

OSU EXTENSION SERVICE

Physical Activity & Active Living (PAAL) 2023 Impact Report

February 26, 2024



Oregon State
University

Physical Activity & Active Living (PAAL) Team

Guide & inform decision making related to PAAL activities

Promote state-supported programs and initiatives

Support Extension's ability to respond to PAAL opportunities

Enable assessment of PAAL activities and outcomes

Report & communicate PAAL efforts and impacts

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2023 Impact Report

- Program highlights
- Success stories
- Preliminary results of older adult program evaluation
- PAAL & health equity
- Future directions

IMPACT REPORT

2023



StrongPeople™ participants. Photo by Alyson Yates.

OVERVIEW

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

PAAL GOALS

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

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

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BE Physically Active 2Day! (BEPA 2.0)



- 14 trainings for 252 educators
- 1,500+ toolkits distributed
- New intra- and interstate partnerships
- Online versus in-person training evaluation

Better Bones & Balance® (BBB)

- 28 new instructors trained (285 since 2010)
- 9 instructors recertified
- 175 BBB DVD's distributed
- Survey of instructors
- Ongoing training evaluation



StrongPeople™ (formerly StrongWomen™)



- 16 classes across Oregon and SW Washington
- 225 weekly participants
- New quarterly leader calls
- 153 leaders since 2012
- New leaders being trained in 2024

Walk With Ease (WWE)

- 27 total classes offered (9 in Spanish)
- 42 partner organizations supporting WWE
- 51 new leaders trained
- Increase in in-person participation



Other PAAL Activities

- WWE + Social Media
- Food Hero Physical Activity Page
- Food Hero Older Adult Newsletters
- Evaluation of PAAL-supported older adult programs



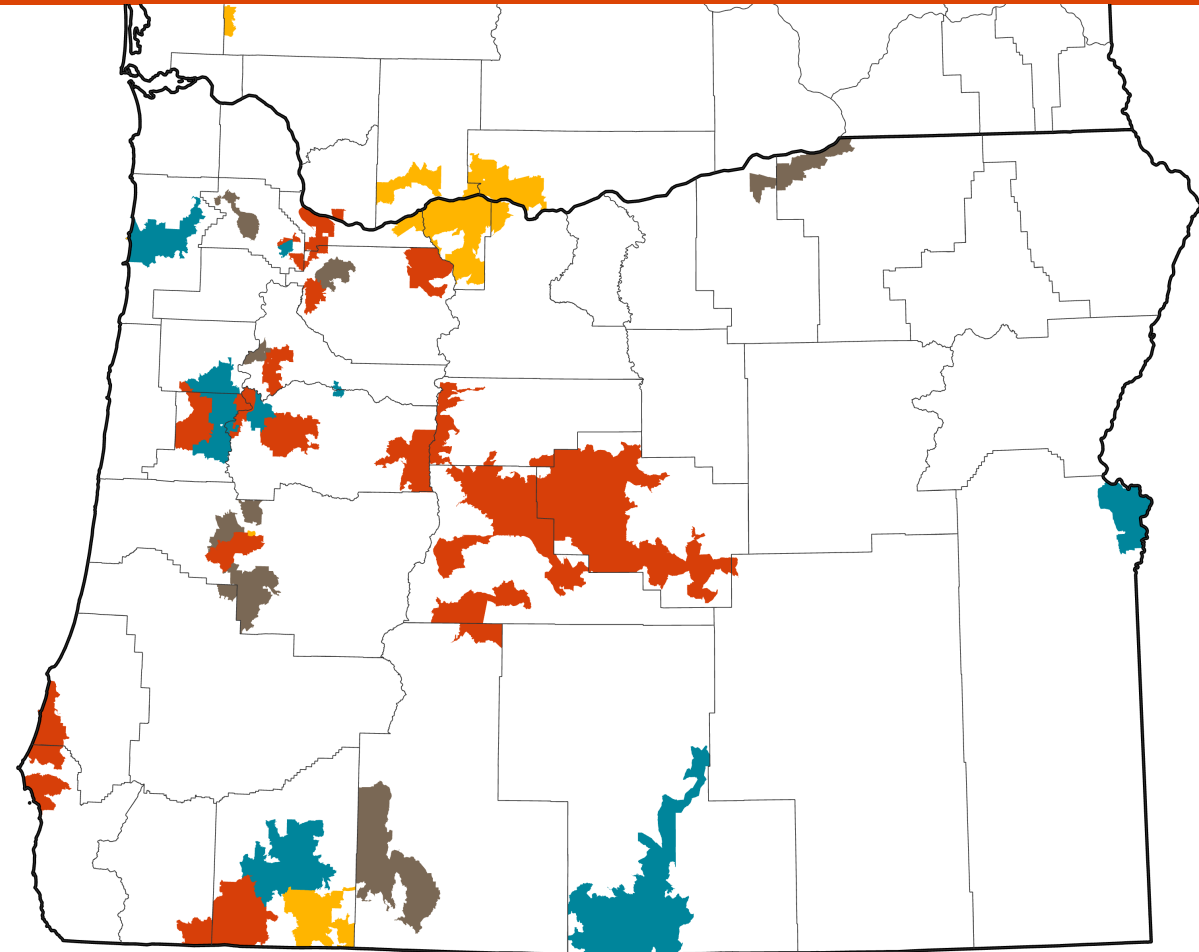
Other PAAL Activities

- WWE + Social Media
- Food Hero Physical Activity Page
- Food Hero Older Adult Newsletters
- **Evaluation of PAAL-supported older adult programs**



Evaluation of Older Adult Programs

- 464 total responses from PAAL program participants
 - 52% with rural zip codes
 - 92% female
 - 91% White
 - 99% non-Hispanic
 - 77% college graduates

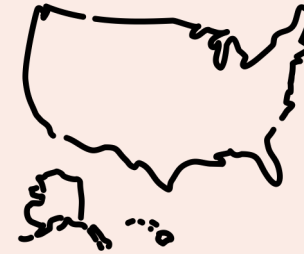


Evaluation of Older Adult Programs



> 80%

meeting aerobic and
muscle strengthening
recommendations



< 15%

meeting aerobic and
muscle strengthening
recommendations*

*PAGA Midcourse Report, 2023

Participant Anecdotes

“It’s tremendously important in my life. The in-person collective experience is **good for both physical and mental health.**” (BBB)

“Exercise of course is what is stressed but **the camaraderie is wonderful.**” (SP)

“The **community benefits greatly** from gathering in this stimulating atmosphere. We learn lots from each other and I love everyone there.” (SP)

“Easy to follow... it **motivated me** to prove to myself that I could finish the program.” (WWE)

Contacts and Resources

BEPA 2.0

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Walk With Ease

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Check out the report!



Questions?

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