$50 Target or HEB gift card. To receive this gift card, we will ask for your mailing address at the end of the interview. This contact information will not be linked to your interview responses, and all names and addresses will be deleted once the gift card is sent.

If you have any additional questions or concerns about this key informant interview or *the Travis County Physical Activity Landscape Assessment*, you may contact the principal investigator, Dr. Andrew Springer (512-391-2523), Associate Professor of Health Promotion & Behavioral Sciences at the UTHealth Houston School of Public Health- Austin, as well as The University of Texas Health Science Center Committee for the Protection of Human Subjects (713-500-7943).

Do you agree to participate in the interview?

- ☐ Yes... (*Proceed with interview and ask:*) →
 - ☐ "Are you comfortable with us recording the interview? Again, your name nor position will be reported in any write-up of our findings" (circle response). Yes No
- ☐ No.... (*Thank participant and discontinue interview*)

Travis County Physical Activity Landscape Assessment

-Key Informant Interview-

Interview Guide

(Interviewer: Fill In Following Information)

Date of Interview: __/__/__

Interviewer Initials __ __ __

Person Interviewed*: _____ Organization*: _____

Key Informant ID: __ __

How was interview conducted (circle)? Webex/Teams Phone In-person

Begin Time of Interview __ __ End Time of Interview: _____

*Note: This page will be detached from respondent input and de-identified. This page will be destroyed at end of project, and no names will included in any reports or publications from this project

Descriptive Characteristics

Q1a. As a first question, we would like to learn more about your organization's work with physical activity. What are the primary focus areas of your organization or community health collaborative?

Q1b. In what geographic area of Travis County or the broader state of Texas county is your organization or coalition based?

Community Health and Physical Activity Promotion Needs and Opportunities

Q2. Geographic Communities: As shared, we are interested in learning more about community health promotion needs and opportunities within the Travis County area. This includes learning more about specific geographic communities within Travis County that may benefits from further support. From your current experience and insights, what geographic communities in the Austin/Travis County area may benefit from enhanced support for community health and physical activity promotion/programming? Can you share your top three geographic communities? (**Probes: Read example geographic areas, cities and unincorporated areas below**).

Open Ended Responses:

PROBES of Communities (read from list)

Q3. Communities of Interest/Shared Experience for Physical Activity Support:

- a. What specific populations may further benefit from enhanced physical activity promotion/programming? (Elementary school-aged children, adolescents, young adults, adults, older adults? Ethnic groups? Income groups?)
- b. What other 'communities of interest' (e.g. schools, afterschool programs faith-based institutions, etc.) might benefit from enhanced support for physical activity promotion?

Q4. Coalitions and Organizations working with Physical Activity: What coalitions and/or organizations do you know of that are currently working on physical activity promotion/PA programming? (e.g. Chronic Disease Prevention and Active Living Coalition, TCiNN, Mayor's Fitness Council, ITT, Other?)

Q5. Existing Community Needs Assessments: As part of this landscape assessment, we hope to gather existing community health assessment reports to explore further existing data on physical activity within Austin/Travis County. Can you direct us to existing community assessments?
(Write in below)

Q6. Existing physical activity and community health indicators: Are there existing data on physical activity and/or community health for Austin/Travis County that you can direct us to? (e.g. BRFSS, YRBS, SPAN, other?) **(Write in below)**:

Q7. Other physical activity and community health promotion-related initiatives: Are there other initiatives that we should be aware of that are currently working to enhance community health promotion and/or physical activity promotion in Travis County?

Q8: Assets and Resources: Are there other assets and resources that we should consider as part of our landscape assessment that could be further activated or harnessed for community health promotion and/or physical activity health promotion? For example, other organizations, coalitions, funding resources, communication channels (e.g. websites, community newspapers), policies, innovative strategies or initiatives that we might be able to harness further for community health promotion).

Q9. Opportunities: What are your general thoughts about promising opportunities to advance physical activity and overall community health promotion across Travis County or within specific communities in Travis County? If we had all the resources we needed, where would you invest those resources to support physical activity and community health in Travis County?

Q10. Vision: What is your vision for a healthy Travis County?

Q11. Final Thoughts: As a final question, do you have any final thoughts or recommendations to help guide efforts for community health and physical activity promotion planners interested in supporting our Travis County? **(Write notes below)**.

THANK YOU FOR YOUR VALUABLE INPUT!

Your responses will help us better understand how we can support the important work of community health promotion planning for Travis County!

Appendix B

Scoping Review of Austin/Travis County Community Assessments with a Focus on Physical Activity (2011-2023).

Table 1. Austin/Travis County Community Health Assessment and Related Reports with a Focus on Physical Activity (2011-2023), *Travis County Physical Activity Landscape Assessment, Spring 2024.*

| Report Name (Author, Date) | Objectives | Methods for Assessing PA/ Data Source | PA Indicators and Groups & Comms. with Lower PA | Challenges/Barriers for PA Engagement | PA Promotion Strategies/Innovative Approaches | Observations and Recommendations |
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| Physical Activity Specific Reports (All Ages) | | | | | | |
| <i>Austin & Travis County Active Living Plan</i> (Austin Public Health, 2020) | <ol style="list-style-type: none"> 1. Lead with and incorporate an equity lens and improve quality of life for all. 2. Develop a collective action framework to help in the promotion and implementation of active living goals 3. Help educate communities on all aspects of active living and physical activity. 4. Build awareness of the plan among residents and stakeholders | <p>Phase 1:</p> <ul style="list-style-type: none"> - Existing plan review - Stakeholder interviews with community partners (n=19 individuals from various organiz.) - Best practice review <p>Phase 2:</p> <ul style="list-style-type: none"> -Stakeholder interviews (n=11 individuals from eight different institutions) -Stakeholder convening (n=40) <p>Phase 3:</p> <ul style="list-style-type: none"> -Active Living Plan development using qualitative and quantitative data - community input through surveys, faith-based setting, local businesses, healthcare providers, & mass media to capture public support | <p>Indicators:</p> <p>infrastructure (sidewalks, parking, transportation, etc.), park access (especially regarding children and activities for them), gentrification, education, access to sports</p> <p>Vulnerable populations: Black and Hispanic communities</p> | <ul style="list-style-type: none"> • Hispanic and Black residents are less likely than their White counterparts to meet physical activity requirements: from 2011-2017 53% of white adults met the recommended 150 minutes per week of moderate-intense activity, compared to 41% of Hispanic adults and 37% of Black adults (BRFSS, 2018). • Adult residents have asked for programs that link physical activity to other activities. For example, outdoor education, prayer groups, or study groups. • Make schools, businesses, and faith-based organizations walkable. | <p>PA Promotion strategies:</p> <ul style="list-style-type: none"> • Utilize community member input to inform education about currently available assets and opportunities for healthy food and physical activity. • Identify publicly owned property for use as parkland, trails or green space in areas of high need • Advocate for and support ongoing efforts (e.g. Vision Zero Action Plan) to develop and enhance safe, multimodal transportation options across the community, paying particular attention to efforts that increase healthy food access and opportunities for physical activity. • Ensure that plans and development take into consideration issues of equity | <ul style="list-style-type: none"> • Set up friendly competitions to promote physical activity • Survey respective employee populations to better understand what the populations are most interested in • Tailor resources and programming according to different sectors or employer group • Create an accessible forum that nurtures natural collaborations between industry, agency, and business to share worksite wellness resources and programming and promote physical activity among employees • Incentivize transit choices • Build on the City of Austin Park Ranger Program and apply it to other programs for youth in open spaces • Use mapping techniques to target underserved and disadvantaged areas and figure out how best to utilize resources • Talk to the community about what they want |

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| | | | | | | whether it is about location, amenities, or even whether they want to see a park, pavilion, or activity center |
| | | | | | | <ul style="list-style-type: none"> park prescription program |
| <i>Greater Austin YMCA 2022 Annual Impact Report</i> | YMCA aims to provide people in the Greater Austin area with physical activity and healthy lifestyle resources. Their annual report includes budget and program outcome data | N/A | Indicators: Quality of life, equitable access, physical activity in youth | <ul style="list-style-type: none"> N/A | <ul style="list-style-type: none"> 72,845 YMCA members in 2022 5,548 kids in preschool, afterschool, and day camp 21,767 kids in Y youth programs 2,000+ members participated in the Summer FUNtastic family events | <ul style="list-style-type: none"> A report with more specific demographic data would be helpful to identify vulnerable communities |
| *Michael & Susan Dell Center for Healthy Living: <i>Texas Child Health Status - Physical Activity Report</i> (see “ <i>Child and Adolescent-Specific Community Assessment Reports & Related Data</i> ” section below) | | | | | | |
| <i>Healthy Austin Program Indicators, City of Austin (2011-2016)</i> | Initiative to support healthy living: physical activity, recreation, access to healthy foods, strengthening the local food system, tobacco-free living, healthcare access, & improving built environment for healthy living | BRFSS data used for Travis County | Indicators: health coverage, property crime rate, tobacco use, smoking, physical activity recommendations met, obesity, CVD, diabetes Limitations: Data is from 2011-2016, and has not been updated in recent years | <ul style="list-style-type: none"> The percentage of Travis County adults who are obese rose by 21% from 2011 to 2016 For combined years 2011-2015 the lowest percentage of adults performing the recommended physical activity each week occurs in African-Americans (36.3%), followed by Hispanics (39.7%), and Whites (50.1%) | PA promotion strategies are not addressed, but the reduction of crime could be an opportunity to improve promotion. Additionally, focusing on the betterment of infrastructure in predominantly Black and Hispanic neighborhoods could be beneficial. | Organization recommendations not explicitly mentioned |
| <i><u>Texas Health Data (Texas Department of State Health Services)</u> (BRFSS 2019)</i> | Provides a searchable dashboard of health behavior indicators for adults by county. | BRFSS data for Travis County | Indicators: Percentage of adults 18 and older who meet aerobic and strengthening guidelines (total and by sex, age, race/ethnicity, income and education) | Based on BRFSS 2019 data, 28% of White adult residents (95% CI: 22.8%, 33.8%) were found to meet both aerobic and strengthening physical activity recommendations compared with 21% of Hispanic adult residents (95% CI: 14.1, 30.2%) (data on Black, Asian or ‘other’ ethnic groups not report) | N/A | 2019 is the latest data available; data for 2021 BRFSS not presented. |

| General Community Health Assessment and Strategic Planning Related Reports for Austin, Travis County, & Central Texas | | | | | | |
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| <u><i>Austin & Travis County Community Health Assessment, 2022</i></u> (Austin Public Health & Partners, 2022) | <p>1.Examine the current health status across Austin/Travis County as compared to state and national indicators</p> <p>2. Explore the current health priorities among Austin/Travis County</p> <p>3. Identify community strengths, resources, forces of change, and gaps in services to inform funding and programming priorities of Austin/Travis County</p> | <p>1) Community partner assessment, 2) Community Status Assessment, and 3) Community Context Assessment</p> <p>Summit to involve community partners (n=27), data analysis of social and health outcomes (governmental records, surveillance), focus groups (n=48), in-depth interviews with community leaders (n=2), key informant interviews (n=20), radio talk shows (n=3), virtual community leaders forum (n=16), photo outreach campaign (n=23)</p> | <p>Indicators:</p> <ul style="list-style-type: none"> • economic instability, education level, housing, built environment (internet access, transportation, food insecurity, PA), safety, discrimination, health outcomes (e.g. chronic diseases), access to healthcare, climate concerns, and COVID-19. • Vulnerable populations: LGBTQ+ community, Del Valle residents, and Montopolis residents • “Many community members and leaders described active living and exercise as important for health.” • “About one-third of Travis County adults reported being highly active in 2011-2019.” | <p>Physical Activity- Specific Barriers:</p> <ul style="list-style-type: none"> • <i>Lack of access to parks:</i> “...Although there are parks they are not accessible to everyone, I mean, the parks that have more...hmm, that are integrated with more things are not close to the areas with all the people, the whole community.” • <i>Work schedules:</i> “Another factor is also that when the two of us in the house work, we get home late and tired and I get home to make food and we eat late so we end up not exercising, that also adds to us being overweight.” • <i>Safety:</i> “According to the Austin Area Sustainability Indicators report, crime was the top reason for feeling afraid to walk outside. Other reasons included vehicles driving too fast and lack of sidewalks. • <i>Other: Covid-19 Pandemic restrictions, Hot Weather</i> <p>Other challenges cited:</p> <ul style="list-style-type: none"> • The COVID-19 Pandemic made it challenging for community outreach so some communities were underrepresented (e.g. refugees, youth, indigenous communities, people with disabilities, and faith leaders) • People of color are more vulnerable to rises in cost of living (making time allocation for PA more difficult) • 23% of LGBTQ+ residents reported experiencing food insecurity • 16.2% of Travis County adults reported fair or poor health | <p>While PA promotion strategies are not explicitly mentioned, findings from focus groups can help inform strategies:</p> <ul style="list-style-type: none"> • Some residents reported that safe access to green space would promote PA. One focus group participant shared: “[I]f you have a park close by you have more initiative to go out instead of staying in the house.” • Walking in the mall: “You can go walking, [it] is one of my favorite things. [W]hen it is not hot you can go walk in the park. Even in this weather, you can go to the mall. My husband used to hate that, but I didn’t mind going to walk in the mall, you’re still walking.” – Focus Group Participant • Pedestrian barriers/safer streets | <p>Organization recommendations not explicitly mentioned</p> <p>Our recommendations:</p> <ul style="list-style-type: none"> • Develop a plan to improve access to healthcare for marginalized communities • Implement a PA prescription program at local clinics and medical organizations to promote PA to adults • Develop a safety plan for parks in areas with higher crime |

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| | | | | <ul style="list-style-type: none"> • 47.3% of LGBTQIA+ respondents reported poor or fair health • In 2019, 13.8% of Del Valle residents and 11.3% of Montopolis residents reported poor physical health for 14 days+ of the last 30 days, compared to 9.6% of Austin residents • Access to health care is limited for communities of color and the LGBTQ+ community | | |
| <i>Imagine Austin Comprehensive Plan, 2012 (City of Austin) (Amended 2018)</i> | A comprehensive plan to address the community's needs while defining issues that are central to Austin's future success | <p>n=18,532 residents total</p> <p>Utilized surveys, public meetings, traveling team events, speaking events, media outreach (facebook, twitter, and email), citizens advisory task force, boards or commissions, stakeholder interviews.</p> | <p><i>Indicators:</i> population growth, household growth, race, income, poverty, cost of living, education, housing, transportation, parks, susceptibility to change</p> <p>Vulnerable populations: Hispanic and Black communities, particularly in Dove Springs and North Lamar</p> | <ul style="list-style-type: none"> • Deep history of redlining and segregation has led to disparities in healthcare access, food security, and education for Black and Hispanic communities • Many Black and Hispanic residents live in food deserts | <p>PA promotion strategies are not explicitly mentioned, but PA promotion coincides with other community improvements. Making parks safer, sidewalks walkable, better access to healthy foods, and promoting biking and hiking would be a great way to promote PA, but it requires infrastructural changes in many neighborhoods, especially low-income areas.</p> | <ul style="list-style-type: none"> • Create a healthy community code, including revisions to Austin's land development ordinances that make it easier to produce and access healthy, sustainable food and to lead a more active lifestyle • Support and expand farm direct programs (such as farm-to-work and farm-to-school) that link local farmers and food vendors to consumers • Increase the safety and amenities of parks, trails, playgrounds, bike paths, and recreation centers. • Investing in accessible walking and biking networks and open space will provide residents increased opportunities for outdoor exercise as part of their daily routines. • Provide preventive safety education (fire, police, and emergency services) to Austin residents, with particular attention paid those |

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| | | | | | | individuals who speak little or no English |
| <u>Central Health Equity-focused Service Delivery Plan (Central Health, 2022)</u> <u>Healthcare Equity Plan - Central Health</u> | 1. Develop and execute health care delivery strategy based on people and place 2. Implement patient-focused and coordinated health care system 3. Implement sustainable financial model for health care delivery strategies through FY2024 | Central Health conducted an in-depth safety-net community health needs assessment (CHNA), a voice of the community analysis, and a capabilities and gap analyses in collaboration with community members, activists, stakeholders, and partners | <i>Indicators:</i> chronic disease rates, income levels, access to healthcare (e.g. language barriers). Homelessness, and physician shortages Vulnerable populations: Areas along the I-35 Corridor, Del Valle, Dove Springs, Colony Park/Hornsby Bend, and Riverside/Montopolis | <i>Social Determinants of Health:</i> "Safety-net patients are facing many social and economic disparities impacting physical and mental wellness. Regions where 50% or more of the population is Hispanic (i.e., Del Valle, Dove Springs, Colony Park/Hornsby Bend, and Riverside/Montopolis) face greater SDOH-related needs than other regions." Key challenges for household on I-35 corridor and East Travis County: <ul style="list-style-type: none"> • Higher poverty, Lower income, unemployment • High proportion with no high school diploma • High housing costs, substandard housing, crowding • Higher Spanish/monolingual • Less likely to have computers/ internet access | The four strategic imperatives of plan are: (1) access and capacity, (2) care coordination, (3) member engagement, and (4) system of care. "These imperatives will form the structural foundation of the Equity-focused Service Delivery Strategic Plan." | Not mention of physical activity or wrap-around services/programming to support physical activity, despite current initiatives at CommUnityCare centers that include PA programming (e.g. Zumba classes at Southwest Health and Wellness Center in Montopolis). |
| <i>Community Needs Assessment Central Region: Travis County (Ascension Seton, May 2019)</i> | Development of a Community Health Assessment for the Austin Area | IBM Watson Health and Shared Strategy Group came together to conduct focus groups and interviews in Travis County. Participants were chosen on basis of involvement in public health, chronic diseases, and working with underserved/minority populations. Community leaders, healthcare orgs, and healthcare providers were included in qualitative data | <i>Indicators:</i> language barriers in access to care, access to transportation, health insurance, education/workforce development, access to safe recreation spaces, food security, environmental health Vulnerable populations: Latino/Hispanic residents | <ul style="list-style-type: none"> • Access to safe parks is available in some areas but not in all • Physical inactivity more prevalent in minority and low-income populations • Safety including traffic and lack of sidewalks/street lights is a concern in underserved communities • 17.1% percent of the population is considered food insecure • 37.2 % of adults who earn less than \$25,000 are not engaging in physical activity compared to 19.4 % of adults who earn \$75,000 or more • Latino/Hispanic residents are least likely to engage in physical activity (35.4 %) compared with 30.0 % of Blacks/African Americans and 24.8 % of Whites | PA promotion strategies include implementing updated features to the built environment of many Austin residents. For instance, sidewalks and streetlights will improve access to public areas for PA | Organization recommendations not explicitly mentioned |

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| <u><i>Austin Strategic Direction 2023</i></u> (published 2018) | Six priority strategic outcomes: 1) Economic Opportunity and Affordability; 2) Mobility; 3) Safety; Health and 4) Environment; 5) Culture and Lifelong Learning; 6) Government that Works for All. | N/A | <i>Indicators:</i> “Accessibility to quality parks, trails, and recreational opportunities” cited as a key goal, as measured Austin’s ParkScore “score” and ranking among U.S. cities | N/A | Selected recommendations related to health/PA: <ul style="list-style-type: none"> • Leverage innovative financing models and partnerships to support, maintain, and expand parks, open spaces, recreational facilities, and our urban trail network. • Provide accessible, diverse, and inclusive parks and recreation programs and amenities to encourage utilization by all ages and abilities with a specific focus in historically marginalized communities. • Integrate nature into the city by developing and implementing a green infrastructure plan, as envisioned by Imagine Austin, that creates a network of natural lands and other open spaces while dispersing environmental risks to people and property equitably across the city • Improve community health, social cohesion and connections, and resilience through programs and amenities that strengthen families, foster an increased sense of comm., and enhance support networks • Implement comm.-informed initiatives that make healthy and affordable foods easily accessible to all, especially for vulnerable populations and historically marginalized communities. | N/A |
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| General Community Health Assessment Reports for Specific Communities within Austin/Travis County | | | | | | |
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| <u>Colony Park Sustainable Community Initiative Community Profile, 2012</u> | Main goals for the Colony Park neighborhood of Austin: 1. Further land-use development 2. Foster cross-departmental/agency/community coordination and create successful models of comprehensive systems change 3. Support capacity building and community transformation goals of Colony Park area | Project area mapping, jurisdiction mapping, opportunity mapping using census and governmental data | <i>Indicators:</i> Education, economic mobility, housing, environmental conditions, demographic data (sex, age, income, race/ethnicity, language spoken, nativity), civil participation (election reports), crime, transportation, employment. Vulnerable populations: Colony Park | <ul style="list-style-type: none"> N/A | N/A | While this report does not focus specifically on physical activity, it reports on factors that may present barriers to physical activity (e.g., safety and transportation). |
| <i>Manor Community Health Assessment Report</i> | | | | | | <i>We are in process to try to locate this report.</i> |
| <i>Youth Advocates for Change – Del Valle High School (Fall 2021) (UTHealth School of Public Health-Austin, TCAH, Nicole Trevino Consulting)</i> | This community health assessment workshop with Del Valle high school students aimed to explore needs, assets and recommendations for community health promotion. | Participatory learning and action methods (active learning discussion groups; “sensory vignettes” to explore needs/solutions via photos & narratives) | <i>Indicators:</i> Qualitative input on community health and physical activity needs and opportunities. | <ul style="list-style-type: none"> <i>Scarcity of Recreational Facilities and Infrastructure:</i> “And there is not really anything like a bowling alley here in Del Valle” “As you know, we don’t have bicycle lanes at Del Valle High School, DV Middle school or DV Elementary school.” “A need that can be addressed to enhance life in Del Valle high school is adding a recreation center on Ross Road that provides different physical activities for adult, children and families...Not only does it just have to be physical activities they can also provide English lessons [as well as] lessons such as to learn how to play a new sport so anyone can find a new | Youth Change Agents recommended: <ul style="list-style-type: none"> Shared use of DVISD stadium and recreational center Creation of additional recreational centers and opportunities. Increased programming for youth | |

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| | | | | <p>hobby that they didn't think they would like."</p> <ul style="list-style-type: none"> • "A NEED AROUND DELVALLE IS TO ADD A TRACK AROUND THE METROPOLITAN PARK FOR THE PUBLIC." • <i>Flexible Hours for Recreation:</i> "SOMETHING THAT IS CLOSE TO THE COMMUNITY THAT WILL BE OPEN FOR LONGER HOURS THAN WHAT THE USUALLY IS." "Also the hours for it should be quite open since most people work and most kids are in school." | | |
| <p><i>Youth-Led Community Health Learning Initiative with the Del Valle & Montopolis Communities</i> (UTHealth School of Public Health-Austin, Safe Alliance & Community Partners, 2019)</p> | <p>One-year pilot initiative to identify health needs and assets via youth-led community health assessment and analysis of community health indicators</p> | <p>1) a youth-led component qualitative assessment aimed at exploring selected health topics (e.g., photovoice); 2) a data analysis component based on analysis of existing health indicator data.</p> | <p><i>Indicators:</i> Physical activity, healthy eating, and social health</p> <p><i>Priority populations:</i> Del Valle and Montopolis</p> | <ul style="list-style-type: none"> • A significantly higher percentage of Del Valle (31%) and Montopolis (28%) adult residents do not participate in leisure-time PA compared to Austin residents (20%) (CDC 500 Cities, 2018) • In Montopolis 11.3% reported that their physical health was not good for at least 14 of the last 30 days, 13.8% did so in Del Valle, 9.6% in Austin and 12.7% in the state of Texas overall (CDC 500 Cities data, 2018) • Lack of public transportation to parks. • Lack of upkeep of parks • Lack of opportunities for PA and recreation. | <p>Among the 'solutions' explored by youth co-investigators for improving community health, they proposed creating dog parks to support physical activity and social interaction.</p> | |
| Parks, Recreation & Other Extracurricular Community Assessment & Strategic Planning Related Reports | | | | | | |
| <p><u><i>Austin Public Libraries Comprehensive Library Strategic + Facilities Plan (Group 4, 2023)</i></u></p> | <p>Austin Public Libraries aim to provide resources to the community ranging from education to health.</p> | <p>Use of surveys to show which features of libraries are most used by the community and areas for improvement.</p> | <p>Austin/Travis County residents</p> | <p>N/A</p> | <ul style="list-style-type: none"> • Library spaces are sometimes used by medical professionals for telehealth opportunities. • Although there is no mention of PA, the Austin Public Libraries often support fitness classes. • There is | <p>While not cited in their strategic plan, we recently learned about "Nature Smart Libraries" initiative that includes a focus on creating more outdoor spaces for libraries, seed libraries, and other educational initiatives that hold promise to promote outdoor experiences.</p> |

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| <p><i>Our Parks, Our Future: Austin Parks & Recreation Long Range Plan (Austin Parks and Recreation Department, 2020-2030)</i></p> | <p>1. Assess State of Current Parks System 2. Create a Renewed Vision for Austin's Parks System 3. Guide Future Growth and Development 4. Develop Strategies, Actions, and Priorities that can be Implemented and Tracked</p> | <p>Methods consist of community and stakeholder engagement to develop a plan of priorities</p> <p>Phase 1: stakeholder interviews, technical advisory group (TAG) formed</p> <p>Phase 2: public open houses, pop-up events, focus groups, online survey (n=4,400), online comments (9,000+)</p> <p>Phase 3: pop-up events, public open houses (n=622), and speak up Austin discussions (virtual meetings).</p> | <p><i>Indicators:</i> importance of PARD facilities (determined by community), programs/activities offered (sports, rec centers, trails, courts), cleanliness and safety, inclusivity (e.g. parking, multicultural activities), access to nature (gardens, plants)</p> <p><i>Vulnerable populations:</i> Underrepresented youth in Montopolis, East Austin, Southeast Austin and youth poverty</p> | <ul style="list-style-type: none"> • 49% of survey respondents visit parks weekly; 16% visited parks daily • 65% of the population is within a 10-minute walk of a park (low compared to peer cities). • Top 3 reasons people stayed away from parks was crime/safety, proximity to home, and parks in poor condition • Multiple rec centers were observed. Underrepresented Youth Engagement at Montopolis Recreation Center was an area of concern in focus groups • Need for multigenerational spaces (shaded areas, benches, etc.) • Need for accessibility for deaf and blind community members • 51% of residents in the North live in park deficient areas, 58% in the east, 59% in southeast, 38% in southwest, 45% in west | <p><i>Strategies:</i></p> <ul style="list-style-type: none"> • Make it easier for Austinites to spend time interacting with water • Increase the number of community gardens • Prior to any significant master plan or development, work with partner organizations and current and long-time residents to ensure community involvement in the process • Increase the number of entrances to existing parks in order to expand the number of residents within walking distance of a park • Improve web-based information describing the parks system to help people quickly find amenities and experiences they are seeking • Support more dense, flexible, and diverse programs and amenities (e.g., temporary seating or play equipment) in urban public spaces within and beyond PARD parkland. | <ul style="list-style-type: none"> • Specific park development and implementation plans based on location (pg. 160) • Specific recommendations for the blind and deaf communities include more accessible wayfinding, amenities, and general urban design (e.g. tactile map, auditory locators like windchimes, visual aids, captioning at park events, sensory playscapes, and designated spots for MetroAccess). • Focus on specific routes taken by youth to address park accessibility/connectivity and explore combining with Safe Routes to School efforts |
| <p><u><i>Healthy Parks Plan for Travis, Bastrop, Caldwell Counties (Trust for Public Land), 2019</i></u></p> | <p>Creating healthy communities with the help of parks in Travis, Bastrop, and Caldwell County</p> | <p>Three main categories: 1) Community engagement, 2) Scientific Data, 3) Technical Analysis</p> <p>Speak-outs (20 events, 15-40 resident each), community workshops (n=50 residents), focus groups, surveys,</p> | <p><i>Indicators:</i></p> <ul style="list-style-type: none"> • Physical activity, • Demographic trends of park use • County-specific trends of park use • Age-specific trends of park use • Barriers to park use | <ul style="list-style-type: none"> • <i>PA Access:</i> Out of the three counties discussed, Travis County has the greatest access and opportunity for physical activity, with 93% of the population having access to exercise opportunities in Travis County (Table 3, p. 12) compared to 39% in Bastrop and Caldwell counties. • <i>Racial inequities</i> in physical activity opportunities for Hispanic and African American communities | <p>The report provides useful maps for planning new parks, including:</p> <ul style="list-style-type: none"> • <i>The Park Access Map</i> demonstrates where new parks could have the greatest impact on park access. • <i>The Community Health Map</i> shows where additional parks could help address community health issues. | |

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| | | telephone polls (n=800 residents), interviews (n=25 community leaders/stakeholders), online surveys (866 respondents) and GIS/ mapping. | <ul style="list-style-type: none"> Barriers to physical activity, beautification, social events, park access, socioeconomic vulnerability, flooding/climate impacts on parks. | <p>compared to non-Hispanic White counterparts.</p> <ul style="list-style-type: none"> <i>Park access:</i> Travis County (56.5% have access); Caldwell (12.9%); Bastrop (11.2%) 38% of Travis County respondents said to use parks daily or weekly Demographic Trends: Park use is lower among those with a high school education or less and those with incomes below \$50,000, depicting disparities in physical activity opportunities Lack of restrooms, water fountains, busy areas influence turnout/active recreation in parks Stakeholders requested more exercise equipment, sports facilities, etc. Mapping results (p. 35-45) | <ul style="list-style-type: none"> <i>The Socioeconomic Vulnerability Map</i> shows where there are underserved populations who may have greater need for the health services provided by parks. | |
| Child and Adolescent-Specific Community Assessment Reports & Related Data | | | | | | |
| <u><i>Michael & Susan Dell Center for Healthy Living: Texas Child Health Status Report – Physical Activity</i></u> | “The Child Physical Activity in Texas one-pager showcases the current state of physical activity for children in Texas.” Provides data on 2 nd , 4 th , 8 th and 11 th grade students in Texas | Texas SPAN Survey data, which are based on self-administered surveys and physical measures of height and weight. Provides state-representative data and by Health Service Region | <i>Indicators:</i> Days per week of physical activity; days of outdoor play; classroom activity breaks; | <ul style="list-style-type: none"> “80.4% of Texas youth fail to meet the recommended daily 60+ minutes of physical activity.” Provides a Roadmap for increasing physical activity in school-aged children. | <ul style="list-style-type: none"> “Regular classroom physical activity breaks occur in fewer than 35% of elementary schools.” “Only 45% of middle schools allow students to use gym facilities and equipment outside of school hours.” | This report provides data at the state level. |
| <u><i>Ready by 21 Children and Youth Demographics</i></u> (Data from 2008-2014) | Ready by 21 provides clear standards to achieve collective impact, tools and solutions to help young leaders make progress, and ways to measure and track success along the way | Use of American Community Survey data to show demographic breakdown of children in Travis County | <i>Indicators:</i> academic success (readiness, moving up grade levels, etc.), physical health (immunizations, birth weight, injuries, homelessness), social and emotional safety (attachment, risky behaviors, mental | <ul style="list-style-type: none"> Percent of Austin ISD High School students who reported missing school at least once in the previous 30 days because they were too sad, unhappy, depressed, or stressed to attend was 18% in 2014 Suicide rate for youth ages 15-24 (per 100,000 youth ages 15-24) was 10.2 in 2010 | N/A | Limited and older data, so may not be a good indicator of present outcomes (for instance, vapes/e-cigarettes have grown in popularity since 2014) |

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| | | | health, etc), and civic engagement (voting) | <ul style="list-style-type: none"> Percent of Austin ISD High School students self-reporting using marijuana at least once per month WAS 18% in 2014 | | |
| <u>Texas Education Agency – Coordinated School Health</u> <u>Texas School Health Survey 2022-2023</u> | Provides description of coordinated school health components & list of past School Healthy Surveys. | Annual survey on school health policies and practices | Indicators (PA): Ways schools are meeting elementary and middle school requirements for physical activity; access to physical activity equipment/facilities; policy on withholding physical activity from student as punishment; | *Data not provided by district or county level. | N/A | Does not provide data by district or county. |
| <u>Texas Education Agency: Fitness Data</u> <u>FitnessGram® @ Texas Statewide Report 2018-19 School Year</u> | Provides a portal to past FitnessGram fitness reports for students in elementary, middle and high school in Texas. Report presents aggregate data, but a portal allows exploring school-specific data. | Data based on FitnessGram assessment, which is based on measures of fitness (e.g. PACER test) | Fitness indicators: Abdominal Strength, Aerobic Capacity, Body Composition, Flexibility, Trunk Extensor Strength, and Upper Body Strength | *Data not provided by district or county level. | N/A | Does not provide data by district or county. |
| <u>Texas Education Agency - Physical Education Report: 2021-2022 Physical Education Report Summary (TEC 38.0141)</u> | This report provides a summary of findings for PE class implementation for state of Texas. | Data source: 2021 – 2022 PEIMS. | Indicators (state level): average number of PE classes per week, average number of days of PE per week, average PE class size, teacher certification in PE, policies on withholding PE | N/A | N/A | Does not provide data by district or county. |
| <u>Texas School Physical Activity and Nutrition (SPAN) Survey 2019-2020</u> | The goal of the Texas School Physical Activity and Nutrition (SPAN) Project is to monitor the trends in body mass index (BMI) of school-age children in the | For 2019-2020, a total of 8,546 student surveys were collected representing the total 2nd, 4th, 8th, and 11th grade student population (N=1,407,016) | Indicators: BMI, physical activity behavior (past week PA; sports team participation; extracurricular PA), sedentary behavior, dietary behavior | N/A | N/A | <ul style="list-style-type: none"> Travis county falls under zone 7, so finding data specific to that zone may be helpful The percent meeting physical activity requirements were 30.5% for 2nd grade, 16.3% for 4th grade, 23.2% for 8th |

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| | fourth, eighth, and eleventh grades within ethnic, gender, and geographic subpopulations using a statewide surveillance system | | | | | grade, and 19.4% for 11nd grade |
| Other Austin/Travis County Area Reports that do not cite physical activity (but have relevance) <ul style="list-style-type: none"> • Community Climate and Resilience. <i>Austin Futures 2020: An Annual Report by the Austin Area Sustainability Indicators</i> • Climate Vulnerability in Austin: A multi-risk assessment. <i>A project of the Austin Area Sustainability Indicators project and the Texas Metropolitan Observatory of Planet Texas 2050</i> (Bixler & Yang, UT at Austin, RGK Center, 2020). • Austin Future 2019: Why Equity Matters for Sustainability: An Annual Report by the Austin Area Sustainability Indicators (UT at Austin RGK Center) • The Relationship between Health and Social Capital in the Austin Area: Evidence, Disparities, and Recommendations (Bixler & Atshan, 2018) • 2018 Greater Austin Civic Health Index (University of Texas at Austin and community partners) • <i>Austin Strategic Mobility Plan</i>. http://austintexas.gov/asmp | | | | | | |

Appendix C

Prevalence of No Leisure Time Physical Activity and Other Health Behaviors and Conditions Related to Physical Inactivity by Travis County Cities and Communities

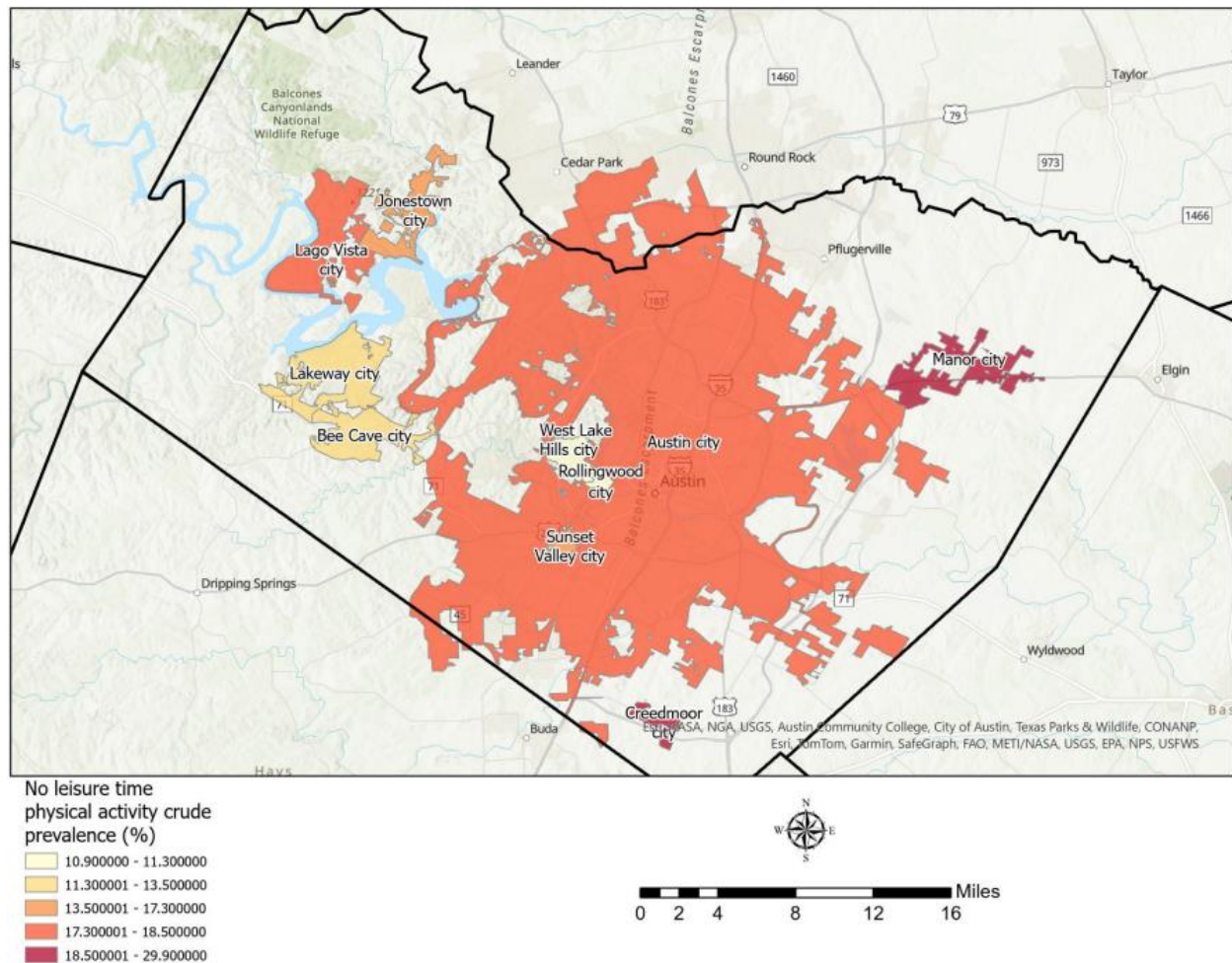


Figure 1. Map of percentage of adults who engaged in no leisure-time physical activity in the past month, Travis County, Texas. (Source of data: CDC PLACES, 2023).

Figure 2 presents the percentage of adults who sleep less than 7 hours a day for Travis County and by city and geographic area within Travis County. Similar to our findings with leisure-time physical activity, Dell Valle (35.8%), Manor (34.5%) and Creedmoor (32.6%) were the areas/cities with the higher percentage of adults who slept less than 7 hours/day; Rollingwood (24.6%), West Lake Hills (24.9%) and Lakeway (26.3%) were the cities with lower percentage of adults sleeping less than 7 hours.

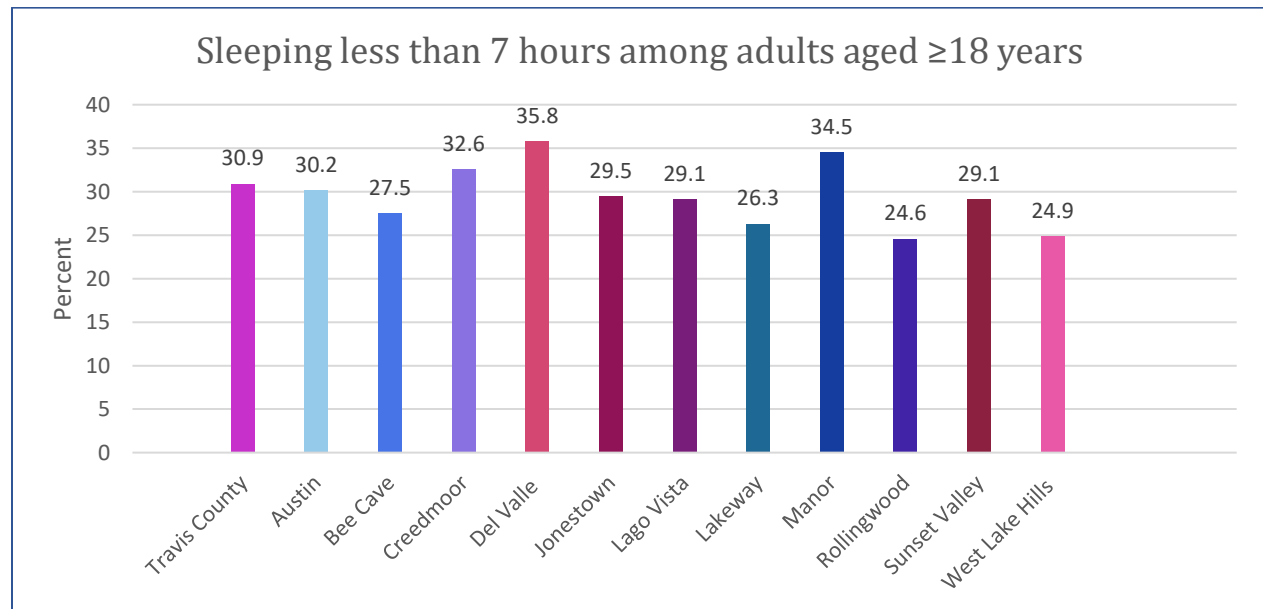


Figure 2. Percentage of adults who report sleeping less than 7 hours/day in Travis County, Austin, Bee Cave, Creedmoor, Del Valle, Jonestown, Lago Vista, Lakeway, Manor, Rollingwood, Sunset Valley, West Lake Hills (CDC PLACES 2023). *Travis County Physical Activity Landscape Assessment (2024)*.

Figures 3-6 present the prevalence of additional health-related outcomes by city and area within Travis County that have been found to have an association with physical inactivity, including the prevalence of diagnosed diabetes (Figure 3), obesity (Figure 4), cancer (Figure 5), and depression (Figure 6). With the exception of cancer, we note similar patterns in the prevalence of these outcomes by income level of a given city/area as found with our findings on physical activity and sleeping.

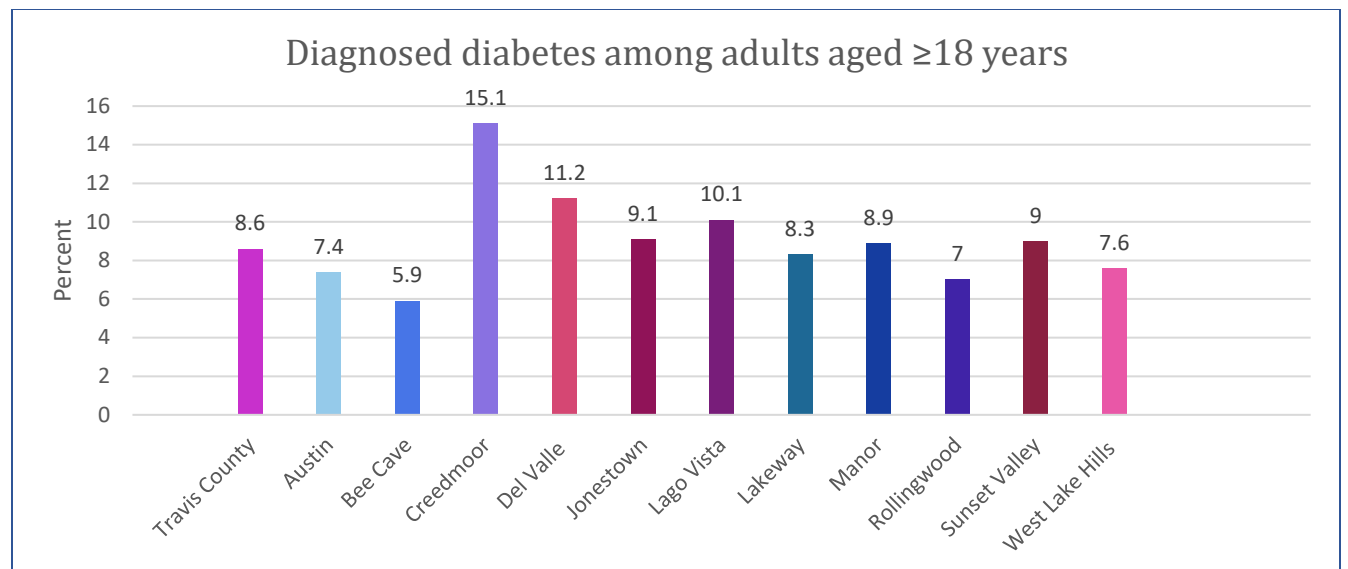


Figure 3. Percentage of adults with diagnosed diabetes in Travis County, Austin, Bee Cave, Creedmoor, Del Valle, Jonestown, Lago Vista, Lakeway, Manor, Rollingwood, Sunset Valley, West Lake Hills (CDC PLACES 2023). *Travis County Physical Activity Landscape Assessment (2024).*

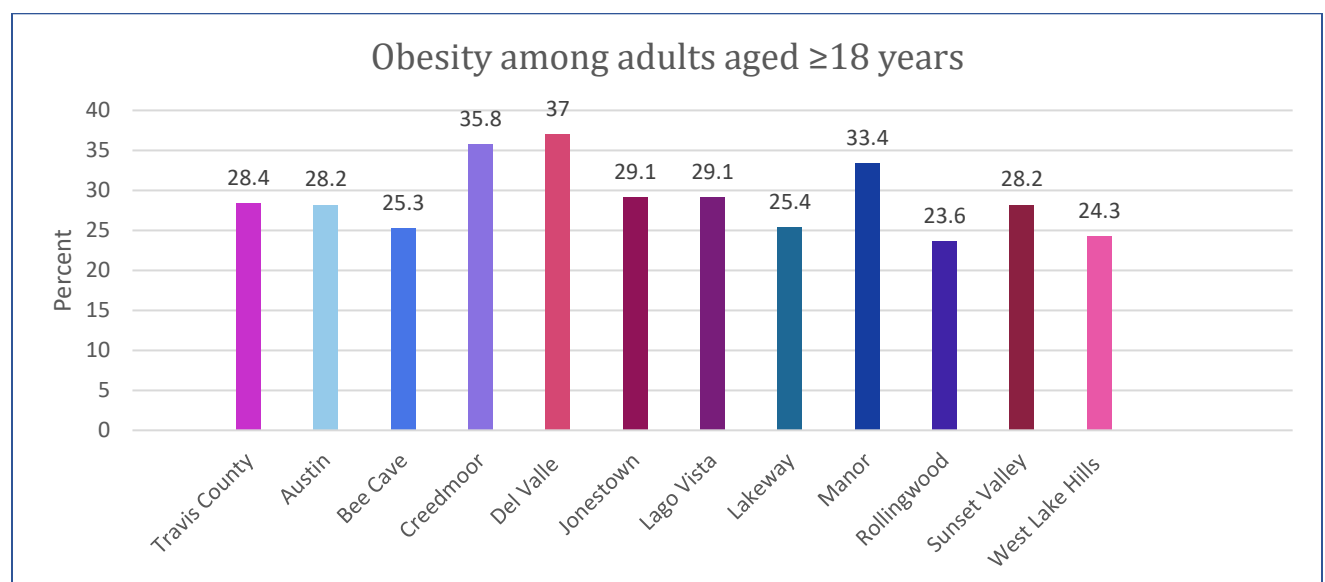


Figure 4. Percentage of adults with obesity in Travis County, Austin, Bee Cave, Creedmoor, Del Valle, Jonestown, Lago Vista, Lakeway, Manor, Rollingwood, Sunset Valley, West Lake Hills (CDC PLACES 2023). *Travis County Physical Activity Landscape Assessment (2024).*

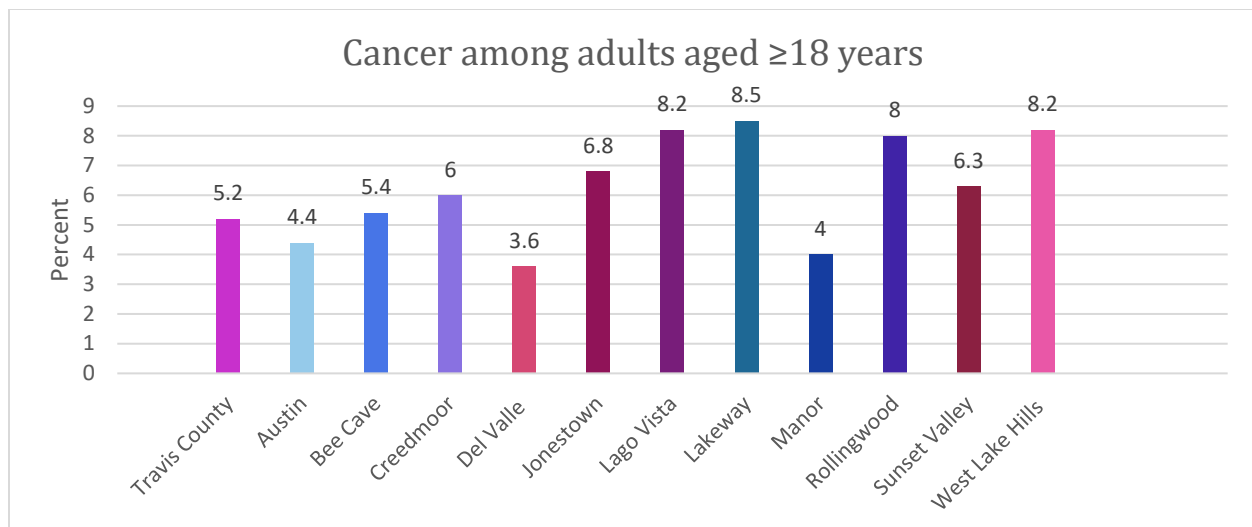


Figure 5. Percentage of adults with cancer in Travis County, Austin, Bee Cave, Creedmoor, Del Valle, Jonestown, Lago Vista, Lakeway, Manor, Rollingwood, Sunset Valley, West Lake Hills (CDC PLACES 2023). *Travis County Physical Activity Landscape Assessment (2024).*

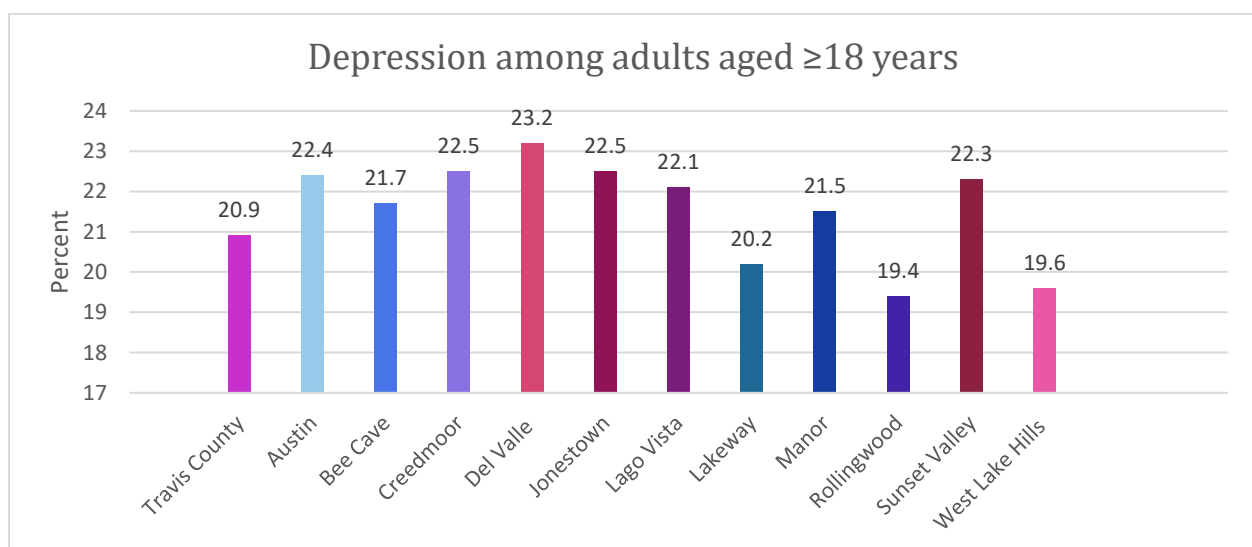


Figure 6. Percentage of adults with depressive symptoms in Travis County, Austin, Bee Cave, Creedmoor, Del Valle, Jonestown, Lago Vista, Lakeway, Manor, Rollingwood, Sunset Valley, West Lake Hills (CDC PLACES 2023). *Travis County Physical Activity Landscape Assessment (2024).*

Appendix D

Tables of Themes and Selected Quotes from Key Informant Interviews (n=26 community leaders from n=18 Austin/Travis County Organizations) November 2023-September 2024

Table 1. From your current experience and insights, what geographic communities in the Austin/Travis County area may benefit from enhanced support for community health and physical activity promotion/programming?

| Theme | Selected Quotes |
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| Del Valle | <i>I'm thinking about the Del Valle School District.</i> |
| | <i>I've attended some of their school health advisory council meetings and It's just hard to get in there [Del Valle]. it's a different world.</i> |
| | <i>Both Del Valle and Manor...we're just caught by surprise and all of a sudden, they're just booming, and the infrastructure's not there.</i> |
| | <i>You mentioned Manor and Del Valle, I'm sure there are huge, huge gaps there.</i> |
| | <i>We definitely focused work in Del Valle when, especially when it comes to infrastructure.</i> |
| | <i>We are waiting on the Del Valle health and one's center off Elroy road and it's more in traditional Del Valle.</i> |
| | <i>I was working in Del Valle specifically...people are really hungry for resources, and there's plenty of resources to be had out there.</i> |
| | <i>We have communities in Del Valle communities, in Dove Springs, that are South communities in East Austin, mobile-home communities that suffer significantly and continue to struggle.</i> |
| | <i>Housing prices are continuing to rise in Austin and so therefore, continuing to push people further East, so, as you mentioned the Del Valle area</i> |
| | <i>All over the ten-county area is that folks in Western Travis County seemed to be able to manage their mental wellness, Not well, but better than we were seeing folks in East Austin, South Austin, Del Valle, and as we dug deeper, a lot of that was because they could go outside.</i> |
| | <i>I would definitely say Del Valle, Manor, and the community.</i> |
| | <i>The Del Valle, Manor, those are like, some good partners.</i> |
| | <i>Del Valle is a big community, especially how much, you know, there's. a lot of factors impacting their health outcomes, like the landfills out there.</i> |
| | <i>The steering committee members came in with personal intentions of bringing some type of food co-op to their communities, but as they learned the studies and the different neighborhoods alongside the eastern present, they came to a consensus decision that they wanted to pursue that Dell Valle would be the community of interest for leading the project</i> |
| Dove Springs | <i>Southeast Austin also has a gap kind of that Dove Springs.</i> |
| | <i>We have communities in Del Valle, communities in Dove Springs, that are South communities in East Austin, mobile-home communities that that suffers significantly and continue to struggle.</i> |
| Eastern Crescent | <i>In terms of just like, you know, Austin as a whole...the Eastern Crescent and...the population continue to get pushed further and further east.</i> |
| | <i>Right on the Eastern Crescent, but towards the inner Eastern, not on the outer, so they don't have the same resources and opportunities.</i> |
| | <i>Austin moves is designed to our focus in the eastern of awesome jobs, and reaching communities with health disparities, especially.</i> |
| | <i>Making sure that the program is promoted and available in the eastern crescent is going to be a focus.</i> |
| | <i>Eastern, Eastern by 35, I'm thinking and kind of those.</i> |
| | <i>We still have the highest concentration of map members on the I-35 corridor</i> |
| | <i>All over the ten-county area is that folks in Western Travis County seemed to be able to manage their mental wellness, not well, but better than we were seeing folks in East Austin, South Austin, Del Valle, and as we dug deeper, a lot of that was because they could go outside.</i> |
| | <i>Another area...that has been focused on, but kind of gets lost is, the I-35 area, St John's.</i> |
| | <i>...it's unfortunate that it's a lot of our East community that are at the most disadvantage, and also, have the highest [needs] for...their health.</i> |
| | <i>So, I think that whole area as an unincorporated area of what is essentially East Austin.</i> |
| | <i>Two of them for sure it would be the St John's neighborhood, is it the bigger than that but I would say, like, the corridor between 35.</i> |
| | <i>Tech Ridge is trying to create these, like, walkable passes, connecting East and West side of 35, but that 11 Street area has been left off of that planning and it's just such a huge list.</i> |

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| | <i>Because of the historically under-resourcing, the eastern crescent is where we've been doing more of our work.</i> |
| | <i>I do think that Eastern crescent continues to need the additional resources maybe to address directly the lack of opportunity, lack of resources directly to that area.</i> |
| | <i>The steering committee members came in with personal intentions of bringing some type of food co-op to their communities, but as they learned the studies and the different neighborhoods alongside the eastern present, they came to a consensus decision that they wanted to pursue that Dell Valle would be the community of interest for leading the project</i> |
| | <i>Yes, anything alongside the eastern Creston. I can tell you from my experience moving from North Austin, not every community looks the same, not every rec center has the same opportunities</i> |
| | <i>One thing I noticed like in certain parts of the area of the Eastern Crescent, if you wanna go to a workout class cycling...certain activities is like you have to go on the other side of 35. So if I wanna take any of those cool classes, workout classes. For me, one, it has to be on my budget. Two, I would have to drive there. Three, it's usually downtown, not the closest to me, you know, so, I've also spoken to a lot of people about this and notice in the community.</i> |
| Elgin | <i>Manor, and even Elgin now.</i> |
| Manor | <i>I'm trying to get in there getting to know Manor, but that's been difficult. Another pocket that also has grown tremendously.</i> |
| | <i>Both Del Valle and Manor...we're just caught by surprise and all of a sudden, they're just booming, and the infrastructure's not there.</i> |
| | <i>You mentioned Manor, Del Valle, I'm sure there are huge, huge gaps there. There are areas of town that are crying out for it right now.</i> |
| | <i>The population continue to get pushed further and further east out towards Manor and some of those other places they don't have.</i> |
| | <i>Manor, and even Elgin now.</i> |
| | <i>I would definitely say Del Valle, Manor, and the community.</i> |
| | <i>The Del Valle, Manor, those are like, some good partners.</i> |
| | <i>I would say is Manor. I currently live in the vulnerability index with manor. I haven't done a vulnerability assessment, but I know from my experience that it would be pretty horrible.</i> |
| | <i>Heading up to Pflugerville, Manor area, all that growth on that side definitely is one of those where again, you don't necessarily have a lot of, well, they have parks, they have that kind of infrastructure, but they might not necessarily have the programming</i> |
| | <i>We have parks with really long trails and we're constantly working with Travis County to develop more. As developers come in and open up neighborhoods, we are insisting that they leave some park land. That's part of our vision is that they have to be able to leave some park land.</i> |
| | <i>Manor Arts Council for a while was taking different areas of Manor and transforming them so that they could be more conducive for recreation. One project we worked on...was just transforming a piece of land in Manor where there was some walkability and picnicking and things like that.</i> |
| | <i>The needs are always there, but it is it only gets to be as robust as the funding that's available or the time that somebody can like solely volunteer to get things up and running.</i> |
| | <i>It's a highway, very busy, very dangerous. And between there, there's NO walkable areas really.</i> |
| | <i>So with Manor, it's a unique story. It's not necessarily a story of deprivation. It's kind of a story of... we were so small for so long and had this group of people, and now we're growing and we actually have people in place...who can make sure to advocate to get those resources sent into Manor.</i> |
| | <i>I think that the number of folks that we have, we don't have the number of services to meet the needs of the many people that are living here and that we're serving.</i> |
| | <i>We also have a lot of, a lot of folks that are suffering from financial burdens, so it's hard for them to have to pay gas, get in a vehicle, travel to Austin, Pflugerville, Round Rock for these outside services and support when it would be more convenient if it was here within our own town, our own community.</i> |
| | <i>There is more liquor stores, more gas stations, more of those stores, more vaping stores than we actually have of physical and health stores.</i> |
| | <i>There's no resources out here for counseling or even if there are suicide outcries, you have to send people out to Austin, to Round Rock, to Georgetown, to South Austin, because there isn't really anything like that here in Manor. Even just the counseling services family counseling, individual counseling, children's counseling, none of those resources are available here.</i> |
| | <i>The city is growing, but we're not keeping up with the growth.</i> |
| North Austin | <i>Definitely North Austin is okay. Meet lots of immigrants up there.</i> |
| | <i>I don't think the infrastructure lends itself to that up there [North Austin]</i> |

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| Outsider Jurisdiction | <i>It's called...extended jurisdiction. It's still in Travis County, and still in Austin, but just kind of bordering the surface area. I think they're at a huge disadvantage because they, they have less access to city resources and they're in this kind of bubble.</i> |
| South Austin | <i>The South side did not feel that they could for reasons of safety, for reasons of you know, transportation, getting around. There were all kinds of services that seem to be available on the West side and all kinds of wide-open spaces.</i> |
| Southeast Austin | <i>South East Austin particularly could benefit from more programs</i> |
| | <i>South East Austin also has a gap kind of that Dove Springs.</i> |
| | <i>We provide opportunities at Southeast.</i> |
| | <i>Specifically in the non-topless neighborhood where we have the Southeast health and wellness center. There is a high concentration of people who are eligible for map</i> |
| | <i>The Southeast part of Travis County is definitely one where there's not a lot of infrastructure, ...[T]here's a lot of migration and just growth in that area because of the gentrification, overpopulation of Austin, housing crisis.</i> |
| St. John's Neighborhood | <i>Other area would still I feel is that has been focused on, but kind of gets lost is like the I-35 area, St. John's.</i> |
| | <i>Two of them for sure it would be the St. John's neighborhood</i> |
| | <i>Carmel Hills, Saint John's toward Northeast</i> |
| Urban Area | <i>In Austin, because we definitely have some huge issues here in the urban area. And as far as the goods go, they're the ones that's changing. I remember 20 years ago, 78702 was one of the first communities.</i> |

Table 2. What specific populations may further benefit from enhanced physical activity promotion/programming?

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| Adolescents | <i>Where are those youth and adolescence who don't belong to those programs? Where are they? And I feel like that's where some of those gaps exist for those kids. To get that physical activity component at school, but then they might go home and then they don't have it</i> |
| | <i>Here, you can pump in more resources into the park system and to our programs, but...we're only getting a percentage of those youth and adolescence and there's a lot more that aren't in our programs.</i> |
| | <i>I would call that an at-risk group of demographics is adolescents.</i> |
| | <i>That's probably where we got to get them, when they're younger. Getting them to be active on a regular basis and elementary middle school, like high school, so it's a habit.</i> |
| | <i>You know, if they're not taught to do that at a young age, are they going to continue it at a notary? Probably not.</i> |
| | <i>Our biggest need ...is through the elementary age groups. So helpful. I know that's what I see in in our literature right too, that physical activity starts to decline as they're going through middle school.</i> |
| | <i>We're definitely lacking the youth programming for our middle school and high school kiddos.</i> |
| | <i>That's where we see a lot of the discipline issues. If they're not involved in these kinds of things, they don't have a recreational center to go to, you know, a place where they could go play video games or or something that's in a more healthy environment, well then they're gonna get into all kinds of other troubles.</i> |
| | <i>One thing I noticed was the opportunities that the Rec Center provided, or the lack of opportunity for children after they turn twelve years old.</i> |
| | <i>I had children that were that age, so it's like we did a couple of years of the soccer, you know...activities that they provided like basketball and stuff like that. But then after twelve, there was nothing that was available for them.</i> |
| | <i>I did notice in my community that when the kids turned twelve, I saw them walking around the streets. Most of the time it was not doing healthy things. Then, I started seeing them walking around with backpacks. That meant they were selling drugs.</i> |
| | <i>We're really lucky to live across the school Langford Elementary. And it was opened, so they had a big, big basketball court, and all the kids would go there and for some reason, all the schools started gating their schools, and I guess it's because of what we're facing, right? Reality of safety concerns. But then that even gave the kids in the community less access to that fixed physical activity because now it was gated, it was open to certain hours and then gated completely and then they were jumping the fence and then that wasn't ok to do.</i> |

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| Asian Community | <i>[Gus] Garcia... their population is very highly Asian as well</i> |
| | <i>There is a population of Indian Americans.</i> |
| | <i>I think that there is some specific work that can be done in the Asian American community, and also would have to be. really faith-based.</i> |
| | <i>I got connected to new community in North Austin to the Afghani women, who I had never had a relationship...and that was like a total different other community who were like in a lot of need of physical activity, resources, community basic resources, food access, and more cultural food.</i> |
| | <i>We work with a diverse community, people from Vietnam as well.</i> |
| Black Women | <i>The big picture story is that women are having this spread out and there's no one location where sort of black women feel like it's for them or they can gather or the black community at large that really thinks about their health and wellness in a specific way.</i> |
| | <i>Women would talk about they would admit that they were suicidal or that they were homeless and they were afraid to share those things in other spaces because they would assume that they would get unfair treatment or discriminated against.</i> |
| | <i>Focusing on women that are from ethnic backgrounds, Black, Latino, and having programming that really relates to...that connects to them.</i> |
| Black Community | <i>These are low-income communities, predominantly Black or Hispanic. They do not have access to quality fitness programming.</i> |
| | <i>African American and Latin communities, when you look at rates of physical activity, there's definitely health disparities.</i> |
| | <i>At more physical activity promotion within the black community, and specifically there was some nuanced, really, culturally appropriate stuff coming online regarding specifically black, women's hair and swimming and sweating and physical activity.</i> |
| | <i>There was another new program that was coming online, that was specific to promoting hiking within the black community, and specifically low-income, black community members, like bringing hiking shoes or appropriate footwear.</i> |
| | <i>I'm talking primarily about Black and Brown students, because that's who we're talking to in these spaces.</i> |
| | <i>To me, that was really striking to know the sense of a lack of safety for Black people in our community.</i> |
| | <i>Frequently, the need for services and resources that are culturally relevant are available for the Hispanic population. I frankly think we have dropped the ball on acknowledging the Black population as a target population.</i> |
| | <i>Black and Brown yoga teachers and the teachers here that could utilize some support and I would say, you know, kind of struggling to get.</i> |
| | <i>Women of color who are entrepreneurs in our community. It is hard to build a black business in this community. It is just flat out hard, so leveraging limited resources and providing economic impact at the same time in these areas.</i> |
| | <i>Austin is a city that over the last twenty years have has grown explosively. The Black population is shrinking, and that is not a common thing to see in many cities</i> |
| | <i>The cost of living, experience of racism, and the lack of community drives people out of the Austin metro area, and specifically more so out of Austin proper because of the cost of living is so high. Motherhood has its own challenges. People often do not prioritize their own physical health. They oftentimes don't prioritize their mental health to take care of.</i> |
| | <i>Black people have not traditionally had the leisure time and the leisure money to be able to afford a tent or, you know, things like that to go camping or whatever the things are outside.</i> |
| | <i>Title 1 campuses, they need the childcare, and then it is enrichment if they can have these opportunities.</i> |
| Children | <i>Children, to me, that's a large space because that kind of starts the trajectory of the of some of the problems that we have. And as you will know. I mean, like, we have the highest rate of childhood obesity that we've ever seen in our country and so I think having. Programs that support, not only organized play, but also free play and places that maybe that the parents and the children can do activity simultaneously where they feel safe.</i> |
| | <i>It [the COVID-19 Pandemic] was particularly hard for children. It's because depending on where they were and what stage of their lives, that critical time, which was more than a year.</i> |
| | <i>When it comes to after school programs, they're as robust as either the teacher is willing to give their free time or as robust as the grants that are available.</i> |
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| | <p><i>With the students, some of the inactivity is a mentality thing because they don't necessarily know about how to eat healthy and I saw it all the time where, you know, they have the food. You actually take pride in providing fresh fruits and all those types of things during lunch, but the students would...take the tray food of fruit, milk, and food and throw it in the trash. Then, go sit down and pull out their big sodas and bags of chips.</i></p> <p><i>There's no resources out here for counseling or even if there are suicide outcries, you have to send people out to Austin, to Round Rock, to Georgetown, to South Austin, because there isn't really anything like that here in Manor. Even just the counseling services family counseling, individual counseling, children's counseling, none of those resources are available here.</i></p> |
| Children Who are Undocumented | <i>We also know that there's a high number of children undocumented children also residing in these areas as well, and so that would be another group considering.</i> |
| Foundation Communities | <i>You know, what about foundation communities or somewhere that you can focus more outside of school?</i> |
| High School Students | <p><i>Our high school students who are typically anywhere between 10th and 12th grade, we have been working with a couple of high schools in particular. Travis High School in South Austin and what we've, what we have seen...there have been, the school district had during the 1st week of school, a couple of suicides</i></p> <p><i>We have been talking to students, particularly 11th and 12nd graders, and what we are finding from them is a sense of despair.</i></p> <p><i>They [high school students] are living in situations where...often they're living in apartment complexes that either don't have the green spaces, or it's not safe.</i></p> <p><i>We also are looking at specifically the teen population, that's something that we also are really focusing on in terms of programming because again, it's like that pandemic affected this age group as well.</i></p> |
| Hispanic Churches | <p><i>Promotion, I would say that, the Hispanic churches.</i></p> <p><i>With the Hispanic evangelical churches, I'm trying to build those relationships.</i></p> |
| Communities Experiencing Homelessness | <p><i>I learned a lot about homelessness, and there is a very big gap in health and wellness programming for individuals who are homeless. Whether that be in shelter or in transitional housing or supportive housing.</i></p> <p><i>What may keep people in house too, are the social connections. "Let us go back out to the street", because they felt safer, because that's where their friends are. Wow. And so it's a strange dynamic, but we ran another study and that came up. It was, you know, "I just feel better when I'm with my friends, so I get lonely when I'm in the housing".</i></p> <p><i>Austin has the highest number of homeless students through age twelve.</i></p> |
| Immigrant Community | |
| | <i>There's a pocket community, an immigrant community of mixed status families that are in, around the old area, the Congress area.</i> |
| | <i>One family that we just got in was a family of 15 kids and they were from Haiti, you know? And take a family of 15 kids...so really connecting that family with the resources that are gonna help them be successful in school.</i> |
| | <i>You know, backpacks school supplies, medical. Do they have their things? Do they know where to go? Do they know how to access, you know, their medical history, that kind of thing. Right. And then the financial stuff too, right? Do they have the money? Do they have insurance? Do they know how to do any of that stuff?</i> |
| Hispanic Community | <p><i>These are low-income communities, predominantly Black or Hispanic. You do not have access to quality fitness programming.</i></p> <p><i>Senior centers that have higher rates of the Spanish community. Guerrero has a very high Hispanic population.</i></p> <p><i>Latin communities, when you look at rates of physical activity, there's definitely health disparities.</i></p> <p><i>Many of our communities that we work with are Spanish-speaking communities</i></p> <p><i>I'm talking primarily about Black and Brown students, because that's who we're talking to in these spaces</i></p> <p><i>Focusing on women that are from ethnic backgrounds, Black, Latino, and having programming that really relates to, that connects to them.</i></p> |
| Communities Experiencing | <p><i>A lot of parks and recreation sites tend to be in low-income neighborhoods. Most of those do not have any kind of health or fitness programming now.</i></p> <p><i>When you're talking about middle to lower-income older adults, it's a desert for them.</i></p> |

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| Economic Disadvantage | <i>Low-income community housing.</i> |
| | <i>Focusing on communities with fewer resources where it's harder to afford memberships or you don't have all the supports.</i> |
| | <i>We like to target those Title I schools for our nonprofit because those are the ones who don't get the same opportunities.</i> |
| | <i>It's in these Title I schools where they have an after care option, but no enrichment programs, after school are very few. It really...it does depend because some schools have amazing teachers that step up and offer a club without being paid.</i> |
| | <i>Title I campuses, they need the childcare, and then it is enrichment if they can have these opportunities. But they're typically not offered as well.</i> |
| | <i>Those areas for children to safely engage and be able to get out of their house, particularly in this population that we're speaking about, where it's low-income or you're living in an apartment and there's not those outdoor spaces like a yard or a park nearby. That may be unsafe, so I think that's a highly vulnerable population.</i> |
| | <i>People are living in a state of crisis right now like, they're food insecure. They don't have money to keep their lights on, and so, I think that's the biggest challenge you'll have in your work.</i> |
| | <i>They [low-income families] are living in situations where often they're living in apartment complexes that either don't have the green spaces, or it's not safe.</i> |
| | <i>In terms of this initiative, the groups that we are looking at are like, 5 children, families, multifamily, potentially also living in, like, low-income housing who are in areas what we consider nature.</i> |
| | <i>The cost of living, experience of racism and the lack of community drives people out of the Austin metro area, and specifically more so out of Austin because of the cost of living is so high. Motherhood has its own challenges. People often do not prioritize their own physical health. They oftentimes don't prioritize their mental health to take care of.</i> |
| | <i>We also have a lot of, a lot of folks that are suffering from financial burdens, so it's hard for them to have to pay gas, get in a vehicle, travel to Austin, Pflugerville, Round Rock for these outside services and support when it would be more convenient if it was here within our own town, our own community.</i> |
| | <i>Just knowing our AISD data and looking at their free and reduced lunch percentages, there is a high population obviously of title one schools in need, and as you know also the AISD buildings, some of those are super old, right? So do they even have, within their school, walking spaces or some type of track?</i> |
| | <i>The YMCAs were placed in the elementary schools as the after school component. So your parent could pay for you to stay after school...the only thing that I would caution on is the barrier of cost. So you can get lots of programming going in other places, but then how do you make it accessible to the people who truly need it. But that's kind of where I go with just the accessibility and the cost barrier.</i> |
| Mobile Home Communities | <i>We have communities in Del Valle, communities in Dove Springs are South, communities in East Austin, mobile-home communities, that suffers significantly and continue to struggle.</i> |
| People with Parkinson's | <i>We're going to be working with the Georgetown area, Parkinson's society, and we'll be doing fitness classes, twice a month for their individuals with Parkinson's.</i> |
| Pregnant or Postpartum Women | <i>Special population we're looking at are women and specifically in peri- and postpartum kind of phase of their life to make sure that they have the support that they need.</i> |
| | <i>Motherhood has its own challenges. People often do not prioritize their own physical health. They oftentimes don't prioritize their mental health to take care of.</i> |
| Working Adults and Caregivers | <i>I do agree that I think there's a need for those adults who are active, and either working or caregivers, and they don't make time for themselves. And I see that as a need as well.</i> |
| | <i>I have seen more of the gap is with the adult population.</i> |
| | <i>Our caregivers are burnt out and have no resources and just have nothing to look forward to.</i> |
| | <i>We work with a lot of the Señoras who take care of the children in the community, the home care providers.</i> |
| | <i>They are the ones who we lead on to take care of our children, and if they're taking care of our children, then they should be provided with the same resources.</i> |

Table 3. What are the needs and challenges for physical activity promotion across Travis County or within specific communities in Travis County?

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| Access to Parks and Recreation Facilities | <i>Three senior centers, and then a lot of parks and recreation sites that tend to be in low-income neighborhoods. Most of those do not have any kind of health or fitness programming now, the senior centers do.</i> |
| | <i>Gus Garcia has been trying to advocate for their own senior center up in that area because they get kicked out of that building because of the kids programming, but there's nowhere for them to go to do all the things they'd like to do.</i> |
| | <i>Access to parks and proximity and all those things certainly help.</i> |
| | <i>In terms of infrastructure for physical activity, whether it be sidewalks or lighting or spaces for recreation</i> |
| | <i>Travis County recently underwent like a park assessment, I think they're getting rid of some of their park spaces.</i> |
| | <i>If I have access to go to a gym, which is indoor and someone else doesn't... I mean, that is a disparity again.</i> |
| | <i>They're living in situations where... often they're living in apartment complexes that either don't have the green spaces, or it's not safe.</i> |
| | <i>And a lot of these folks are finding that in terms of, in order to get to a green space, you've got to cross some type of busy street or highway.</i> |
| | <i>There's some of our branches where they do have access to some green space but most of the staff, as well as the kind of residents don't feel safe being in that space. Whether it's because of drive by shootings or fear that the police are going to be called, or there's a fear that they're gonna ask for documentation. And so there's, there's definitely work cut out for creating a sense of belonging. Like, who gets to play, who gets to be outside who gets to be active versus what the reality is.</i> |
| | <i>That it was meeting a need for some folks, and we'll see if that continues as we get further post-Covid... We have to adapt, you know. I think that's the one thing with physical activity programming of this type, you have to be adaptable.</i> |
| | <i>Not to mention the other issues you brought up, like, the lack of access.</i> |
| | <i>Those park spaces are not always safe or comfortable for the people that we serve, and so we have to think about the fact that like where they live matters, but if they don't feel connected to where they live, they can't be healthy where they live.</i> |
| | <i>The Rec centers are not there or they might have the infrastructure, but then the programming is not there or it's not conducive for the population that's living there</i> |
| | <i>People don't go and they don't know that it's there because it's not a natural path or, you know, what is it a pass through or traffic area for people to actually go through and say, "oh, there's a park right there."</i> |
| | <i>It would be nice to have a recreational, you know, group after school for our youth, right? That they can go and be active, a recreational center, a YMCA, where they can swim. I mean something that's here.</i> |
| Community Engagement | <i>We're really lucky to live across the school Langford Elementary. And it was opened, so they had a big, big basketball court, and all the kids would go there and for some reason, all the schools started gating their schools, and I guess it's because of what we're facing, right? Reality of safety concerns. But then that even gave the kids in the community less access to that fixed physical activity because now it was gated, it was open to certain hours and then gated completely and then they were jumping the fence and then that wasn't ok to do.</i> |
| | <i>We need more green spaces, we need more access to areas where we can grow food, exercise versus more buildings, you know? So it's like that advocacy of preserving our green spaces.</i> |
| | <i>... the city has recognized that sometimes they have rolled out initiatives that they believe are well-intentioned, and they believe are for the community without involving community.</i> |
| | <i>People living in the community really know what's best in terms of what they want to see.</i> |
| | <i>Each community is different, but each community has a very good idea of what they want.</i> |
| | <i>The community and belonging piece, matters a whole lot too</i> |
| | <i>We can come up with a lot of solutions that don't really solve the problems. People are wanting to solve but not really solve the problems that they want solved. So that making sure we value that lived experience just as highly, if not more highly than the years of study.</i> |

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| | <p><i>There are some things [we] have talked about like ommunity involvement...things like 5Ks or just things like group sessions for learning thriller and just doing a community flash mob.</i></p> <p><i>There's some life cycles of parks or...ebbs and flows...Like, pickleball is hot right now, but three years ago, they maybe wanted something different. So yeah, the design needs seem to have changed over time.</i></p> <p><i>So everybody has the ability of being a leader and leading the work. You just have to give them the resources and the skills. So once they gain those resources and their skills</i></p> |
| Crowded Living Space | <p><i>Together, parents, children, grandparents, sometimes great grandparents and we're seeing them, you know, sort of crowded into small spaces.</i></p> <p><i>Their living space is cramped. That means that finding an outdoor space for all of these groups.</i></p> <p><i>People living in apartments, but that wasn't really on my radar before I got into these.</i></p> <p><i>Multi-unit dwellings, what you have is a lot of asphalt and concrete for parking and not a lot of green space.</i></p> <p><i>In terms of this initiative, the groups that we are looking at are like, five children, families, multi-family, potentially also living in low-income housing who are in areas what we consider nature.</i></p> |
| Cultural Relevance | <p><i>To somebody who comes in on a walker and might need to be seated in a class of people who are standing, yoga class of people who are on the floor, and 3 of them need to be in a chair. Like you've got to make it inclusive for this population. You have to be able to adapt and you need to be able to look at somebody walking across a room.</i></p> <p><i>Different programs that could also be recorded and provided online or culturally appropriate physical activity programs in Asian communities.</i></p> <p><i>I think the more opportunities that are out there, they need to be culturally relevant to folks and whatever is put out there could also always be outreach educational component so that people will want to more freely participate in them or understand the importance.</i></p> <p><i>When we were talking about folks relationship with outdoors and green spaces in Austin, what we kept hearing is some variation from people of color of "it's not for me." Meaning this space is not mine. I'm not comfortable here. I don't feel welcome here, for various reasons.</i></p> <p><i>We talk to folks of all ages, particularly younger people of color that I thought was interesting in talking about how they prefer to go to central parks because they feel like if something happens and they call out.</i></p> <p><i>Culturally there were things about these spaces that seemed like white spaces to [people of color] because they didn't know there were things that were understood by the white people who use them.</i></p> <p><i>Some of our programs available in multiple languages as well as our information to our services available, multiple languages.</i></p> <p><i>We had our material translated in in Spanish. It's like our primary, the second most spoken language and then as well as Vietnamese, Burmese and simplified Chinese. And so we're trying to we've been hearing a lot of Vietnamese.</i></p> <p><i>Residents don't feel safe being in that space, whether it's because drive by shootings or fear that the police are going to be called, or there's a fear that they're gonna ask for documentation. And so there's definitely work cut out for creating a sense of belonging. Like, who gets to play, who gets to be outside, who gets to be active.</i></p> <p><i>Where do people go like there isn't like a... why isn't there like a jazz music in the park? There's the activations are not culturally relevant, and aren't in the side of town closest to where those people live, and so I think it's a combination of the two. The just having an activation in that space, but insuring that it's culturally relevant.</i></p> <p><i>What's the word appealing? Or is that the word to the population that we don't really see there? Like think about blues on the green? And I think about this, because I'm always there.</i></p> <p><i>Talking about the Black community, so how about yoga or exercise or lifting exercises, but, you know, when I go on and look for mine, it's pretty much always a young white girl doing it. And you know, that's not my demographic. It's a part of my demographic, but it's not where I am right now.</i></p> <p><i>You have to think about that community and whether they feel a part of that place to begin with. And so I do think there has to be programming that actually does understand what is the place that feels like home to that part of the community.</i></p> <p><i>One family that we just got in was a family of 15 kids and they were from Haiti, you know? And take a family of 15 kids...so really connecting that family with the resources that are gonna help them be successful in school.</i></p> |

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| | <p>...with other residents in the community, it was just connecting them to what are the barriers, what are your common interests that you know about these resources that you know you can be a park adopter, you're the best representative cause you live here and you know your community.</p> <p>We provide the resources, we support them with creating what they want for their community and then it's handed off to the community.</p> <p>I really enjoyed when the city had resources on like connecting kids to nature, you know, but what I would love to see is that we would be able to develop a resident leader from the community to lead the activities, not to depend on the staff from the city or those specific departments.</p> <p>Another thing is also cultural. Sometimes we don't come from communities where we walk, and I'm saying like walk for exercising, not walk to go to school or go to work. But like we have a trail here at the park and nobody utilizes the trail, you know, so that is the cultural thing.</p> <p>It's also like a cultural thing that we're not accustomed to doing as a family. Let's go do an adventure and let's go walk through the trail, let's go to this trail, let's go try this other one on this other side of the city. So it is also like a cultural thing, you know, of connecting and breaking the uncommon of what it is common for other cultural in the USA or in the community.</p> |
| Environmental Conditions | <p>We're beginning to notice...really working around the climate and how much it's changing and how limiting. In the summer, we could have programming, but we have to have it within a certain window. Because then it's just incredibly hot, so there's definitely going to be a need around like teaching, not just environmental.</p> <p>One of the things we're really focused on is shade because it's such a issue in Austin in the [summertime].</p> <p>For people to be out in the summer in Texas, anything we can do to make it comfortable for them is kind of a big deal. I think that's where... part of it's going to be shade structure and part of it's going to be trees.</p> |
| Food Insecurity | <p>Physical activity or adding food access or doubling services together, coupling them together. Even if you're marketing something that's not necessarily related but you kind of double the message.</p> <p>We're working on with the CHIP and Austin Voices for Education and Youth as a contractor, and they're really embedded in the school resource centers and connecting families with immediate needs like, food boxes.</p> <p>Housing prices are continuing to rise in Austin and so therefore, continuing to push people further East... the Del Valle area, I know that is still a big food desert out there</p> <p>We could use more physical activity options, but also a big piece of it is the food quality. What we're consuming, right? There really isn't many healthy options here. All you have is fast food, fried food, there isn't really healthy options.</p> <p>The healthy corner stores, that was something huge for the communities. Especially when they're like, okay, we are activating our streets, we have sidewalks, we have lighting. I can go to the to the corner store, maybe transportation transit is not the closest to me... but now I can go to my corner store, but wait a minute, there's nothing healthy there. I can't even go and buy some potatoes or tomatoes or whatever.</p> |
| Infrastructure | <p>Communities and neighborhoods that don't have access or easy access to infrastructure</p> <p>To infrastructure that promotes physical activity, so walking trail, sidewalks, safe streets</p> <p>We were hearing from folks that that's a barrier not feeling safe walking alone or, you know, with less than ideal infrastructure.</p> <p>In terms of infrastructure for physical activity, whether it be sidewalks or lighting.</p> <p>This challenge is that it's not a walkable team. All of the sidewalks are incomplete and so it's not safe. And so if there are advocacy opportunities within this program, I would advocate for complete sidewalks, heavy vision.</p> <p>You know, all most, most cities at one point were set up in a right with a racial divide and the areas where minorities typically live. To that point, have less access to sidewalks and have greater access to highways, byways and air pollution and so seeing if we can help advocate in those areas to get more sidewalks and really putting a voice of that beyond just that community's voice, which may not be as well.</p> <p>There's also some reasons that, the closer you live to, like a major, like a highway, it increases your risk, a pregnant woman risk of their child having autism.</p> |

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| | <p><i>I had never experienced more families dying, tragically to car and traffic accidents, and from walking along their streets. It was just mind blowing. And so I know that there's as more and more things are moving out to some of these communities, whether or not the structures keeping up with the change. And again, how walkable the areas are</i></p> <p><i>There's not much infrastructure with the growth so those businesses are coming and they aren't, you know, being required to make sure they're sidewalks to get there anything like that. So, I think we think about just overall health.</i></p> <p><i>Even though the people in that area might be 10 minutes within that park, they're not using it. And specifically because of the design, the urban design.</i></p> <p><i>Manor Arts Council for a while was taking different areas of Manor and transforming them so that they could be more conducive for recreation. One one project we worked on...was just transforming a piece of land in Manor where there was some walkability and picnicing and things like that.</i></p> <p><i>It's a highway, very busy, very dangerous. And between there, there's NO walkable areas really.</i></p> |
| Language Barriers | <p><i>Of the families well, the kids of course, they go to school, so therefore fluent in English as well, but their mothers...mothers are the ones that will sign up for your program. And they will bring the kids or participate in the program.</i></p> <p><i>Those are the ones that have the most language barriers to communicate in English, so I think it will be important to have a bilingual program.</i></p> <p><i>But pulling in the Department of transportation, along with, local transportation is a huge need because if we want those folks to be physically active, I don't think the infrastructure lends itself to that up there</i></p> <p><i>Yeah, and I'm thinking from the viewpoint of the driver, because the street signs are all in English.</i></p> <p><i>Obviously, we can't have signs in every single language, but I've written my city council member and told them, you know, you guys need to do something to educate people who are new to this country and are living here among us.</i></p> <p><i>Access a good question in the past. We've translated the Walk Texas materials in multiple languages, including some Asian languages.</i></p> <p><i>... we had our material translated in in Spanish. It's like our primary, the second most spoken language and then as well as Vietnamese, Burmese and simplified Chinese. And so we're trying to we've been hearing a lot of Vietnamese.</i></p> <p><i>I mean one of the biggest things that we are seeing is we are getting a lot of refugees...that are coming in from other countries. And so again there's the whole cultural shock of, you know, coming into a different culture, not understanding the language barrier. We could really benefit from, those types of classes with English as a second language, getting some of those classes GED classes here in the community.</i></p> <p><i>If I want to get involved for health, but I don't know the language how am I supposed to do that, right? So if we give them those resources of like, "hey, well, let's teach you the language first, right? Let's get you a degree so you can find a job, get your GED, your high school diploma here." Getting them connected with those resources so then we can empower them to take care of their health.</i></p> <p><i>You know, backpacks school supplies, medical. Do they have their things? Do they know where to go? Do they know how to access, you know, their medical history, that kind of thing. Right. And then the financial stuff too, right? Do they have the money? Do they have insurance? Do they know how to do any of that stuff?</i></p> <p><i>How can we expect community to be physical or eat healthier or do anything if we're not even taking the time to bring something, somebody that speaks their language or providing the language, the resources in their language. And I'm not saying Google translate. I'm not saying go to my website and click Google translate. No, I'm really saying like, find the budget and the resources to provide the language of that community and we can't only serve one community.</i></p> |
| Safety | <p><i>They're a lot [of issues] with safety. Really, pedestrian safety, I think is called something like that, right? And I've just become more and more aware.</i></p> <p><i>In my neighborhood, the thing that stands out for me is the need to partner with police. Because it's not very safe in my neighborhood and so, you know, it's just we're in a different society now.</i></p> <p><i>It's pretty hard for a pedestrian to be safe when the driver doesn't know what to do, you know and it's just guessing from another country and everything else. Okay. Well, I think that sign means this right?</i></p> |

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| | <i>It's about that intersection between the pedestrian and the driver, and, you know, it's going to help everybody if we can get people educated.</i> |
| | <i>And here, we are in public health, trying to urge them to get their kids to walk, get them to ride their bicycles and...no, I don't think so if I was their parent, I would say, "no, I don't think so. You're gonna get your physical activity in the backyard where it's safer."</i> |
| | <i>Physical activity veteran groups motivation to addressing safety and security we were hearing from folks that that's a barrier not feeling safe walking alone.</i> |
| | <i>Sidewalks where the high crash areas, do you want to be walking on those streets?</i> |
| | <i>Having more presence, like patrols around... we hear that a lot of safety concerns. So exercise walking for exercise, take a back burner because they just don't feel safe. It's not really trails around here.</i> |
| | <i>If you actually go up by 35 around the 11th street crossing, there are a lot of people who are actually crossing I-35. And I think that's where we have the highest traffic fatalities. And so if people are in that neighborhood, they're walking, they're trying to get some physical activity, that's also not safe</i> |
| | <i>In our cohorts, we had about 40% of our patient population that reported that they did not feel like they had a safe place to do physical activity. This could be that they didn't have a safe place to walk. They didn't if they're living in an apartment complex and feel safe in their apartment or things like that.</i> |
| | <i>Those areas for children to safely engage and be able to get out of their house, particularly in this population that we're speaking about, where it's low income or you're living in an apartment and there's not those outdoor spaces like a yard or a park nearby. That may be safe so I think that's a highly vulnerable population.</i> |
| | <i>In the way that in the way that our community is on the East side, and the South side did not feel that they could for reasons of safety, for reasons of transportation getting around.</i> |
| | <i>They're living in situations where...often they're living in apartment complexes that either don't have the green spaces, or it's not safe.</i> |
| | <i>And a lot of these folks are finding that in terms of, in order to get to a green space. You've got you've got to cross some type of busy street or highway.</i> |
| | <i>I had never experienced more families dying, tragically to car and traffic accidents, and from walking along their streets. It was just mind blowing. And so I know that there's as more and more things are moving out to some of these communities, whether or not the structures keeping up with the, the change</i> |
| | <i>Residents don't feel safe being in that space, whether it's because drive by shootings or fear that the police are going to be called, or there's a fear that they're gonna ask for documentation. And so there's definitely work cut out for creating a sense of belonging. Like, who gets to play, who gets to be outside, who gets to be active.</i> |
| | <i>Just to go walk in the park so that they feel safe as black women with their kids with, or without their kids going into a community park in central Texas. And to me, that was really striking to know the sense of a lack of safety for black people in our community.</i> |
| | <i>The safety part, that's the other part too, is that that neighborhood, I've had multiple people say how they don't feel safe using the trails right there.</i> |
| | <i>It's a highway, very busy, very dangerous. And between there, there's NO walkable areas really.</i> |
| | <i>What I regularly see is if students might have to walk from school to like their home or whatever they'll cut across the fields.</i> |
| | <i>I talked to kids all the time at the schools and they say, they have some safety concerns. So there are multiple students whose loved ones have been killed unfortunately by like different things and I think there's some fear in some neighborhoods in the Manor area about how even if your neighborhood is walkable, we have those determinants in place, so it's not just the belt environment.</i> |
| | <i>That's the other thing we hear is people want, lighting. You know, so that they can feel safe in parks during certain times of the year.</i> |
| | <i>I get off at five, I cook dinner, I get the family ready, but it's too dark out there or there's no sidewalks or there's no pedestrian safety. So it was like a combination of like, what are the barriers of people not getting active, right? So those were the things and then it was like, ok, let's do some advocacy, let's do some pedestrian safety.</i> |

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| | <i>We're really lucky to live across the school Langford Elementary. And it was opened, so they had a big, big basketball court, and all the kids would go there and for some reason, all the schools started gating their schools, and I guess it's because of what we're facing, right? Reality of safety concerns. But then that even gave the kids in the community less access to that fixed physical activity because now it was gated, it was open to certain hours and then gated completely and then they were jumping the fence and then that wasn't ok to do.</i> |
| Time | <i>The families don't seem to have enough time</i> |
| | <i>The time in the day, depending on what very young adult no kids and the time you have to spend versus your adult with young kids and do you even have the time to even exercise, or do the things you want to do? I know I struggle with that. With 3 small kids, you have to you have to make time for it, but even if you do all these things, right? You know, put a part within a quarter mile of everyone make sure that there's a walking trail or a bike.</i> |
| | <i>How do you get that person to go and participate in that class to get off the couch to make the time to prioritize their fitness?</i> |
| | <i>If I'm working and then I'm working another job after my regular job, and I have to get dinner together. I'm just super exhausted and...have my kids in activities. If you live in the outskirts, you have to adjust to the traveling time that it takes. So, by the time I can go to after school activities. I work my 2nd job, and we've commute back home now in the winter, getting dark. But even in the summertime. I'm like, I'm just I'm not about to walk through this part. I know I could still have a lot of energy and so I think there's also that level of exhaustion.</i> |
| | <i>It's just the time and the physical barrier to being able to get there.</i> |
| | <i>I used to get on to one of my students because he never had his homework, and then eventually he said, "Miss, I'm gonna tell you right now I'm never gonna have my homework", and I was like, "What do you mean?" He said, "Because when I leave here, I gotta go work at my parents store" and he was 6th grade. And so, with saying that, he worked from five to midnight with his family. Then I had other young men, I mean young boys, who were working with their grandparents and dads on the weekends. And so the leisure time wasn't necessary there, not because there was a lack of desire.</i> |
| | <i>I get off at five, I cook dinner, I get the family ready, but it's too dark out there or there's no sidewalks or there's no pedestrian safety. So it was like a combination of like, what are the barriers of people not getting active, right? So those were the things and then it was like, ok, let's do some advocacy, let's do some pedestrian safety.</i> |
| Transportation | <i>Pulling in the Department of Transportation, along with local transportation is a huge need because if we want those folks to be physically active.</i> |
| | <i>So, with part of one of the questions has to do with just kind of finding out of all the school districts in Travis County, how many of them or what percentage have some kind of a walk or bike to school program, some kind of active transport programming, right?</i> |
| | <i>The ability to get to and from, transportation. There is a Texas state wide active transportation plan that's in the works.</i> |
| | <i>For reasons of safety, for reasons of transportation getting around. There were all kinds of services that seem to be available on the West side and all kinds of wide-open spaces.</i> |
| | <i>And a lot of these folks are finding that in terms of, in order to get to a green space. You've got you've got to cross some type of busy street or highway.</i> |
| | <i>Transportation is a huge need, whether it's transportation to get to your clinic, but also to a park</i> |
| | <i>Even just the need for transportation and how hard it is to get there. And if you have kids and you're trying to Uber, like, where does your coffee goes? So many things that I thought of as a person coming all the way from Manor. But, yeah, I think a combo of both.</i> |
| | <i>It's just the time and the physical barrier to being able to get there.</i> |
| | <i>They found the number one complaint or need is transportation...so these urban issues are, you know, really serious too.</i> |
| | <i>We also have a lot of, a lot of folks that are suffering from financial burdens, so it's hard for them to have to pay gas, get in a vehicle, travel to Austin, Pflugerville, Round Rock for these outside services and support when it would be more convenient if it was here within our own town, our own community.</i> |

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| | <i>The rec center does provide a lot of things for a very of ages, right? But that means getting in a car or getting in the bus. Even though it's just 5-10 minutes away from you, that can turn into 30 min to 45 min, right? And when you have a family or when you're senior that kind of then puts you back into not wanting to do that physical activity or go try something new there.</i> |
|--|--|

Table 4. What coalitions and/or organizations do you know of that are currently working on physical activity promotion and programming?

| | |
|----------------------------------|---|
| Aging is Cool | <i>Have a full range of fitness programming. Fitness, Yoga, Tai Chi, Kung Fu, Belly dancing, you know, the whole spectrum, all of which can be adapted to seed understanding participants and particularly individuals that have disabilities, or are older.</i> |
| SHIVA | <i>Here's another group called SHIVA, and they work with older adults who are Indian.</i> |
| AMA | <i>We've been in conversation with the local chapter of the American Heart Association. American Heart Association always...I think they always do a good job of the programming.</i> |
| AROCHA | <i>Their work is restoring people in places, so they do a lot of work in immigrant communities around families support and nature.</i> |
| Austin Latino Coalition | <i>I will say one really powerful coalition in town that you could approach about becoming interested in this space is the Austin Latino Coalition</i> |
| Austin Moves | <i>Austin moves that's hosted by Austin Public Health.</i> <i>Austin moves, right now it piloted last year post covid because we were seeing a decline in participation in walking Texas act of Austin, 10-week challenge.</i> <i>Creating community... sense of community, especially post-COVID, so that's where we came up with the goals of Austin moves.</i> |
| Black Mamas Rising | <i>I think pregnant and lactating women with an exercise program, and there was a study that was published, I think, last week that showed that that really helped decrease postpartum depression and so forth. We know the benefits of exercise, so, I think targeting some of those populations...particularly in low-income areas.</i> |
| Black Mama's Village ATX | <i>There's sort of like a geographic location would be the Village Place.</i> <i>Black moms who were kind of admins of a Facebook group, so there's a Facebook group called Black Mama's Village, and it has about 4,000 black moms here in central Texas. A lot of the activities are just like mom runs. Like a mom is like, "hey, I want to do this" and then all these other moms support for an activity. So all of the different activities, camping, and helping, and tutoring has led to this co-location space where many vibrant woman are there. Doulas, midwives, licensed therapist, counselors, and massage therapist as well, there's dropping childcare.</i> <i>I think the Village Places, another organization where there are like, lots of parks walking dates, just because I think it began with wanting to do camping trip...Like, I could go do something and know someone was watching my kids on the playground, but there is definitely a desire of Black moms and central Texas to do more physical activity together. And so now that there's a location mixed a pretty nice neighborhood thinking about running and walking groups.</i> |
| Breakthrough Austin | <i>Breakthrough Austin does programming currently and they do have like a nice space outside, which is kind of like a soccer field where they take kids out during the day sometimes...Some other more urban schools might not have that ability.</i> |
| Bros for Yoga | <i>It's a man who is doing yoga in the parks for men, for men of color at that.</i> <i>Program called Bros for Yoga, and they provide yoga for brown and black men and sort of along the eastern crescent in parks to help.</i> |
| Children in Nature Network | <i>Children in nature...so cities connecting children to nature is like a City of Austin initiative.</i> <i>City's connecting children to nature yeah. It is a joint initiative of the nationally neat league of cities so, there's that, and Austin participates.</i> |
| Evolution Health | <i>Recently, the city partnered with a group called Evolution Health and we did a 5K run where we did children and adults and healthy living, and we had like a little vendor fair where different health organizations got to set up tents and pass out information.</i> |
| Group Bringing Gardens to School | <i>There's a group that's working on bringing gardens in schools and they're strictly local here in Austin.</i> |
| Library Backpack Program | <i>Start a backpack program where they could, community members could, check on a backpack, it's stuff to go explore parks, you know, get them out.</i> |
| Marathon Kids | <i>[Marathon Kids] now have a digital tracking platform so yeah it allows a coach to create their account...set a club goal, right? And then when they add their students, it auto generates QR codes for each student, and then they download our scanner app, they set that lap distance. So</i> |

| | |
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| | <i>every lab is completed, they scan that student QR code, and then the data syncs back to their marathon kids account and it all rolls up. "This is how many miles you have. You've contributed to your classroom total miles, to your grade level total miles, to the club goal as well."</i> |
| Pregnancy Research Center | <i>I also connected with Pregnancy Research Center. These are run by Christian organizations, have some connections to churches, and they're very good. They're good places to connect with because they do community work, and they served populations that I would say will benefit from.</i> |
| Texas Parks and Wildlife | <i>Experiences that some of us might experience and awesome like, being able to go to the lake or go to a park and feel safe and welcome and get outdoors and be in an environment where you're fostering the love for learning of the outdoors. So they would be a great partner as well.</i> |
| Urban Forest Council | <i>There's a lot of work happening around trees. So, urban forest council is one group that I kind of wrote down as another potential partner. And that's again, because the trees provide a canopy and kind of shelter from some of the extreme weather.</i> |
| With Faith | <i>With faith is also a variation on the Walk Texas Challenge. It's more similar to the challenge, because usually people aren't exercising at church, but they're reporting their points back. Sometimes they do walking after a church session. So, there is some element of in person, but it's a little more decentralized and it connects with a kind of like a hypothetical walk from Austin to either Bethlehem, Jerusalem, or Mecca can be designed for any faith community. And there's a lot of other materials that go along with it, but it's specific for faith communities, and we are actively working with faith communities on that program as well.</i> |
| Other Organizations | <i>Austin Parks Foundation, Trail foundation, downtown Austin Alliance, Pease Park Conservancy, Waterloo Greenway, Shoal Creek Conservancy... Redline Parkway Initiative...they're working on funding for this bike, hike, invite trail.</i> <i>Some of our other work, we partner with Central Health Foundation Communities, Interval Care Life Works Sunrise Navigation Center.</i> |

Table 5. Are there other initiatives that are currently working to enhance physical activity promotion and/or community health promotion in Travis County?

| | |
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| Art to Connect with Nature | <i>Element of art can also be very meaningful and create...a deeper experience and enjoying nature, so our events then offer high nature walks games and environmental locational activities.</i> |
| Faith-Based Initiative | <i>There are a dozen churches here in Austin that have really large senior programs that bring people together on a regular basis.</i> <i>Maybe even utilizing churches, gyms with those agreements and things like that, where we could offer, you know, for the other offerings for physical activity, and maybe even things that are fun, like pickle ball and things like that, because that can be played indoors and things to get people active.</i> <i>The faith-based communities will have a centralized place, be it, a GM or a large room, lack of a better way of saying it that can also serve as some of those other dual spaces, particularly when those types of worship are not being conducted and re-utilize those rooms for the zoom classes...the things like that, where we could get people moving.</i> |
| Family Grocery Trips | <i>Offering classes to our families, like even a trip to Walmart, you know. What's your grocery store? Alright, so then we take our families to our grocery store here so that they can look at if we're shopping at Walmart, which is our current grocery store, how would you make healthier choices here at Walmart? Learning how to meet the ingredients and things like that.</i> |
| Clubs for Adolescent Girls | <i>This is a free program, but it is specifically designed to empower girls through running... it's to set up running clubs for 4th 5th 6th 7th, and 8th grade girls to address that girls leave sports. Girls leave sports twice the rate as boys, right? And they become less physically active at an earlier age than boys. So we're trying to provide kind of this self paced social, fun atmosphere where it's not super competitive, but what we're truly finding is that girls are loving it because it's just girls. They're already building their confidence and it's because they feel more comfortable to move where they don't have boys watching and everybody's body is like them around them.</i> |
| Incentives for Working Adults | <i>You need to provide incentives to get people to become interesting. And it can be, you know, stamp a card and there's a drawing at the end of the month it can be, you know, a free T-shirt, whatever you need to have incentives at least. Until they see the benefit to themselves. Because so many of them have never had been exposed to this before that they're not going to come, and we really struggled in some sites, and when we started our partners started incentivizing. All of a sudden, we were getting 8-10 people in a class, which was really good compared to showing up and nobody coming.</i> |

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| | <p>Wellness program, we're incentivized. We get 50 dollars on a paycheck if we attend 8 out of the 10 classes. Or a day every quarter, you can get some sort of vacation, leave or something. So what are those things that you could do?</p> <p>Corporate wellness program that we have for the City of Austin. That's great. It's awesome. It's a, it's a very robust program that works very well for the city. That's part of that Mayor's Health and Fitness Counsel. A lot of their work is focused on corporate wellness and they have their awards helping workplace awards.</p> <p>Somebody that can maybe get certified to do Zumba at the park... maybe a stipend, not necessarily like a gift card or something, you know, but it's like, how can we continue developing the residents in the community who last. The ladies in the community who enjoy going to Zumba, they already know all the routines. They just need to get certified or somehow we can just bring them to the park.</p> |
| Health Navigators | <p>They're working alongside with the city in developing resident leaders to become...climate navigators. So, this is like an intense training that you take and then at the end you graduate you know how to support communities or residents in your community if a disaster hits. So I love the concept how the cities really like focus on it in developing these residents and possibly they're the ones who are like the, the food hub or the water hub... So, what if we had something like that but for health? You know, like a health navigator. Educating this resident leader...this resident leader is the one that's gonna connect you to the resources that are already existing. This health navigator is gonna be the one who's gonna...help you in how to start your walking club.</p> |
| Mayor's Health and Fitness Council (MHFC) | <p>There's a whole process to re-certify workplaces through and then at the same time, they can compete to be considered the Mayor's Healthiest Workplace Award, that they can receive a 1000 dollars.</p> <p>So that seems kind of usually the incentive it's bragging rights, they want to get certified so they can say that they're certified and, you know, come to the ceremony where they meet the mayor.</p> |
| Multigenerational | <p>The focus of the program is to connect the families that everybody can come from, you know, the baby to the grandma. They're all welcome.</p> <p>Our biggest initiative right now is the all abilities play scape metro park and...this is a multi-year...project that is going to be like a destination park that is gonna be completely inclusive.</p> <p>When I think of everyone, I'm thinking like from small children to adolescents, to parents, to seniors, the grandparents.</p> |
| Nature Smart Libraries | <p>We have a seed collection, we have story walks, but we're also a much bigger system.</p> |
| PA as Recreation | <p>What makes us when you finish unique from other? Youth support enrichment providers or programs is that we are more about recreation</p> <p>Fitness lifestyle, so I think that's missing. I think we're the only name in the game for lifestyle fitness for kids.</p> |
| Parks and Rec Events | <p>Group fitness in the parks or, you know, physical like many classes in the rec centers that are led by outside organizations and stuff like that.</p> <p>The other offerings for physical activity, and maybe even things that are fun, like pickle ball and things like that, because that can be played indoors and things like that to get people active.</p> <p>We do have a partnership with Austin Public Health where they also do like nutrition classes and movement, walking, to go over like diabetes and heart issues, things like that. So we do promote that through our family engagement on how to stay active and how to do healthy meals.</p> <p>We do playdates in the park, and we have some fitness in the park. And we contract, you know, with different organizations to put that on, like I think there was just a yoga at Zilker maybe less than a month ago.</p> <p>I really enjoyed when the city had resources on like connecting kids to nature, you know, but what I would love to see is that we're, we would be able to develop a resident leader from the community to lead the activities, not to depend on the staff from the city or those specific departments.</p> |
| Parks Prescription Program | <p>Health promotions and health initiatives... so work we're doing with the parks prescription program.</p> |
| Picnics with Families | <p>We developed here in Central Texas to serve the Hispanic community and the goal of picnics is to empower Hispanic families to spend more time outdoors and also to develop the greater interest in nature and environment.</p> |

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| Providing Transportation | <i>There used to be a bus that would...the road runner transportation bus used to...pick up folks...Is there a way to potentially to do this, like passenger vans or?</i> |
| Youth PA with Police Officers | <i>It's basically the police department, and it's police officers that are volunteers... and then parents were involved, there were coaches, so it was like kiddos in the community playing soccer with the coaches who were police officers and it was just kind of like, a way of creating community educating community, but not only that, it was also a lot of physical activity.</i> |
| | <i>So that just kind of led the relationship that the community had with the police department, but it also led to safety.</i> |

Table 6. What are the indicators and/or existing data sources that can guide physical activity promotion in Travis County?

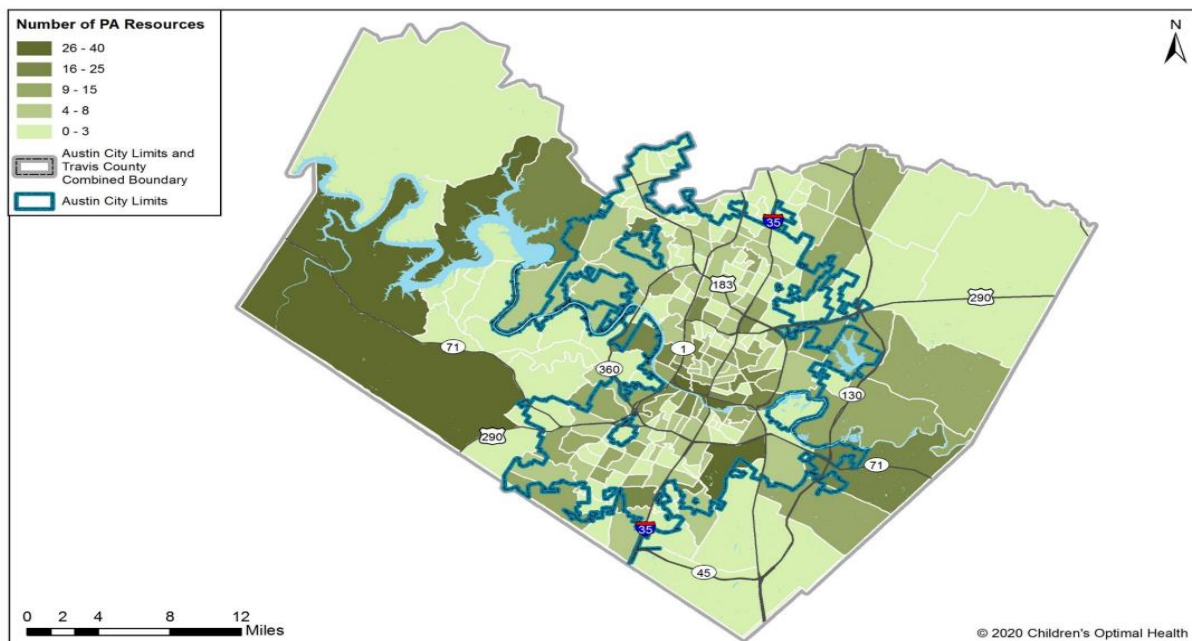
| | |
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| Afterschool Programs | <i>Is there like that after school programming? Like what's how many of the population needs.</i> |
| Active Commuting to School | <i>So, with part of one of the questions has to do with just kind of finding out of all the school districts in Travis County, how many of them or what percentage have some kind of a walk or bike to school program, some kind of active transport programming, right?</i> |
| | <i>I know that the City of Austin has to say for us, the school programs. They ask each child in the PE class to show us how they get to school walking, biking, bus. And they also ask each kid how many kids have a helmet and how many kids have a bike, and so I think that data would be again probably hopefully.</i> |
| | <i>I think it'd be really interesting to kind of see how kids get to school. See, how many people have a bike, and hopefully that you can kind of see a correlation between that and physical fitness activities.</i> |
| Community Health Design | <i>And so is that more around kind of the design of cities and back to how walkable or bikeable. What areas are in addition to the air pollution maybe or a noise pollution?</i> |
| "Community Impact Metrics" | <i>The process in which we identify metrics, so through our measure care model, we identify what is called community impact metrics, which is a term coin by measure. It's really metrics defined by community of how they are impacted or want to be impacted.</i> |
| Health Conditions | <i>Part of the initiatives are to look at people that are at that live close to like 35 or a large area where there's a lot of traffic and incidence of asthma or lung related disease. And so I think that those kinds of things as well.</i> |
| Park Access | <i>How many parks are maybe in the area?</i> |
| | <i>Operational hours, there could be a park, but it could be gated, the majority during business hours or whatever.</i> |
| | <i>How quickly is the park-use activated? I think that's a really important question of what contributes to activating a park and I would be interested.</i> |
| Park and Play Field Utilization | <i>If you could get with the district to find out, who's reserving the field after school or the basketball court and how are they using it? And then how many kids are participating?</i> |
| Playground Availability | <i>I think in mapping where all public schools are going to be... the playgrounds that are available after hours and things like that.</i> |
| Population Characteristics, Geography, and Physical Activity | <i>So, what's starting to hit me first off is understanding sub populations and sub populations relative to where?</i> |
| | <i>Identifying where resources are located, let's reflect those resources. In a map that is underlay with population demographic, look at families with young children, look at people by race, ethnicity, and income. Look at people by age groups, so families and young children, but also older folks. What are the opportunities for folks who are in their primary working years? What are the after-hours opportunities?</i> |
| | <i>Beginner people are usually more timid to enter into a group and join a [running] group, right...Can we get title one schools there? We know parents would cheer their kids on and how does that affect the family and how can we get the parent to actually participate [in runs]?</i> |
| Recreation Centers – Distance to Centers | <i>Distance to a recreation center, that's city or county recreation center, because if they have that recreation center, they're gonna have programming there, in that center.</i> |
| Recreation Centers (#) | <i>So number of public recreation centers...whether there is an active living plan in place, and what sectors are represented? Whether there is a physical activity coalition that's active. The school districts that have active transport programming, and then the recreation centers that offer activities and programs to older adults.</i> |
| Social Connectedness Measures | <i>Maybe using something from the Geriatric Depression Inventory or along those lines might be helpful. There are some social connectedness surveys that you can pull data from, that might be interesting.</i> |

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| Recreational, Sports and Other Clubs, Programs and Activities | <i>I know the district obviously, they have their, their, their offices are regularly kind of improving and, like. Just recently they've started asking us how many participants we have in our programs and so, like, every. They'll ask us applicants are you having major running clubs and, and so are we just giving a general number and so I think they're the district is possibly kind of, like, kind of looking at that kind of data</i> |
| | <i>What classes are being offered, and if there's a price point that you could have a Gold's Gym in your neighborhood but is there anything else like, is there anything that maybe is being offered for free?</i> |
| Time Spent Outdoors | <i>The time that they spend in nature of doors. Yeah, that's something that we all want to know.</i> |
| | <i>How much time they spend outdoors.</i> |
| | <i>Connection with nature, and there are a couple of scales to measure that.</i> |
| Walkability of an Area | <i>Walkability of the area as well.</i> |
| | <i>15 minutes cities or something, 10 minutes.</i> |

Appendix E

Austin/Travis County Physical Activity Resources Austin/Travis County Chronic Disease Workgroup & Children's Optimal Health (2020) (Map Creator: Ashley Levulett)

Number of Identified Physical Activity Resources by Census Tract

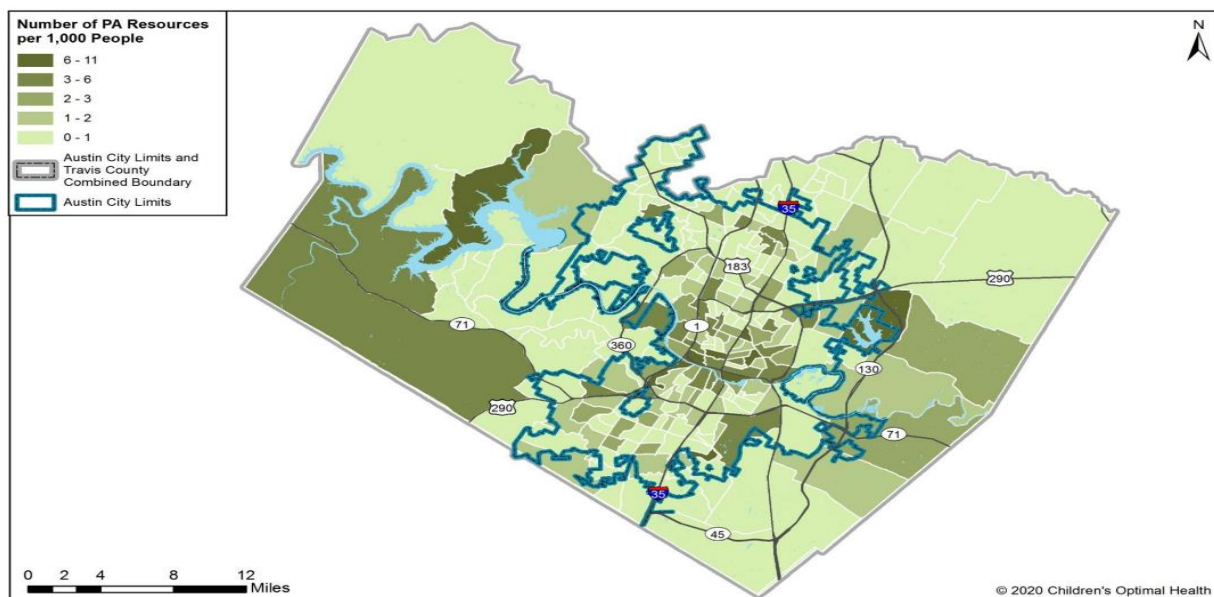


children's optimal health
 Map created by Ashley Levulett,
 January, 2020

Data source: Chronic Disease Workgroup PA Resources Spreadsheet, 2019
 This map does not represent all available physical activity resources in the Austin/Travis County area.
 Instead, it represents locations that, to date, have been identified by the Chronic Disease Workgroup.

Cartographic Funding
 Provided By:
H-E-B

Number of Identified Physical Activity Resources per 1,000 People by Census Tract

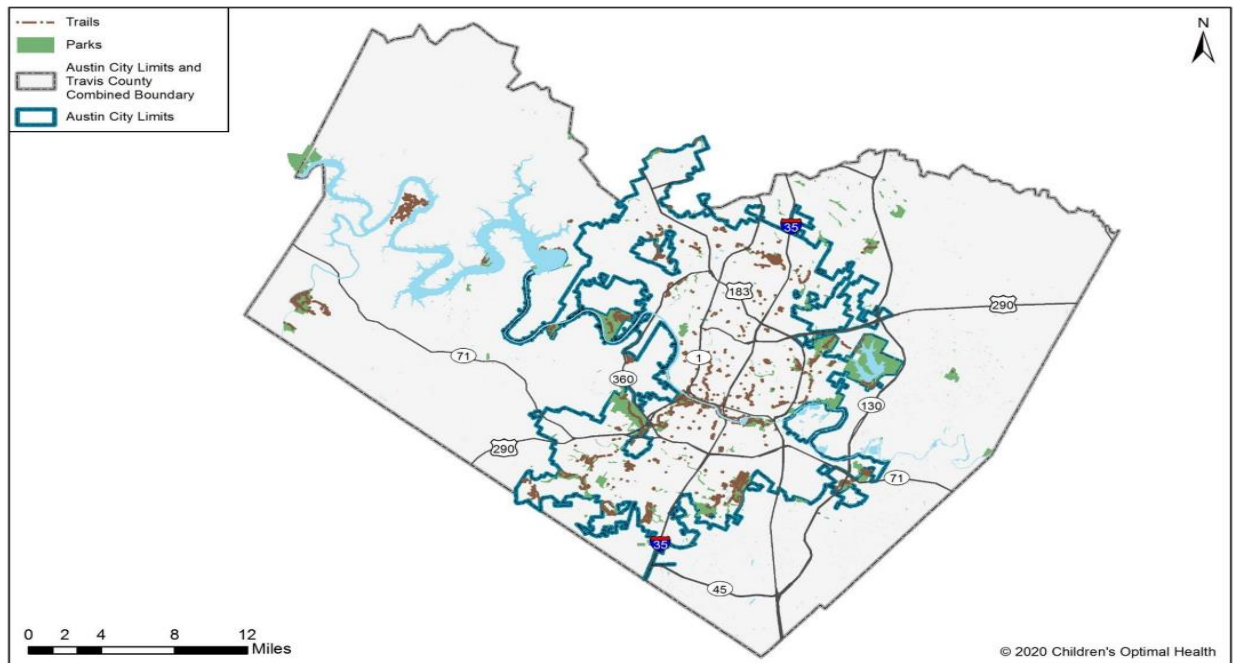


children's optimal health
 Map created by Ashley Levulett,
 January, 2020

Data sources: Chronic Disease Workgroup PA Resources Spreadsheet, 2019;
 ACS Total Population by Census Tract, 2018
 This map does not represent all available physical activity resources in the Austin/Travis County area.
 Instead, it represents locations that, to date, have been identified by the Chronic Disease Workgroup.

Cartographic Funding
 Provided By:
H-E-B

Locations of Identified Parks and Trails



**children's
optimal health**
Map created by Ashley Levulett,
January 2020

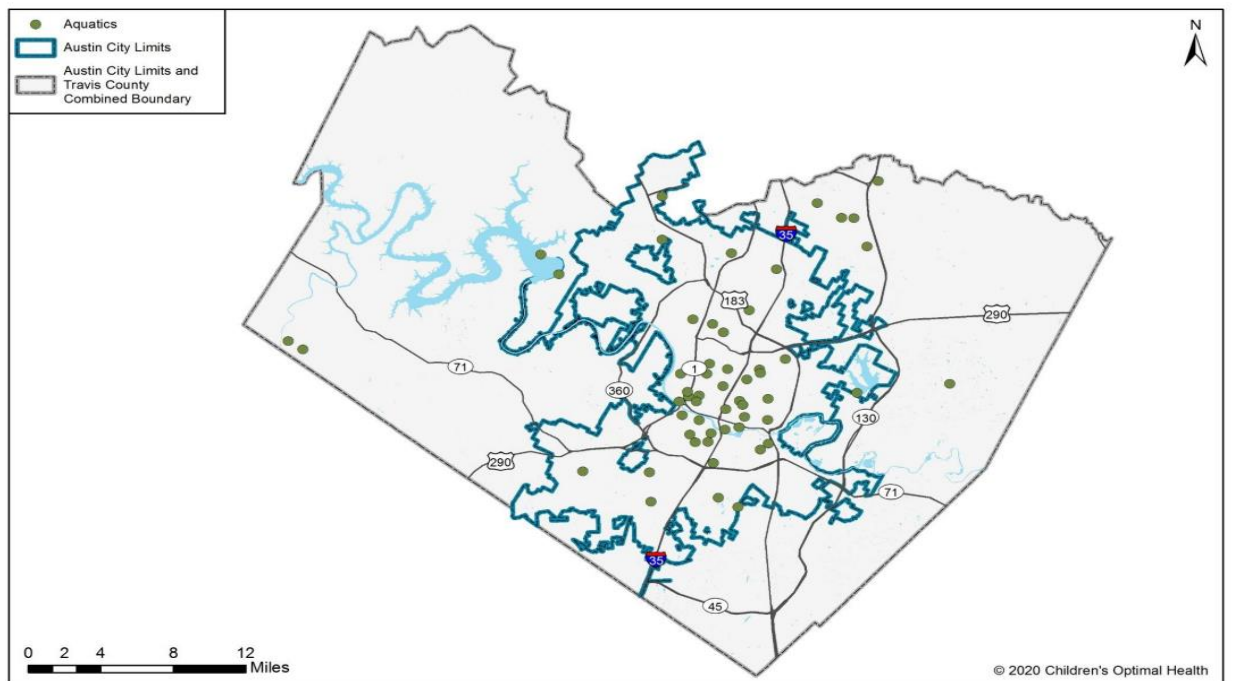
Data source: Chronic Disease Workgroup PA Resources Spreadsheet, 2019;
TPWD State Parks, 2019; City of Austin Parks and Recreation, 2019

This map does not represent all available physical activity resources in the Austin/Travis County area. Instead, it represents locations that, to date, have been identified by the Chronic Disease Workgroup.

Cartographic Funding
Provided By:



Locations of Identified Aquatics Resources



**children's
optimal health**
Map created by Ashley Levulett,
January, 2020

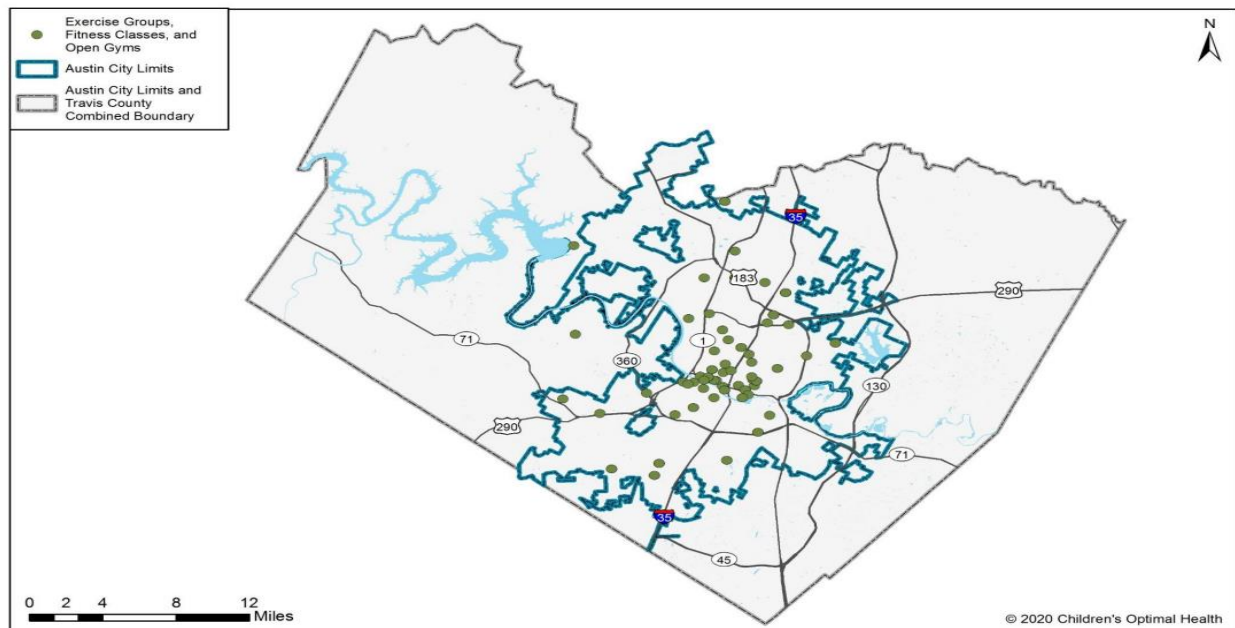
Data source: Chronic Disease Workgroup PA Resources Spreadsheet, 2019

This map does not represent all available physical activity resources in the Austin/Travis County area. Instead, it represents locations that, to date, have been identified by the Chronic Disease Workgroup.

Cartographic Funding
Provided By:



Locations of Identified Exercise Groups, Fitness Classes, and Open Gyms



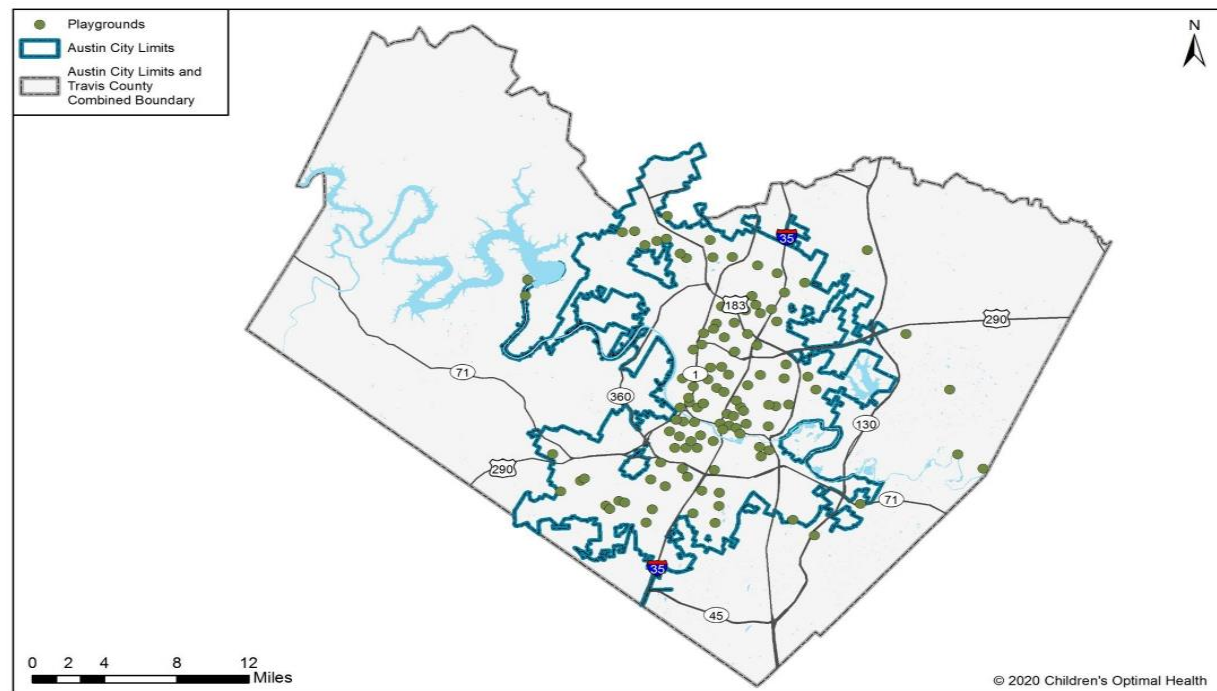
children's optimal health
Map created by Ashley Levulett,
January, 2020

Data source: Chronic Disease Workgroup PA Resources Spreadsheet, 2019
This map does not represent all available physical activity resources in the Austin/Travis County area. Instead, it represents locations that, to date, have been identified by the Chronic Disease Workgroup.

Cartographic Funding
Provided By:



Locations of Identified Playgrounds



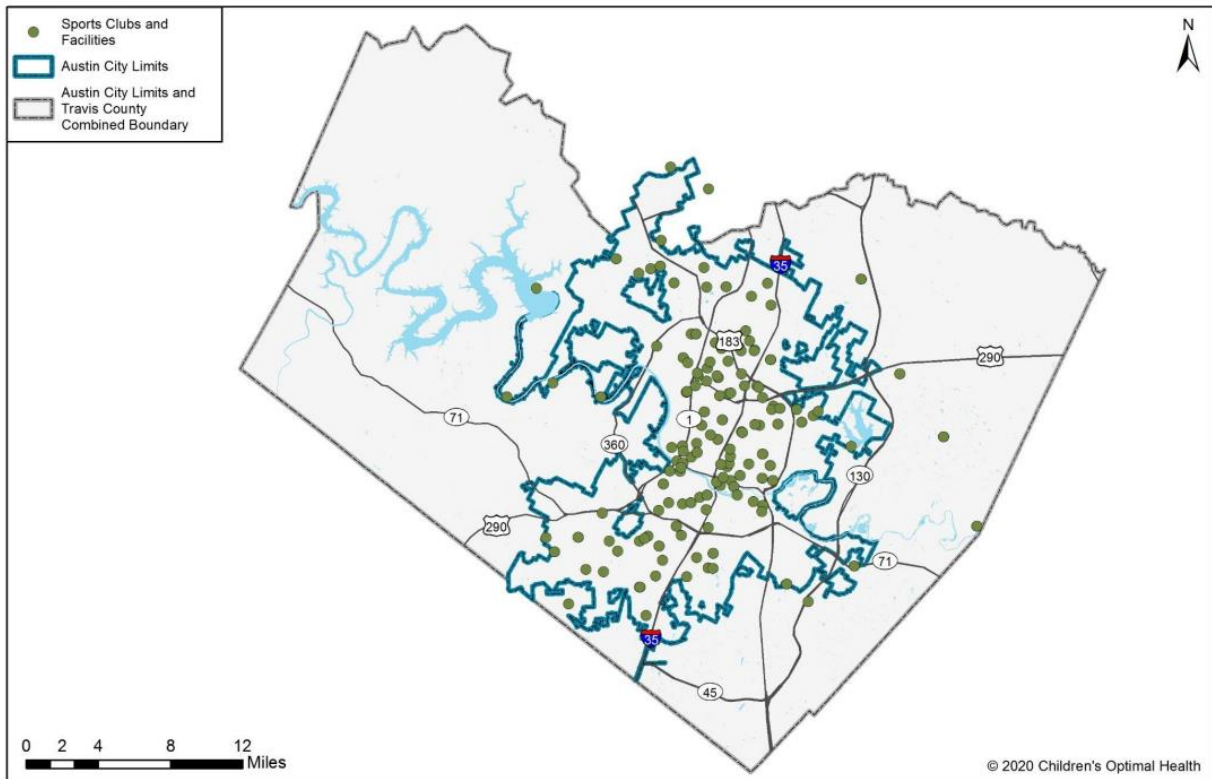
children's optimal health
Map created by Ashley Levulett,
January, 2020

Data source: Chronic Disease Workgroup PA Resources Spreadsheet, 2019
This map does not represent all available physical activity resources in the Austin/Travis County area. Instead, it represents locations that, to date, have been identified by the Chronic Disease Workgroup.

Cartographic Funding
Provided By:



Locations of Identified Sports Clubs and Facilities



**children's
optimal health**

Map created by Ashley Levulett,
January, 2020

Data source: Chronic Disease Workgroup PA Resources Spreadsheet, 2019

This map does not represent all available physical activity resources in the Austin/Travis County area. Instead, it represents locations that, to date, have been identified by the Chronic Disease Workgroup.

Cartographic Funding
Provided By:



Appendix F

Initial List of Community Organizations to Support Physical Activity in Travis County

Table 1. Physical Activity Resource Guide for Travis County - Community organizations in Travis County that offer physical activity programming or other recreational/educational programming that may support physical activity. *Travis County Physical Activity Assessment Project, 2024.*

| Organization | Programs Offered | Cost | Location | Age Group |
|--------------------------------------|---|---|--|-----------|
| All Ages | | | | |
| Austin Parks and Recreation | | | | |
| | <u>Tennis Centers</u> | Juniors: \$2.00 per resident Seniors: \$3.00 per resident Adults: \$4.00 per resident | Austin High Tennis Center Austin Tennis Center Caswell Tennis Center - programs Burnett "Blonde" Pharr Tennis Center South Austin Tennis Center Grey Rock Tennis Center | All Ages |
| | <u>Adult Fitness Programs (2023):</u> <u>Yoga with Patti</u> <u>Zumba</u> | Free | Yoga: Twin Oaks Library Zumba: South Austin Rec Center | All Ages |
| | <u>Park Programs</u> | Free | Varies | All Ages |
| Austin Public Health | | | | |
| | <u>Walk TX and More 10-Week Challenge</u> <u>Austin Moves Program</u> | Free | Anywhere in Travis County | All Ages |
| Black Leaders Collective | | | | |
| | <u>The Black Leaders Collective (BLC) is a collaboration of more than 160 Black Texas leaders representing grassroots community members, nonprofits leaders, entrepreneurs, artists, activists, educators, policymakers, and young professionals.</u> | <i>*Does not directly provide physical activity programming, but provides a range of trainings and community support (African American Men's Health Clinic; Co-Creating with AIS; Internalized Racism: healing + learning trainings; BLC Housing Consortium; Black Fund; Remodeling Philanthropy; among other projects)</i> | Travis/Williamson County Brazoria County | All Ages |
| Community Advancement Network | | | | |
| | <u>A partnership of governmental, non-profit, private and faith-based</u> | <i>* Does not provide direct physical activity programming, but nurtures partnerships and</i> | Austin/Travis County | All Ages |

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| | <u>organizations which leverage mutual resources to collectively improve social, health, educational and economic opportunities in our community.</u> | <i>provides helpful resources that may support physical activity.</i> | | |
| Foundation Communities | | | | |
| | Healthy Living Initiative (zumba, yoga, running, etc.) | Free | | All Ages (for low-income families) |
| Go Austin/Vamos Austin (GAVA) | | | | |
| | <u>GAVA seeks to reduce the negative impacts of systemic health inequities in the following three ways: 1) Increase access to physical activity and improved nutrition; 2) Build community power; 3) Foster permanency</u> | Free | North, South & East Austin | All Ages |
| Austin Runners Club | | | | |

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| | <u>Running Buddy Program</u> | Free | Academy South Brewtorium Central Market to Pease Park Dick Nichols Almost Down Mountainclimb / Up Mesa East Side East Side Garden Loop Falconhead West Primitive Park Far West Loop Hancock Loop | All ages |
| A Rocha USA | | | | |
| | <u>Picnics en el Arroyo</u> | Free | Vary | All Ages/ Families |
| Austin Tai Chi | | | | |
| | <u>Chen Tai Chi in Austin</u> | Free | Austin Recreation Center- 1301 Shoal Creek Blvd | All Ages |
| Michael & Susan Dell Center for Healthy Living | | | | |
| | <u>Research-focused programs related to obesity prevention, nutrition, physical activity, tobacco use, and health policy. Annual events and webinar series offer trainings to students, partners, and the community</u> | <i>*Supports the design, evaluation and dissemination of healthy living programming for children and families.</i> | Texas | All Ages |
| Model Communities | | | | |
| | <u>Streamlining Access to Community Resources</u> <u>Reducing the Burden of Filling Out Multiple Forms</u> <u>Establishing a System to Improve Care Coordination Across Organizations and Sectors</u> | <i>*Does not provide direct physical activity programming, but nurtures partnerships and provides helpful resources that may support physical activity.</i> | Austin/Travis County | All Ages |
| Safe Routes to School | | | | |
| | <u>Safe Routes to School AustinTexas.gov</u> | | | |
| Stronger Texas (It's Time Texas) | | | | |
| | <u>Fitness and Nutrition Classes (zumba, yoga, mixedfit)</u> | Free | Virtual | All Ages |
| The Village Place | | | | |

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| | <u>Sisterhood & Social Support</u> <u>Economic Empowerment</u> <u>Cultural Enrichment</u> <u>Community Engagement</u> | | | |
| Vision Zero | | | | |
| | https://www.austintexas.gov/department/vision-zero | | | |
| Children & Youth | | | | |
| African American Youth Harvest Foundation | | | | |
| | <u>STEM Programming, Summer Programming, Mentoring, Project-Based Learning via media and focus on community issues</u> | Nonprofit organization | Eastern Crescent of Austin and vulnerable communities throughout Travis County. | Youth/ Middle & High School/ Adults/Families |
| Austin Parks and Recreation | | | | |
| | <u>After School Program (Active Play, Homework Help, etc.)</u> | Free | Rec Centers: Gus Garcia, Hancock, Northwest, Turner Roberts, Virginia L. Brown, Givens, Rodolfo Mendez, Oswaldo A.B. Cantu/Pan Am, Parque Zaragoza, Delores Duffie, Dittmar, Dougherty Arts, George Morales Dove Springs, McBeth, Montopolis, and South Austin | Elementary to Middle School Children |
| | <u>Youth Sports (Basketball, Soccer)</u> | Free | Austin Rec Centers | 6-12 years |
| | <u>Summer Camps</u> | Free | Varies by Camp (Usually Rec Centers) | 5-16 years |
| | <u>Teen Recreation</u> | Free | Varies by Camp (Usually Rec Centers) | 12-16 years |
| Austin Voices for Education and Youth | | | | |
| | <u>Community Schools</u> <u>Student Leadership</u> <u>Family Support</u> <u>Education Policy</u> | | | |
| Austin Youth Fitness | | | | |
| | <u>Biking, Running, Yoga, and Camps</u> | Vary | Vary | Children |
| Boys & Girls Club | | | | |
| | <u>Healthy Lifestyle Fitness (sports, games, competitions)</u> | \$25 per week Usually free with scholarships | 25 Locations in Austin Area | 6-18 years |
| CATCH Global Foundation | | | | |

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| | <u>Physical Education</u> | Vary | Vary | Children |
| | <u>After School Kids Club</u> | <u>Vary</u> | <u>Vary</u> | <u>Children</u> |
| Cities Connecting Children to Nature (CCCN) | | | | |
| | <u>Cities Connecting Children to Nature Initiative AustinTexas.gov</u> | Free | Green School Parks Nature Play Youth Leadership Working Group Outdoor Learning Environment Nature Smart Libraries | Children, Youth & Families |
| Dance Another World | | | | |
| | <u>Dancing Program</u> | | Various Schools or Community Centers in Austin | 3-16 years |
| Girls on the Run Austin | | | | |
| | <u>Girls on the Run Program</u> | \$185 for semester (Fin Aid Applicable) | Barbara Jordan ES; Mills ES; Ridgetop ES; Rutledge ES; Zilker ES | Girls, 3-5th grade |
| | <u>Heart & Sole</u> | \$185 for semester (Fin Aid Applicable) | Barbara Jordan ES Mills ES Ridgetop ES Rutledge ES Zilker ES | Girls, 6-8th grade |
| Learn All the Time Kids | | | | |
| | <u>Summer Camp</u> | Free | TBD | Children |
| | <u>Spring Break Camp</u> | Free | TBD | Children |
| | <u>After School Activities</u> | Free | Camp Fire Central Texas, Leap of Joy, Badgerdog, and Austin ISD | Children |
| Marathon Kids | | | | |
| | <u>Physical Education Program</u> | Free | Various Clubs in Austin | Children |
| Nature Rocks Austin | | | | |
| | <u>Nature Rocks- Play</u> | Free | Vary | Children & Families |
| | <u>Summer Camps</u> | Membership Packages Vary | Vary | 8-13 years |
| Adults | | | | |
| Austin Parks and Rec | | | | |
| | <u>Adult Athletics (basketball, flag football, indoor volleyball, and softball)</u> | Varies by Team | Varies by Team (Usually Rec Centers) | 18+ |
| Austin Public Health | | | | |
| | <u>Austin Moves</u> | Free | Vary | 18+ |
| Mayors Health and Well-Being Council (City of Austin) | | | | |

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| | <u>Austin Business Group on Health</u> <u>MHWC Workplace Partner Certification</u> <u>Multiple Awards (Healthiest Workplace, Healthiest Schools, Faith Community Recognition)</u> | Free | Across Austin | Children (Schools), Adults, Families |
| Seniors | | | | |
| Aging is Cool | | | | |
| | <u>Stay Strong Fitness Class (Flexibility, Balance, Strength)</u> | Free | Virtual | Seniors |
| | <u>Stay Stretching Class</u> | Free | Virtual | Seniors |
| Austin Parks and Recreation Department | | | | |
| | <u>Seniors Programs and Services</u> | Varies by Center | South Austin Senior Activity Center Lamar Senior Activity Center Conley Guerrero Senior Center Lorraine "Grandma" Camacho Activity Center | 50+ |
| Ballet Austin | | | | |
| | <u>Aging Well Program</u> | Usually free with senior discounts | Various locations or Virtual | 50+ |
| YMCA | | | | |

Appendix G

Review of Physical Activity Recommendations and Strategies for Young People

Table 1. Physical Activity Recommendations and Strategies for Children and Adolescents: Insights from leading Health Organizations. Scoping review of Recommendations and Strategies for Physical Activity Promotion in Children and Adolescents – *Travis County Physical Activity Landscape Assessment Project* (2023-24)

| Recommending authority | General Recommendation | School – based strategies | Community-based strategies | Before/After School strategies | Sources provided |
|---|--|--|---|--|------------------|
| American College of Sports Medicine (ACSM) (ACSM , The American College of Sports Medicine) | <p>Age 5-17:</p> <ul style="list-style-type: none"> - Encourage to engage in a minimum of 60 minutes of daily physical activity - Ensure activities encompass both moderate and vigorous intensity levels - Encourage aerobic activities like biking, walking, and running - Incorporate muscle-strengthening activities two or three days per week | <ul style="list-style-type: none"> - Enhance the frequency and quality of physical education (PE) classes in schools - Optimize recess time by furnishing equipment and space for games, fostering active play among students - Promote diverse forms of activity, encompassing transportation, physical education, sports, free play, and planned exercise - Offer developmentally appropriate, varied, and enjoyable activities - Cultivate opportunities that build confidence in physical abilities - Stress physical literacy, incorporating fundamental movement skills and awareness of the benefits of physical activity - Provide avenues for children and adolescents to acquire new skills, refine exercise techniques, and bolster confidence in their physical abilities | <ul style="list-style-type: none"> - Forge partnerships with local organizations, parks, recreation centers, and sports clubs - Collaborate to provide opportunities for physical activity outside of school - Create supportive environments for children and adolescents beyond the school setting | <ul style="list-style-type: none"> - Promote walking and biking to and from school as a healthy transportation option - reduce sedentary activities like television viewing, computer use, and inactive video games to less than 2 hours per day | provided |

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| <p>American Heart Association (AHA)</p> <p>(Healthy for Good American Heart Association)</p> | <p>Age 6-17:</p> <ul style="list-style-type: none"> -strive for at least 60 minutes per day of moderate to vigorous physical activity - Encourage breaking up activity into shorter sessions throughout the day and incorporate muscle- and bone-strengthening exercises at least 3 days per week | <p>Age 6-11:</p> <ul style="list-style-type: none"> -Aim for a minimum of 150 minutes of physical education per week <p>Age 13-17:</p> <ul style="list-style-type: none"> -Increase physical education time to 225 minutes per week. - incorporate additional physical activity opportunities into the school day, including classroom activity breaks, active learning, intramurals, and recess - Prioritize physical education classes that engage students in health-promoting activities for at least 50% of class time - Equip students with the necessary knowledge and skills for lifelong fitness through comprehensive physical education programs | <ul style="list-style-type: none"> - Collaboration with community stakeholders to modify environmental characteristics, promoting accessibility to physical activity - Improvements to street patterns and connectivity are to encourage walking and biking - Enhancements to pedestrian infrastructure and bicycle lanes can facilitate active transportation - Upgrading public transit systems and increasing access to alternative transportation methods - Ensuring proximity to community destinations and enhancing access to parks and recreational facilities | <ul style="list-style-type: none"> - Advocate for replacing sedentary behaviors with physical activity whenever feasible | <p>Not provided</p> |
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| <p><u>CDC (STD Prevention Through Health Care CDC) (Centers for Disease Control and Prevention (cdc.gov))</u></p> | <p>Age 3-5: -Engage in physical activity throughout the day to support growth and development</p> <p>Age 6-17: -Aim for 60 minutes or more of moderate-to-vigorous intensity physical activity daily, which includes:</p> <p>- Aerobic activity: Incorporate activities like walking, running, or any exercise that elevates heart rate for most of the daily 60 minutes. Aim for at least 3 days a week of vigorous-intensity activities</p> <p>- Muscle-strengthening: Include activities such as climbing or push-ups on at least 3 days per week</p> <p>- Bone-strengthening: Include activities like jumping or running on at least 3 days per week</p> | <p>- Implement curriculum standards that prioritize motor skill development and physical fitness</p> <p>- Integrate classroom physical activity breaks, active lessons, and daily recess to foster a culture of movement and engagement</p> <p>- Staff serve as positive role models by actively participating in classroom activities</p> | <p>- Promote the shared use of recreational facilities to maximize community access and utilization</p> | <p>- Offer intramural sports and clubs to encourage student participation in physical activity outside of regular school hours</p> <p>- Provide extended day programs that include physical activity opportunities</p> <p>- Create safe travel environments for students commuting to and from school to facilitate walking or biking as transportation options</p> | <p>provided</p> |
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| <p>HealthyChildren.org (HealthyChildren.org - From the American Academy of Pediatrics)</p> | <p>Age 0-6:</p> <ul style="list-style-type: none"> - Engage in at least 3 hours of activity daily - Encourage active play, exploration, and structured physical activities suitable for their developmental stage - tailor activities to age <p>Age 6-17:</p> <ul style="list-style-type: none"> - Aim for a minimum of 60 minutes of daily physical activity - Include a variety of exercises to promote cardiovascular health, muscular strength, and bone health - Encourage muscle-strengthening and bone-strengthening activities on several days per week - tailor activities to age | N/A | <ul style="list-style-type: none"> - Ensuring safety of equipment and play areas minimizes injury risks and enhances exercise experience | <ul style="list-style-type: none"> - Acting as role models, parents can inspire their children to prioritize physical activity - Limiting sedentary activities such as TV and video games motivates children to pursue more active pastimes - Access to toys like balls and jump ropes encourages spontaneous physical activity, especially in younger children | provided |
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| <p>Institute of Medicine (IOM) (About the NAM - National Academy of Medicine)</p> | <p>Age 5-17: -participate in at least 60 minutes of moderate-to-vigorous physical activity daily -include aerobic exercises, muscle-strengthening activities, and bone-strengthening exercises on at least 3 days per week</p> | <ul style="list-style-type: none"> - Whole-of-School Approach: Enhance programs and policies to promote physical activity and physical education throughout the school environment - Integrate Physical Activity into Policy Decisions: Incorporate considerations for physical activity into various school policies - Designate Physical Education as a Core Subject: Acknowledge its significance and deliver high-quality instruction - Monitor Physical Education and Opportunities: Track physical education programs and opportunities for physical activity within schools - Provide Teacher Training: Ensure teachers receive adequate training and ongoing professional development - Ensure Equity in Access: Advocate for equal access to physical activity and physical education for all students | <p>N/A</p> | <ul style="list-style-type: none"> - Advocate for active transportation options like walking and biking to school - Foster participation in physical activity clubs, intramural programs, and informal play on school grounds - Integrate physical activity into school-based before and after-care programs to offer students more chances to remain active throughout the day | <p>Not provided</p> |
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| <p>NCHPAD (NCHPAD - Building Healthy Inclusive Communities)</p> | <p>Age 3-5:</p> <ul style="list-style-type: none"> - Encourage to engage in active play, movement, and exploration throughout the day - While there's no specific time requirement, prioritize enjoyable and age-appropriate activities to foster their physical development <p>Age 6-17:</p> <ul style="list-style-type: none"> - Aim for at least 60 minutes of moderate-to-vigorous physical activity daily - Focus on aerobic activities for most of the 60 minutes, ensuring they are of moderate or vigorous intensity - Incorporate muscle-strengthening activities on at least 3 days per week - Include bone-strengthening activities on at least 3 days per week to promote overall health - Ensure activities are age-appropriate, enjoyable, and offer variety to maintain engagement and interest | <ul style="list-style-type: none"> - Ensure the provision of high-quality physical education classes - Involve school staff as role models and advocates for physical activity promotion - Encourage parental involvement in school events like Take Your Parent to PE Week, fostering understanding of the physical education program and ongoing engagement <p>Regarding the rights of all children, regardless of ability or disability:</p> <ul style="list-style-type: none"> - Uphold their right to be respected and valued members of the school community - Ensure their full participation in all school activities - Promote interaction with peers of all ability levels, fostering the development of friendships and respect for differences | <ul style="list-style-type: none"> - Improve accessibility to exercise and health promotion programs such as Get the Facts (an online magazine) or Discover Accessible Fitness (a guide for wheelchair users) - Remove barriers to participation to ensure inclusivity and equal access for all individuals | <p>N/A</p> | <p>provided</p> |
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| Shape America (National Health Education Standards (NHES) (shapeamerica.org)) | <p>Age 5-12:</p> <ul style="list-style-type: none"> - Accumulate at least 60 minutes of physical activity on most days of the week, including both moderate and vigorous physical activity - The majority of the time should be spent in activity that is intermittent in nature - Participate in several bouts of physical activity lasting 15 minutes or more each day - Engage in a variety of age-appropriate physical activities <p>Age 13-17:</p> <ul style="list-style-type: none"> - Aim for at least 60 minutes of moderate to vigorous physical activity daily - Include activities that enhance muscle strength and bone health | <ul style="list-style-type: none"> - Prioritize a comprehensive physical education program within schools, focusing on developing students' knowledge, skills, and confidence for sustained physical activity - Integrate physical activity breaks throughout the school day to complement formal physical education classes and boost cognitive abilities - Engage school staff in advocating and modeling physical activity, supporting programs, and fostering a culture of movement | <ul style="list-style-type: none"> - Foster partnerships with local organizations to expand access to physical activity opportunities and facilities beyond the school setting - Advocate for shared use of recreational facilities to maximize community access and utilization | <ul style="list-style-type: none"> - Organize events like National Walk to School Week to encourage walking or biking to school, promoting active transportation options - Offer intramural sports and clubs to engage students in physical activity outside regular school hours - Provide extended day programs featuring recreational activities initiated by staff or parents, such as orienteering or yoga - Ensure safe travel environments for students commuting to and from school, facilitating active transportation initiatives | Not provided |
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| WHO (<u>World Health Organization (WHO)</u>) | <p>Age 5-17:</p> <ul style="list-style-type: none"> -aim for an average of at least 60 minutes per day of moderate-to-vigorous intensity physical activity - majority of this activity should be aerobic in nature and spread across the week - activities that strengthen muscle and bone should be included at least 3 days a week | <ul style="list-style-type: none"> -prioritize high-quality physical education programs aimed at equipping students with essential knowledge, skills, and confidence in physical activity -programs should encompass various aspects, including fitness, motor skills development, teamwork, and fostering enjoyment of physical activity -Recess periods for students to engage in physical activity should be supported with adequate play spaces, equipment, and supervision - Integrating physical activity into classroom time like incorporating short physical activity breaks, active learning approaches, and designing movement-friendly classrooms - physical activity opportunities are inclusive and accessible to all students, regardless of ability, gender, or background - implementing adaptations, modifications, and supportive environments to promote physical activity among diverse student populations | <p>ACTIVE Toolkit:</p> <ul style="list-style-type: none"> -Utilize behavior-change communication campaigns and workforce capacity building to shift social norms towards physical activity -Promote the development of safe and well-maintained infrastructure, including public open spaces, to encourage walking, cycling, and other physical activities - Ensure equitable access to opportunities, programs, and services for people of all ages and abilities to engage in physical activity -Strengthen leadership, governance, partnerships, research, and advocacy efforts to support effective policy implementation that promotes physical activity and creates supportive environments for active living | <ul style="list-style-type: none"> -Encourage students to walk, cycle, or use other active modes of transportation to get to and from school - organize structured physical activity programs before and after regular school hours -<u>These programs can include sports, games, dance, and other active pursuits to engage students outside of classroom time</u> | provided |
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Appendix H

Infographic of Travis County Physical Activity Landscape Assessment

