

The Active Living Workshop Program in Indiana



SUMMARY

The Indiana State Department of Health Division of Nutrition and Physical Activity (DNPA) has conducted more than 40 Active Living Workshops since 2013 to educate communities about creating opportunities to live more active lives. To do this, DNPA partnered with Health by Design, a statewide coalition that works to ensure Indiana communities have infrastructure for neighborhoods, public spaces and transportation that promotes physical activity and healthy living.



YOUR INVOLVEMENT IS KEY

For more information about the Active Living Workshops, visit Health by Design's website at <http://www.healthbydesignonline.org/ActiveLiving.html>. More information about DNPA can be found at <http://www.dnpa.isdh.in.gov>. This project is supported by the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health cooperative agreement (DP13-1305).

CHALLENGE

According to the Behavioral Risk Factor Surveillance System, approximately 33% of adults living in Indiana had obesity in 2016 and less than 50% of adult Indiana residents met moderate physical activity recommendations in 2015. The Nationwide Personal Transportation Survey noted that nationally 48% of children walked or biked to school in 1969. However, in 2017, the National Center for Safe Routes to School found that fewer than one in six students walk or bicycle to school today. Physical activity can lower the risk of early death, heart disease, type 2 diabetes and some cancers. Physical activity also can help manage many chronic diseases, yet many communities across the country struggle with educating residents and putting environmental changes into action to support physical activity such as biking or walking.

"The Active Living Workshop was one of the most important events that the Adams County Winning with Wellness Coalition has ever done for the improvement of our community."

*- Diana Macklin
Adams Memorial Hospital*

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SOLUTION

To support the Active Living Workshops, DNPA worked with partners to conduct over 40 workshops across Indiana. More than 1,600 participants—including city planners, engineers, public health professionals, school administrators and community leaders—attended these workshops. The workshop participants also agreed to a year-long process of follow-up activities. These activities include drafting an action plan, providing status reports and creating success stories outlining each group's greatest achievements.

RESULTS

DNPA provided a total of \$260,000 in grant funding to cover the cost of Health by Design staff to assist DNPA in facilitating the workshops. In addition, more than \$350,000 of local funding was budgeted by communities to carry out the recommendations of the Active Living Workshops. The workshops provided a first-time opportunity for many participants to discuss physical activity access issues. For example, although a health department officer had previously met with school personnel about nutrition issues, this was her first opportunity to meet regarding implementing a Safe Routes to School program. During the workshop, each group identified short-term action steps and long-term planning ideas.

U.S. Department of Health and Human
Services
Centers for Disease Control and
Prevention
NCCDPHP

Contact CDC

<http://www.cdc.gov/cdc-info/requestform.html>

Website

<http://nccd.cdc.gov/nccdsuccessstories/>

The findings and conclusions in this success story are those of the author(s) and do not necessarily represent the official position of the funding agencies or the Centers for Disease Control and Prevention (CDC).

SUSTAINING SUCCESS

Moving forward, DNPA will continue to evaluate the effectiveness of the workshops and use this information to improve the support provided to communities to put changes into action. DNPA also will address health equity in the future by targeting low-income communities for the Active Living Workshops. DNPA will examine the development of tools and additional trainings to increase community capacity to carry out workshop recommendations. To further the reach of the workshops across Indiana, the Purdue Agricultural Extension Service has adopted the same Active Living Workshops model and will deliver Active Living Workshops in communities served by their newly hired community wellness coordinators.



Indiana State
Department of Health