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STRATEGIC PLAN GOALS



Funding for this webinar provided by:



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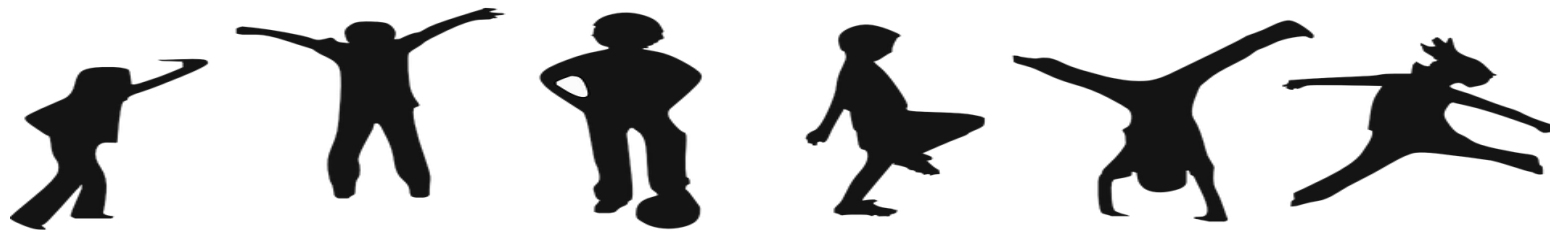
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Disparities, Opportunities & Action for Active Living Promotion in Austin/Travis County

December 18, 2024

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Today's Webinar

- Findings from the Travis County Physical Activity Landscape Assessment (*Andrew*)
- Innovative Initiatives to Support Active Living in Austin/Travis County (*Stephanie & Jill*)



Learning Objectives

At the end of this session, participants will be able to...

1. List groups at higher risk for lower leisure-time PA in Austin/TC
2. Identify social determinants that shape active living/leisure-time PA in Austin/Travis County
3. Define physical activity security & “Choice vs. Necessity” frame
4. Describe selected innovative initiatives aimed at supporting Active Living in Austin/TC

Life Expectancy, Health & Place

Life Expectancy has decreased in the U.S.

- Piqued in 2014 at 78.9 years, decreased to 76.4 years in 2021, with slight increase to 77.5 yrs in 2022.¹⁻⁴
- Decline predates COVID-19 pandemic (since 1980).²

Chronic Disease is a Key Driver of Mortality

- Heart disease and cancer = top causes in 2022.⁵
- Low SES & some race/ethnicities= higher mortality.³
- *Where you live matters!* Low-income residents in comms. with > social investments live longer.⁶



Physical Activity

Physical activity= “Magic Pill” for health Benefits for physical, mental and social health, overall quality of life & life expectancy:⁷

- Leisure-time physical activity
- Outdoor activity and nature
- Active commuting^{7,8}

Challenges & Opportunities

- Austin ranked 33 for fitness among 100 U.S. cities (ACSM)⁹
 - Arlington, VA: Fittest city
- ~16.7%¹⁰-19%¹¹ of Travis County adults = no LTPA
- Most school-aged children (6-17 yrs) in Texas (80%) do not meet recs. of 60 mins. of PA.¹²

Travis County PA Landscape Assessment

Project Aim: Identify and describe community needs, assets and opportunities for physical activity/active living promotion and support for Travis County residents

Timeframe (*one year*): October 1, 2023 - September 30, 2024

Project Team: Andrew Springer, Nida Momin, Sana Amin, & Greta Frankert, UTHHealth Houston School of Public Health, Dell Center for Healthy Living *in partnership with* Ms. Haley Gardiner & Dr. Ruth Rechis, University of Texas MD Anderson Cancer Center



Funder: MD Anderson Cancer Prevention & Control Platform



Travis County Physical Activity Landscape Assessment

Methods

Planning Framework/Study Design: Intervention Mapping (*Step 1 & Core Processes: question posing, lit. review, data analysis, primary data collection*) guided by a rapid assessment and mixed methods concurrent design

Scoping Review

- Community assessments & related reports (2011-2023);
- Peer-reviewed literature on child/adolescent PA (**not shared today*)

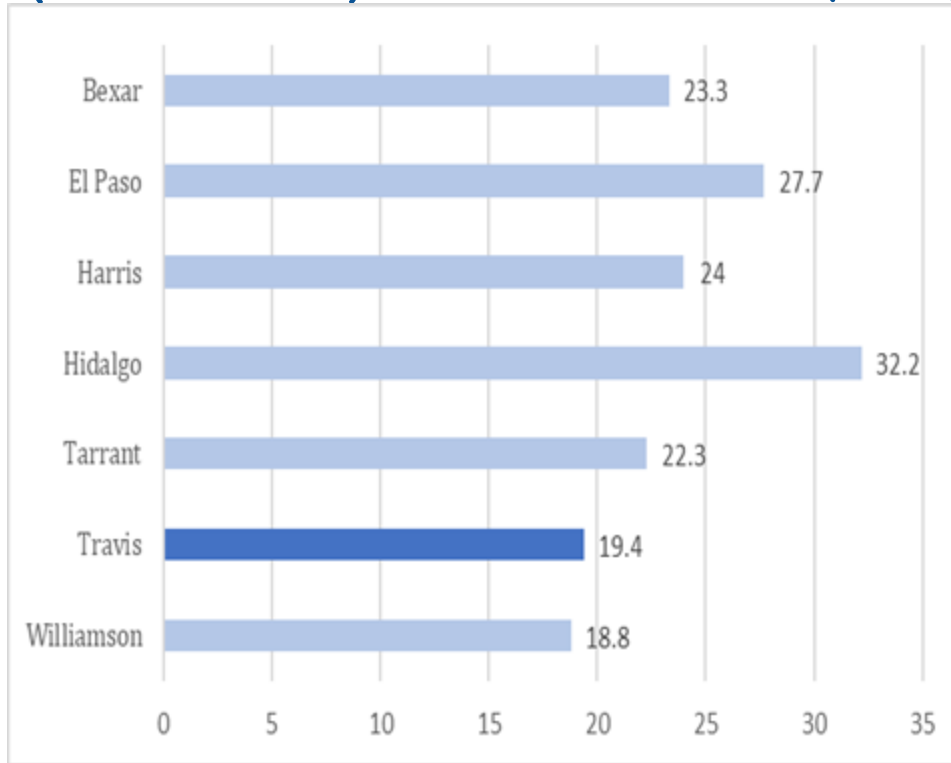
Analysis of Available Travis County Data to compare PA and related indicators among cities/comms. in Travis County

Key Informant Interviews with Travis County community leaders (gov't., comm. orgs.): explore needs, assets & opptys.

Creation of an Initial Dashboard of PA-related indicators

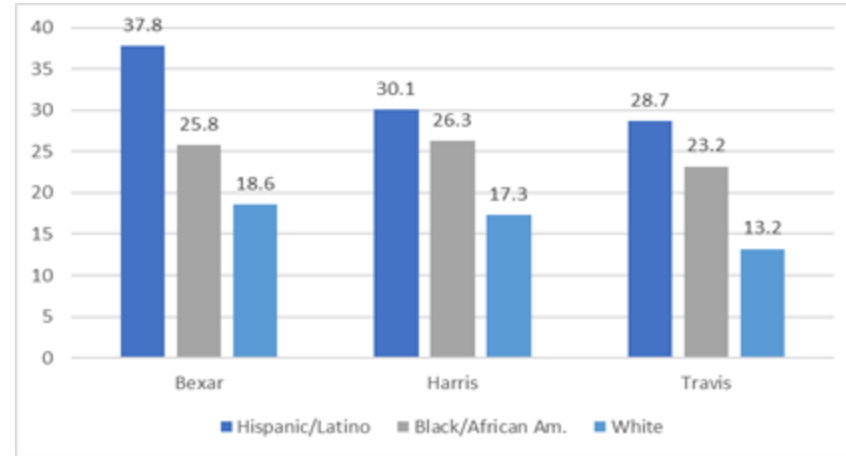


% No Leisure-Time PA in Adults 18+ (Past Month) - Texas Counties (2022)

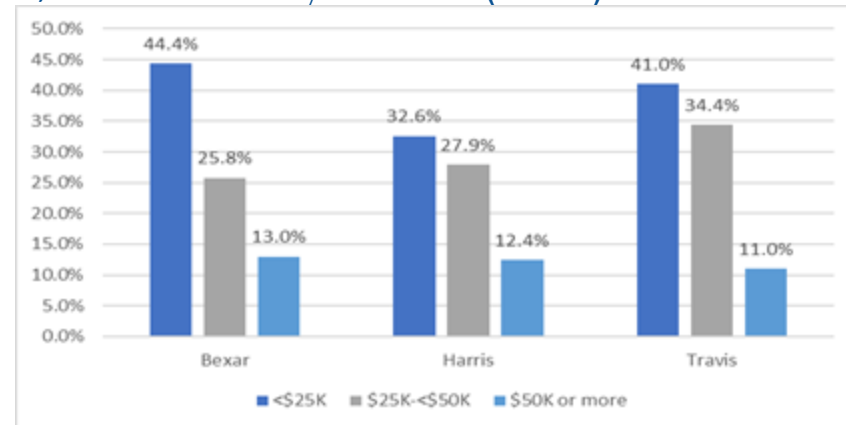


Source: Texas Department of State Health Services BRFSS¹⁰

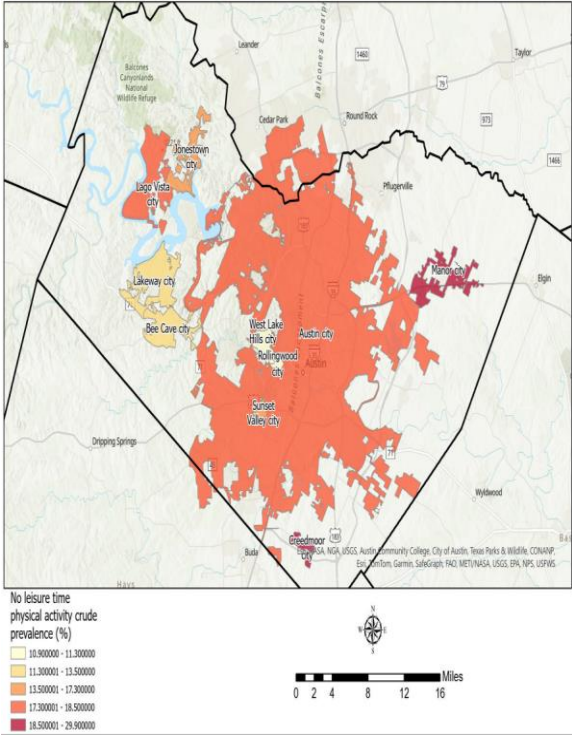
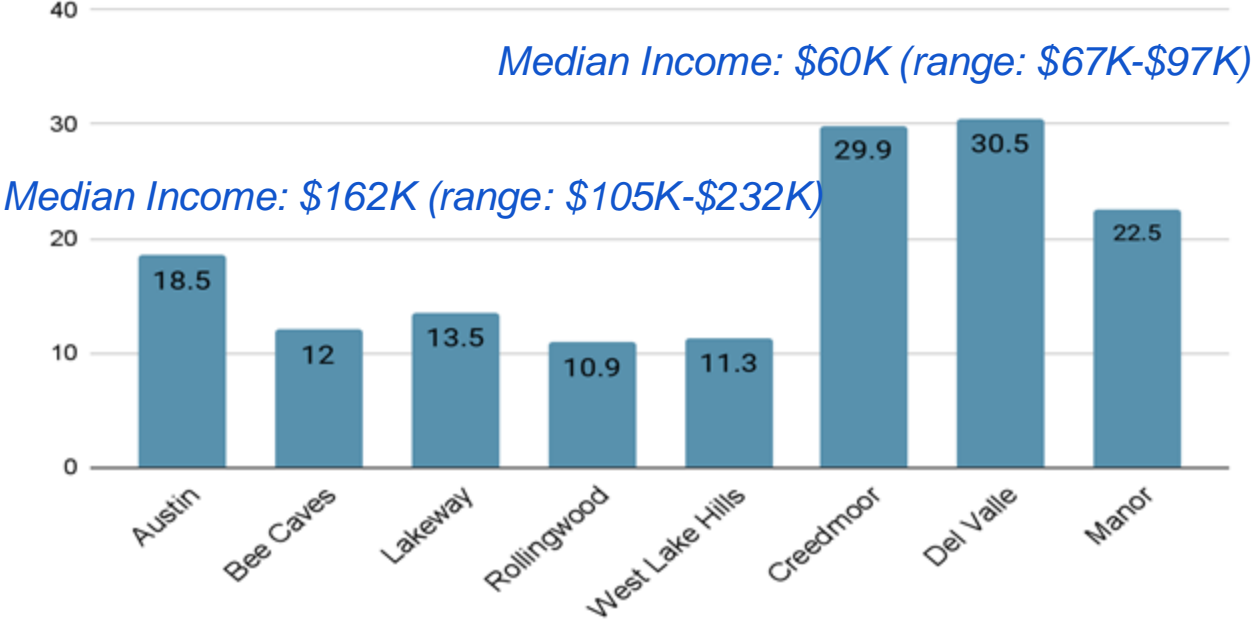
% No LTPA by Race/Ethnicity (2022)



% No LTPA by Income (2022)



Highest and lowest % No Leisure-Time PA by Travis County Cities/Communities, Stratified by Median Income $\geq \$100K$ & $< \$100K$



Source: % No LTPA: CDC PLACES 2023³⁹; Median Income: U.S. Census Bureau QuickFacts and Census Reporter (2022 Census data)⁴⁰.
 Note: Does not include cities that cross counties, such as Cedar Park, Elgin, Leander, Pflugerville, Round Rock

Scoping Review of Austin/Travis County Community Assessments (2011-2023) (n=18 reports)- *Social Determinants of Physical Activity*

Economic-Related Barriers

- *Time & Work:* Insufficient time to exercise due to work schedules^{13,41}
- *Housing & Displacement to Under-resourced Areas:* Increases in housing costs have displaced low-income Travis County residents outside of Austin⁴²
- *Transportation:* Moving can add to commute times and inaccessibility to PA resources.^{13,41}
- *Cost of Gym Memberships, PA equipment (clothes)*⁴³

Built Environment-Related Barriers

- *Infrastructure:* Inaccessible sidewalks, traffic, proximity to freeways, and other features of the built environment are a barrier for PA^{42,44,45}
- *Park Access:* 35% to <50% of Travis County residents lack access to parks^{42,46}
- *Park Amenities:* Lack of amenities or poor park conditions are a barrier to PA^{42,46}

Social & Community Context-Related Barriers

- *Lack of PA Opportunities/Support for Specific Groups:* Caregivers, communities of color, people with disabilities, and the LGBTQ+ community were cited as groups in need of increased PA programming/supports^{13,45}
- *Safety/Crime:* common barrier cited for not going to parks,⁴⁴⁻⁴⁷ not engaging in active commuting,⁴⁴ and/or other physical activity in one's neighborhood¹³
- *Redlining and Discrimination* has led to disparities in healthcare access, food security, and education for Black and Hispanic communities⁴⁸
- *Transportation* and long commutes are barriers for park utilization^{13,47}

Climate-Related Barriers

- Hot weather during summer months presented a barrier to outdoor PA in multiple reports^{13,42,46}

Austin/TC Community Leader Interviews (n=26 leaders from government, nonprofit, and for-profit organizations)

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

“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...”

“...often they're living in apartment complexes that either don't have green spaces, or it's not safe.”

“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”







“Each community is different, but each community has a good idea of what they want.”

PA Initiatives & Opportunities

- Parks & Rec
- Community Engage
- Crowded In
- Cultural
- Environ
- For
- In
- L
- T
- Family
- Family Incentiv
- Mayor's H Council (MHFC)
- Multigene
- Nature Sm Libraries
- PA as Recreation
- Parks & Rec Events
- Parks Prescriptions Program
- Picnics with Families
- Providing Transportation

TRAVIS COUNTY PHYSICAL ACTIVITY LANDSCAPE ASSESSMENT DASHBOARD








Individual Indicators

	Travis County	Texas
 % of Adults Meeting Physical Activity Recommendations (2019) ^A	25.9%	24.3%
 % of Children/Youth Engaging in ≥5 days of Physical Activity in the Past Week ^{B,*}	33.8%	43.3%
 % of Adults with No Leisure Time Physical Activity (2021) ^A	16.7%	25.1%
 % Adults Sleeping less than 7 hours (2020) ^A	27.4%	32.9%
 % of Adults with Diagnosed Diabetes (2021) ^A	8.0%	11.5%
 % of Adults who are Overweight or Obese (2021) ^A	59.0%	69.8%

Behavioral Indicators

Health Indicators

Community Indicators

	Travis County	Texas
 Mean Walk Score ^C	42	--
 Mean Bike Score ^C	54	--
 Mean Transit Score ^C	35	--
 % of Adults with Access to Park or Recreation Facility ^D	93%	82%
 % of Residents who have Access to Parks and Open Space (within 1/4 to 1/2 of a mile away) ^E	70%	--
 Tree Canopy Coverage ^F	41%	--
 Green Space Equity	--	--

* Based on mean % participating in ≥5 or more days of physical activity in past week for 4th, 8th, and 11th grade students in Health Service Region 7 (Austin area) and Texas.

^A

Recommendations *(*scoping review/ comm. interviews & ATX Active Living Plan)*

1. Apply an ‘equity lens’ to promoting PA (!)
2. Engage community to inform strategies
3. Increase access/design of spaces/built envir.
 - Enhance access to public spaces for all Travis County residents, including those with disabilities
 - Promote specific spaces for community PA, including “open streets” and dog parks; establish more ‘shared use’ agreements for use of schoolyards and other spaces for community PA use; enhance safety (social/street safety)
 - Increase access to green spaces and parks for all
 - Active commuting design!
4. Activate settings, foster intersectoral partnerships, and explore innovative approaches for active living promotion



PA Equity (Salvo et al, 2022)⁴⁹

Choice vs. Necessity

- Labor-based PA= not always ‘good’ PA; other risks
- LTPA & Active Commuting= *promising forms of PA that everyone should have a right to participate with.*

PA Security (Lambert et al., 2020)⁵⁰

“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.”

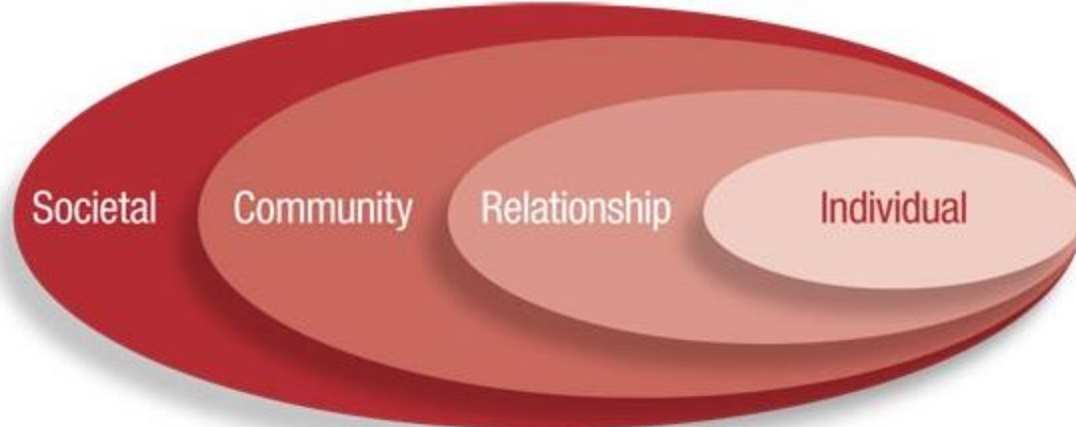
Acknowledgements

- Community leaders ! (who gave input into this assessment)
- Haley Gardiner, MPH, Director, Be Well Communities, UT MD Anderson Cancer Center
- Ruth Rechis, PhD, Executive Director, Cancer Prevention and Control Platform, UT MD Anderson Cancer Center
- Nida Momin, MPH, UTHHealth Houston School of Public Health-Austin, Project Director
- Sana Amin, MPH, UTHHealth Houston School of Public Health-Austin, Research Assistant
- Greta Frankert, MA (candidate), Maastricht University, Research Assistant
- Carolyn Smith, Sarah Bentley, and Tiffni Menendez from Dell Center for Healthy Living at UTHHealth Houston School of Public Health provided constructive review of our original scoping review report

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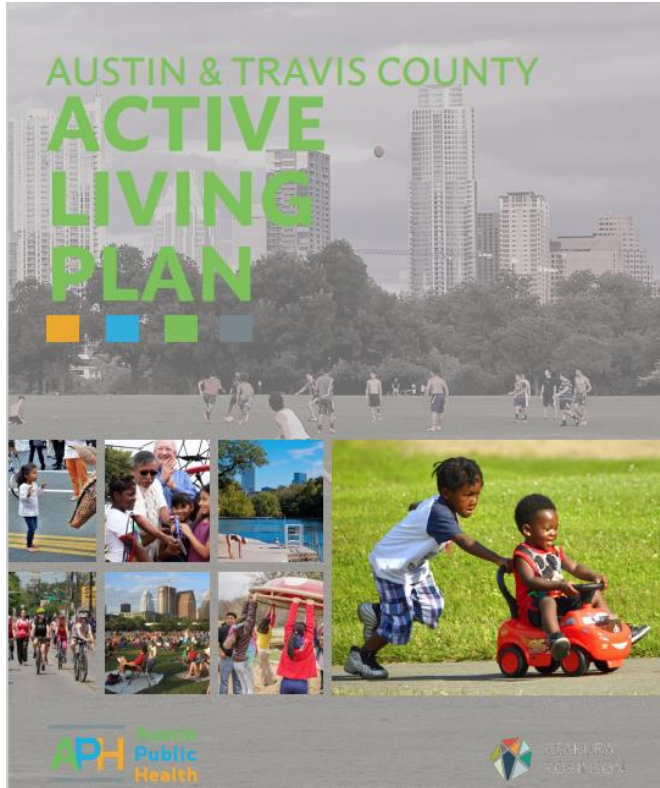
Austin Public Health: Promoting Active Living in Austin/Travis County

Social Ecological Model



Source: CDC

Austin/Travis County Active Living Plan



Provides goals and recommendations across 9 sectors:

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

Promoting Active Living in Austin/Travis County

Interpersonal/Relationship Level

Austin Moves!

- 6-week group walking program for fun, fitness and community

Outcomes:

- 94% of participants stated they were more active
- 100% of participants reported creating new social connections



Promoting Active Living in Austin/Travis County

Community/Organizational Level

Mayors Health and Well-Being Council - Workplace Partner Certification



Physical Activity (20 Points Possible) <i>Does your worksite:</i>	Yes	Score <i>For internal use only</i>
1) Subsidize or discount the cost of onsite or offsite exercise facilities? (3 pts.)	<input type="checkbox"/>	
2) Provide and promote various onsite or offsite physical activity classes (e.g. aerobics, yoga), which could be free or at a low cost to the employee/member? (3 pts.)	<input type="checkbox"/>	
3) Provide and promote onsite opportunities to incorporate physical activity in the workday by encouraging the use of stairs, walking meetings, marked paths, walking trails, etc.? (2 pts.)	<input type="checkbox"/>	
4) Sponsor on-going contests or competitions, recognizing departments or teams that win? (2 pts.)	<input type="checkbox"/>	

- Physical Activity Section of application (9 questions)
- Technical assistance provided by Austin Public Health
- 31 certified workplaces in 2024

www.mhwcaustin.org



Promoting Active Living in Austin/Travis County

Community Level

Media and Awareness Campaigns



Move your Way® Campaign

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Promoting Active Living in Austin/Travis County

Community Level

Healthy Living Mini-Grants- APH funds healthy living projects up to \$2500



East Travis Gateway Library District
Bilingual Yoga and Nutrition Classes



Maplewood Elementary
Butterfly Hopscotch

Thank you to:

Daniella Castillo

Leila Lawson, MPH, CHES

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An Austin Parks and Recreation Department Health Promotions Program

What is Parks Rx?

Programs designed in collaboration with public land agencies, healthcare providers and community partners to encourage people to utilize parks, trails and open space for the purpose of improving individual and community health.

(National Parks Rx initiative definition)

How did we start?



NATURE IS COMMUNITY

The Parks Prescription program aims to bridge the medical community with local Parks and Recreation by prescribing time in nature to prevent or treat health problems.



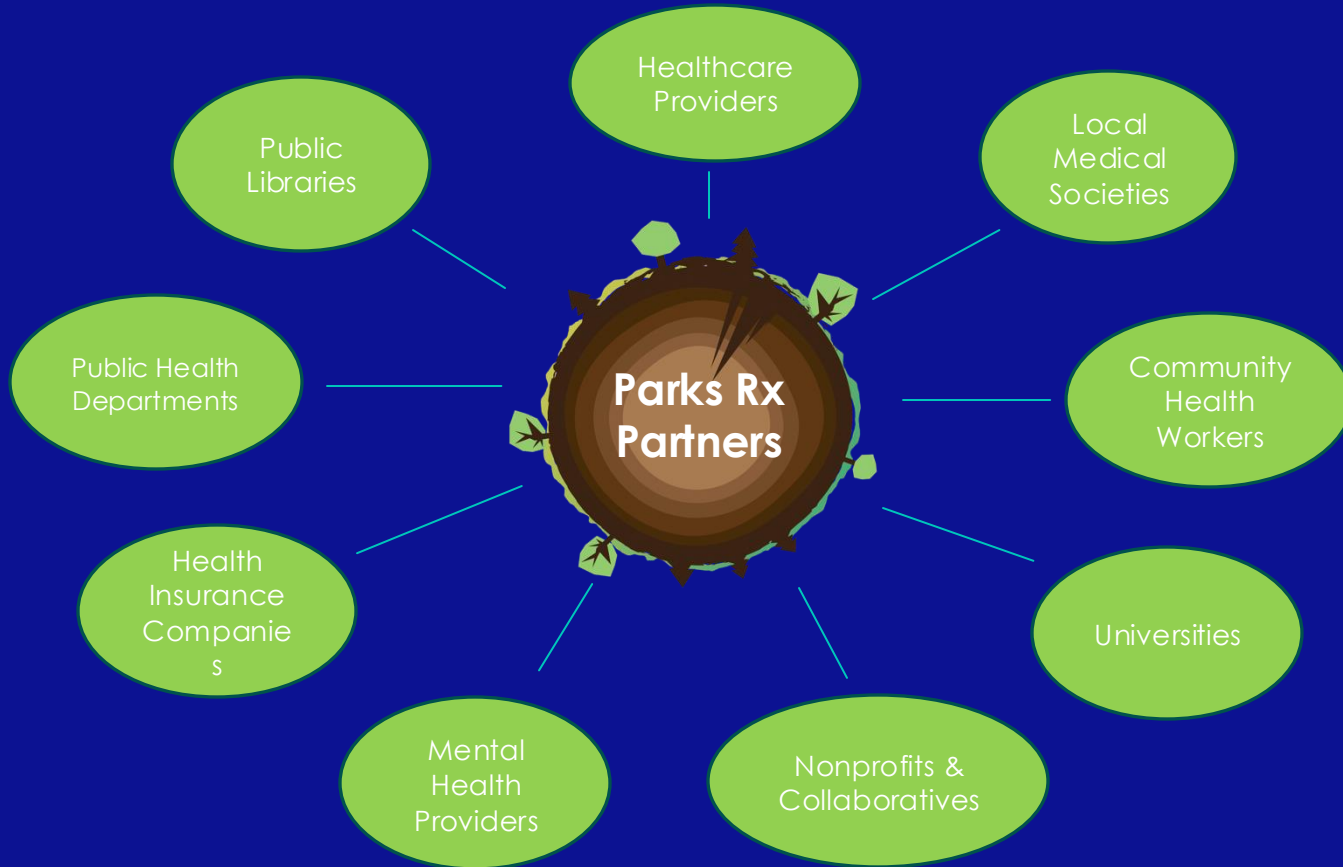
What are the benefits of nature?

- Improved mental and physical health
- Better mood, improved heart health, increased energy, improved sleep, increased life expectancy, bone health
- [Supporting research](#)

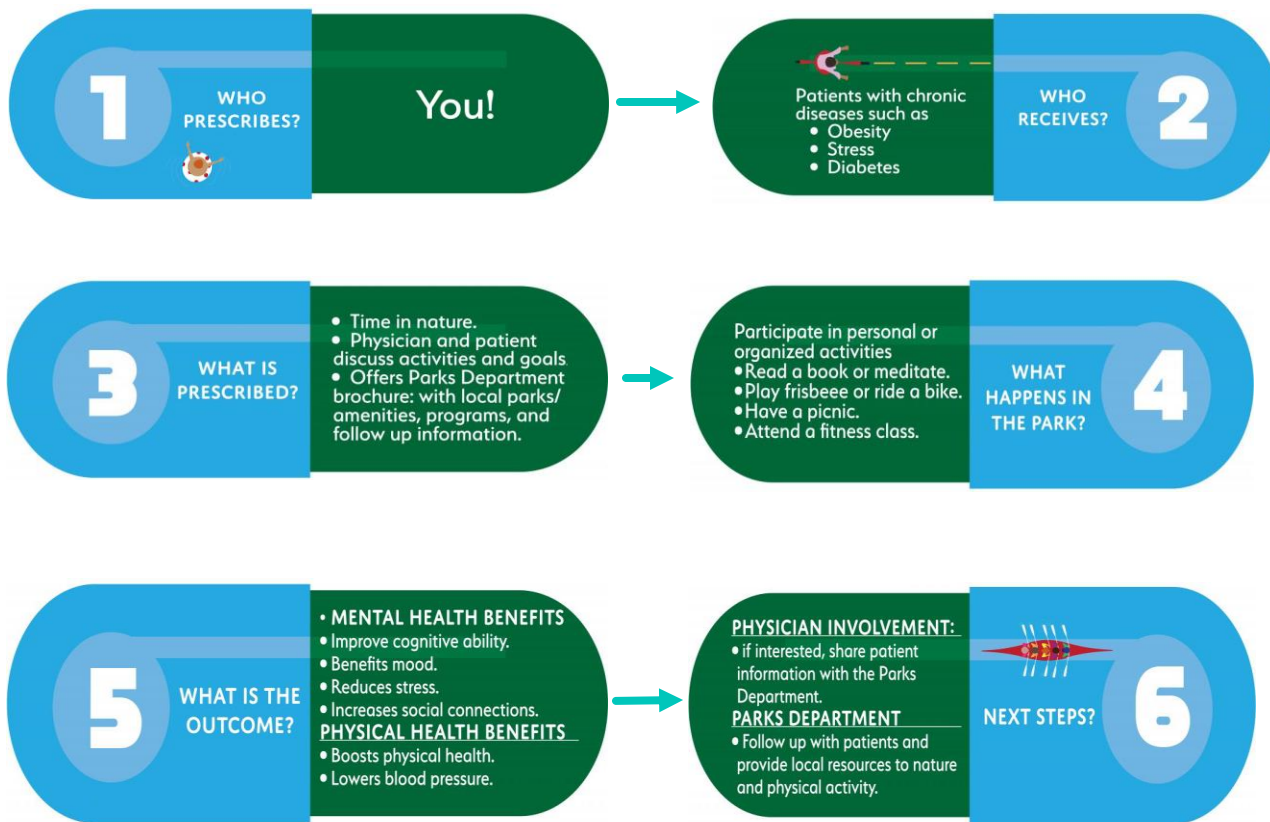
Promoting health through parks: A typology

HEALTH PROFESSIONAL ACTIVE ENGAGEMENT	Examples: Park Prescription programs; Walk With a Doc programs.
HEALTH SERVICES PROVIDED IN PARKS	Examples: Health screening programs; health fairs; Medicaid/Medicare/WIC advising.
HEALTH EQUIPMENT SITED IN PARKS	Examples: Parcourses.
HEALTH EDUCATION PROGRAMS IN PARKS; HEALTH PROMOTION SIGNAGE AND BROCHURES; COMMUNITY HEALTH PROMOTION OF PARKS	Examples: Yoga classes in parks; community-wide promotion of park use by health institutions.
ROUTINE PARKS & REC FACILITIES AND PROGRAMMING	Examples: Baseball and soccer fields; sports leagues; pools (not branded as health programs, no involvement of health institutions).
HEALTHY PARK PROGRAMS FOR SPECIFIC GROUPS	Examples: Programs or equipment for children, elders, people with disabilities.

What does a successful partnership look like?



Implementation



Resources

NATURE BENEFITS POSTER SERIES

AUSTIN PARKS & RECREATION

My Austin Parks Guide

AN AUSTIN PARKS AND RECREATION GUIDE TO AUSTIN PARKS AND THEIR AMENITIES.

PARKS RX
An Austin Parks & Recreation Health Promotions Program

NATURE'S SIDE EFFECTS

- BETTER MOOD
- IMPROVED HEART HEALTH
- INCREASED ENERGY
- SOCIAL ENGAGEMENT
- IMPROVED MEMORY
- IMPROVED SLEEP
- LONGER LIFE
- REDUCTION OF PAIN

PARKS RX
An Austin Parks and Recreation Department Health Promotions Program

HEALTHCARE PROVIDERS TOOLKIT

**Community
Recreation Center
Fitness**



Challenges

- Healthcare Providers not reimbursed for prescribing time in nature
- Lack of time
- Lack of knowledge on Park amenities

If you have questions or would like resources contact

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Health Promotions Coordinator

City of Austin Parks and Recreation Department

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512-974-3907



www.austintexas.gov/PARDRX





Austin/Travis County Active Living Collaborative



Newly formed coalition hosted by Austin Public Health, Austin Parks and Recreation, and UTHealth Houston School of Public Health-Austin

- The Austin/Travis County Active Living Collaborative is driving efforts to promote physical activity and improve quality of life across our community. Central to this effort is the Austin/Travis County Active Living Plan (2020), which outlines equitable strategies to increase physical activity and address chronic disease.



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Thank You!

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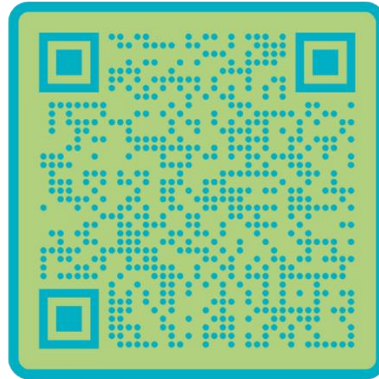


Questions?

**Please post your questions
in the chat for the audience
Q&A session**

Thank you for attending!

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