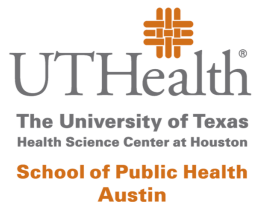


# *Active Texas 2030: A Plan for Physical Activity as a Public Health Priority*

Summer Webinar Series



# Active Texas 2030

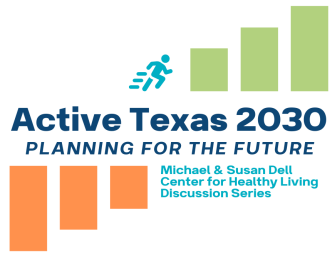
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- Public health planning is central to improving population health
- Began in 2008 with birth of Active Texas 2020 – Texas Governor’s Council on Physical Fitness
- Predated US National Physical Activity Plan
- Texas and West Virginia remain only two states with stand-alone physical activity plans.
- Need to update the Texas plan for the future
- Need to bring into alignment with sector-based approach of the National Physical Activity Plan
- Need to include ideas and opinions from stakeholders – All Health is Local

# 10 Sectors

- Military
- Media and Communications
- Public Health
- Education
- Healthcare
- Sport
- Business and Industry
- Faith-Based Settings
- Community Recreation, Fitness and Parks
- Transportation, Land Use and Community Design





# *Active Texas 2030 Summer Webinar Series*

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## **Active Texas 2030: Faith-based Sector**

**August 4, 2022 | 2-3pm**

Speaker: Elva Arrendondo

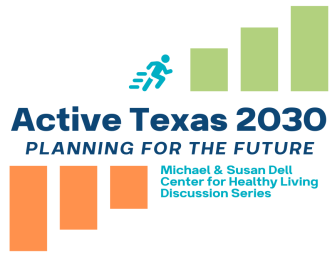
[Register today!](#)

## **Active Texas 2030: Transportation, Land Use, and Community Design**

**August 5, 2022 | 1-2pm**

Speaker: Melissa Bopp

[Register today!](#)



# *Active Texas 2030 Summer Webinar Series*

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## WEBEX **discussion series**

### **Active Texas 2030: Faith-Based Sector**

**August 4, 2022  
2-3pm CDT**

#### **SPEAKER**

**Elva Arredondo, MD**

*Professor, Department of Psychology, San Diego State University*

# *Active Texas 2030 Summer Webinar Series*

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- How can state and local public health people work in this space?
- What is the lowest hanging fruit?
- What additional support would help speed up the strategies?
- How does this sector fit into a state physical activity plan (Active Texas 2030)?
- What can community leaders do to include these strategies and tactics at the state and local level?
- Among participants - do you have any examples of barriers or enablers to achieving some of these strategies and tactics?

# NATIONAL PHYSICAL ACTIVITY PLAN

## FAITH BASED SECTOR



**Harold W. (Bill) Kohl, III, Ph.D.**

**Professor of Epidemiology and Kinesiology  
University of Texas Health Science Center - Houston  
Michael and Susan Dell Center for Healthy Living**

**University of Texas at Austin  
Department of Kinesiology and Health Education**

**Elva M. Arredondo, Ph.D.**

**Chair of Faith Based Sector  
NATIONAL PHYSICAL ACTIVITY PLAN**

**AUGUST 2022**

**PHYSICAL  
ACTIVITY  
ALLIANCE**  
*MOVE WITH US*



# NPAP Faith Based Sector -

- The National Physical Activity Plan Faith-Based Settings Sector focuses primarily on religious congregations and organized religious denominations. This sector plays a large role in the lives of those living in the United States. A large proportion of US adults report a religious affiliation (76.5%), with 70.6% affiliating with a Christian tradition.
- Faith-based health promotion programs have generally yielded positive changes in health behaviors including physical activity.
- Implementation of this sector's strategies and tactics has the potential to greatly broaden the reach and impact of physical activity promotion by empowering faith-based organizations to deliver effective physical activity programs to their employees and constituents.





# NPAP FAITH BASED SECTOR STRATEGIES



**The National Physical Activity Plan strategies for the Faith Based Sector are multilevel and include partnerships with other sectors.**

## **Strategy 1**

Faith-based organizations should identify effective applications of their health ministries to promote physical activity. (FBS-1).

## **Strategy 2**

Faith-based organizations should establish partnerships with organizations from other sectors to promote physical activity in a manner that is consistent with their values, beliefs, and practices. (FBS-2).

# NPAP FAITH BASED SECTOR STRATEGIES

## **Strategy 3**

Large faith-based organizations and settings should institutionalize physical activity promotion programs for their employees, volunteers and lay-leaders. (FBS-3)

## **Strategy 4**

Faith-based organizations should identify or develop marketing materials tailored for faith community leaders to enhance their perceptions of the value of physical activity. (FBS-4).

## **Strategy 5**

Physical activity and public health organizations should create and maintain an electronic resource for faith-based organizations to access evidence-based programs and best practices for promoting physical activity in faith-based settings. (FBS-5).

# Strategy 1 – Tactics

Faith-based organizations should identify effective applications of their health ministries to promote physical activity.

Identify published and other literature regarding the structure and utility of health ministries. (FBS-1.1)

Identify the individuals and groups who will lead implementation of physical activity promotion strategies in faith-based settings. (FBS-1.2)

Establish, if necessary, health ministries that are consistent with the faith community's religious beliefs to promote physical activity among the faith community. (FBS-1.3)

Create an environment supportive of physical activity by delivering evidence-based physical activity messaging and programs that are consistent with the faith community's religious beliefs. (FBS-1.4)

Develop in-person, online, and other training programs to support the health ministries of diverse faith-based organizations that seek to create programs to promote physical activity. (FBS-1.5)



# Strategy 2 – Tactics

Faith-based organizations should establish partnerships with organizations from other sectors to promote physical activity in a manner that is consistent with their values, beliefs, and practices. (FBS-2)

Support existing and seed new ministries and meeting groups in faith-based organizations, such as youth, women's, and men's groups, who seek to promote and incorporate physical activity. (FBS-2.1)

Partner with *other sectors* (e.g., *business; community recreation, fitness and parks; public health; education*) locally for funding, specialized assistance, and expertise to implement evidence-based/informed physical activity and other health programs. (FBS-2.2)

Partner with higher education – particularly private religious institutions and researchers and academics interested in promoting physical activity with faith-based organizations – to develop and implement inclusive physical activity programs and to provide specialized assistance and expertise when requested. (FBS-2.3)

Partner with local healthcare delivery systems (particularly those with a religious affiliation), public health agencies, and faith-based organizations to develop and implement inclusive physical activity programs and to provide specialized assistance and expertise when requested. (FBS-2.4)

Support the promotion of reimbursable faith-based physical activity programs as a provider of community-based or culturally tailored health promotion (FBS-2.5)

# Strategy 3 – Tactics

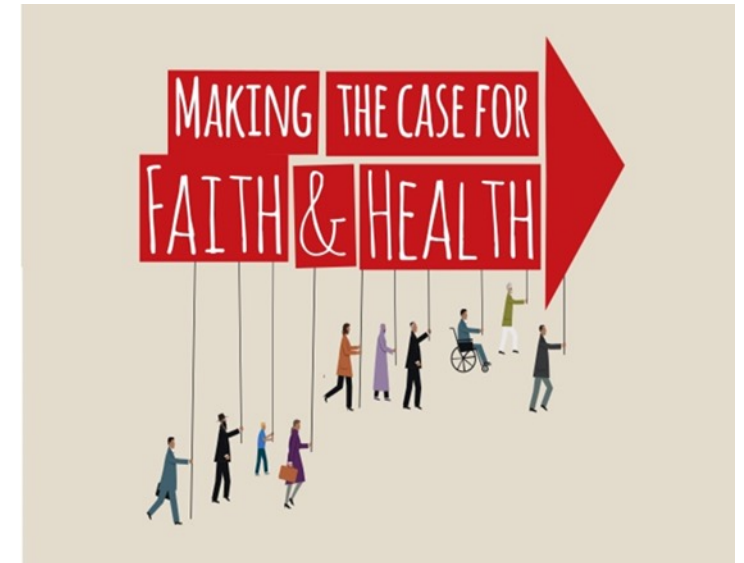
Large faith-based organizations and settings should institutionalize physical activity promotion programs for their employees, volunteers and lay-leaders. (FBS-3)

Support the promotion of physical activity programs within faith-based organizations and wellness among employees, volunteers and lay-leaders. (FBS-3.1)

Communicate with faith leaders regarding the importance of inclusive physical activity promotion as a component of wellness programs for employees, volunteers and lay leaders, sensitive to gender, culture, ability level, age, fitness level, etc. (FBS-3.2)

Support training programs that train faith-based leaders who will be prepared to see the value of and advocate for physical activity planning in their faith-based organizations. (FBS-3.3)

Provide seed grants for faith-based organizations to design and implement physical activity and other health promotion initiatives. (FBS-3.4)



# Strategy 4 – Tactics

Faith-based organizations should identify or develop marketing materials tailored for faith community leaders to enhance their perceptions of the value of physical activity. (FBS-4)

Identify existing messages and materials that effectively address the beneficial effects of physical activity programs on faith-based organizations' members' health and spirituality. (FBS-4.1)

Support the development of messages from all religions and denominations that demonstrate how scripture and religious law can support and encourage engagement in physical activity and other positive health behaviors in a modern world. (FBS-4.2)

Encourage all faith leaders and leadership, to communicate age-appropriate physical activity and other health messages using religious beliefs or scripture unique to their specific faith doctrine. (FBS-4.3)

Develop programs that incorporate physical activity into faith-based organization education, worship, and social activities. (FBS-4.4)

Support individual faith-based organizations by identifying appropriate marketing strategies/tools to help communicate about physical activity and other health programs. (FBS-4.5)



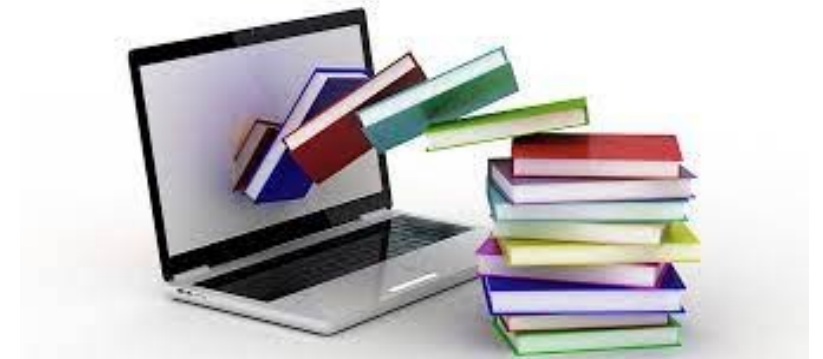
# Strategy 5 – Tactics

Physical activity and public health organizations should create and maintain an electronic resource for faith-based organizations to access evidence-based programs and best practices for promoting physical activity in faith-based settings. (FBS-5).

Support faith-based organizations in addressing, where possible, physical activity programs for different populations at multiple levels, including individual, family, organization, and community. (FBS-5.1)

Update the evidence and characteristics of physical activity programs in faith based settings. (FBS-5.2)

Provide resources for faith-based leaders and lay community members for implementing evidence based physical activity programs (FBS-5.3)





**THANK YOU!!!**

