



## *Missions/Synergies*

- ▶ PARD - Inspiring Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places
- ▶ APH - Prevent disease, promote health and protect the well-being of its community with the vision of making Austin/Travis County the healthiest in the nation
- ▶ ITT - Empowers Texas to lead healthier lives and build healthier communities through its portfolio of award-winning technology, programs, events, initiatives, training and support



- ▶ Purpose: To strengthen Austin's diverse community through a shared commitment to health for all
- ▶ Commitment: To activate Austin and its residents to improve health access within historically marginalized communities
- ▶ Communities: District 1 (78724), District 2 (78744) District 3 (78741) and District 4 (78752/53)
- ▶ Themes: Equitable Access to Services that promote Better Health; Opportunities to Turn Passion into Purpose; Strengthening Community



Out-of-School Time (OST)	Fitness in the Park	Walking Program	Stronger Austin Days
Expansion of Teach Healthier After School (THAS) to PARD facilities	Free group activity classes - Accessible opportunities for physical activity	Grassroots-walking programs for all ages - Encouraging families to stay active together	Interactive special event empower the Austin community to cultivate healthy lifestyle changes
<i>Games &amp; Activities, Nutrition Education, Athletics &amp; Homework Time - Including Family Healthy Cooking Demonstrations</i>	<i>Beginner, intermediate &amp; advance class offerings</i>	<i>Activity Clubs/Groups &amp; Monthly Community-Wide/Neighborhood Walks</i>	<i>Community Health Forum Social Services Expo Free Health &amp; Fitness Programming &amp; Sports Community-Wide Walk</i>
<b>Recreation Centers:</b> Dove Springs Gus Garcia Montopolis Turner-Roberts Virginia L. Brown	<b>Sample Programs:</b> Hi-Lo Aerobics Kickboxing Step Aerobics Strength Training Tai Chi / Yoga Zumba/Dance Fitness	<b>Locations:</b> PARD Facilities/Parks Community Churches Community Health Centers Community Health Clinics	<b>Locations:</b> PARD Facilities/Parks



- ▶ OST Programming: Provide opportunity to promote healthy weight-related behaviors as well as overall child health and positive social development
  - ▶ Academic Performance
  - ▶ Positive Social Development
  - ▶ Reduce Risk Behavior
  
- ▶ Physical Activity: Opportunities to meet recommended nutrition & aerobic activity each week
  - ▶ Increase lifecycle & Reduce Health Risk/Disease
  - ▶ Enhance Physical Activity & Healthy Eating



Performance Measure	Outcomes
Develop program model (Stronger Austin) for OST programming, Fitness in the Park, and a Walking Program	By the end of FY18, an additional physical activity and nutrition support will be in place for SNAP eligible in targeted communities within Austin
Pilot Stronger Austin Program	<ul style="list-style-type: none"><li>• 500 students will be recruited to attend OST programs; 75% maintain attendance throughout program year;</li><li>• 750 individuals will participate in at least one class or walking group</li></ul>
Key findings to guide future program delivery	<ul style="list-style-type: none"><li>• 75% of participants will demonstrate increased knowledge, attitudes, and beliefs for physical activity and healthy eating;</li><li>• 75% will meet physical activity and fruit and vegetable guidelines;</li><li>• 50% or less will indicate they consume sugar-sweetened beverage on the previous day</li></ul>