

# **Washington County Intervention**

SPH-K556

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# Community Background

Washington County, Indiana is located in the southeastern quadrant of the state.

Washington County was founded in 1814, and named after President George Washington.

Home to a little over 28,000 residents, it is in the bottom 20 of the 92 Indiana counties in regards to population. Conversely, Washington County is the 7th largest Indiana county in terms of square miles, making it one of the most sparsely populated counties in the state. The largest municipality in the county is Salem, also the county seat, with slightly over 6,200 residents.

While there are so many demographics, a couple of notable ones for this intervention are age and income. The median age for Washington County residents is 41.4 years, and the median household income is \$48,000. Finally Washington County provides access to several outdoor resources from Lake Salinda, to the Knobstone Trail, those wishing to participate in physical activity have plenty of opportunity.

# Intervention Proposal

The class conducted an intervention through a partnership with the Community Health Action Team of Washington County and the IU Center for Rural Engagement. The intervention was titled: MarchOn! A month long step challenge during the month of March, where participants could track their daily steps in a virtual environment. The class was able to use materials that were created in K553, which was taken in the fall of 2020. Those materials included an interactive physical activity map, a step compendium, and social media postings.

The map is hosted by Google Maps and can be edited to list any point of interest or physical activity resources that needs to be tracked. The step compendium focused on areas such as workplace activities, household chores, leisure activities, and sports. Once each activity was identified, METs and steps per minute were calculated to show users how they could be physically active given an activity. The intervention was promoted through the social media platform Facebook. The class was given access to the Community Health Action Team of Washington County's Facebook page. An event was created through the page and the class promoted the intervention on the platform. There were several types of posts to include call to action, educational, and motivational.

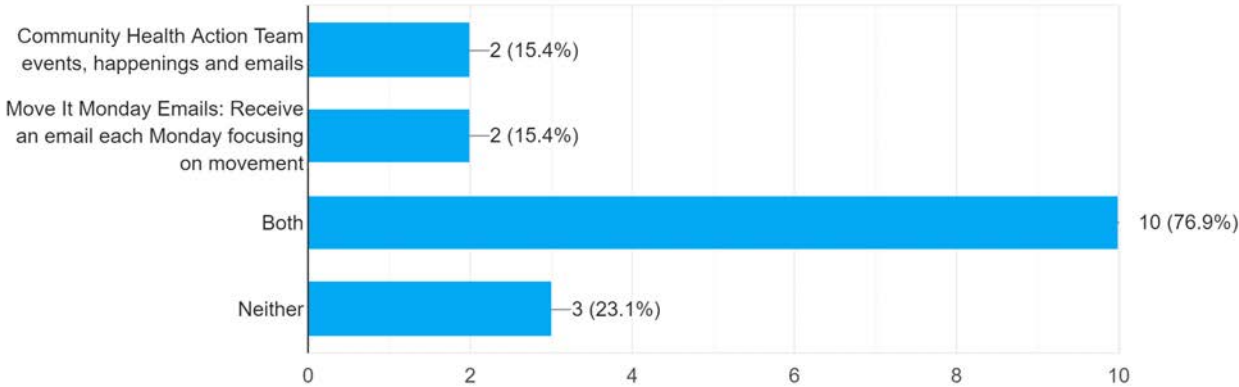
The registration process was designed off of a prior intervention. The Community Health Action Team of Washington County used Google Forms in a prior intervention and the same platform was used to allow participants to register. Once participants signed up, they gained access to the above listed resources, a step tracker, and participated in a qualtrics survey.

# Intervention Results

During the intervention a total of thirteen participants registered through the registration form created through Google forms. Once signed up, nineteen participants filled out the pre-challenge Qualtrics survey. During the intervention, only two participants logged steps on the Challenge Runner. This was identified as a barrier during post-challenge follow up. Respondents found the Challenge Runner difficult to use and maintain during the month long challenge. Two participants took the post-challenge survey and that was after several follow up attempts and obtained with the assistance of the Community Health Action Team of Washington County. One of the largest barriers discovered was the fact that it was difficult to know if any change or improvement took place. This is attributed to the low response rate post-challenge. Additionally, the class did not obtain any identifying information pre-intervention and during registration. This made it difficult during post-challenge to identify how many participants the intervention lost to dropout. Finally, during the initial registration, the class asked what email lists the participant would like to join when signing up. The email list sign up was generated from a prior step challenge. The class was unable to utilize this data during the intervention.

Which Email lists would you like to join?

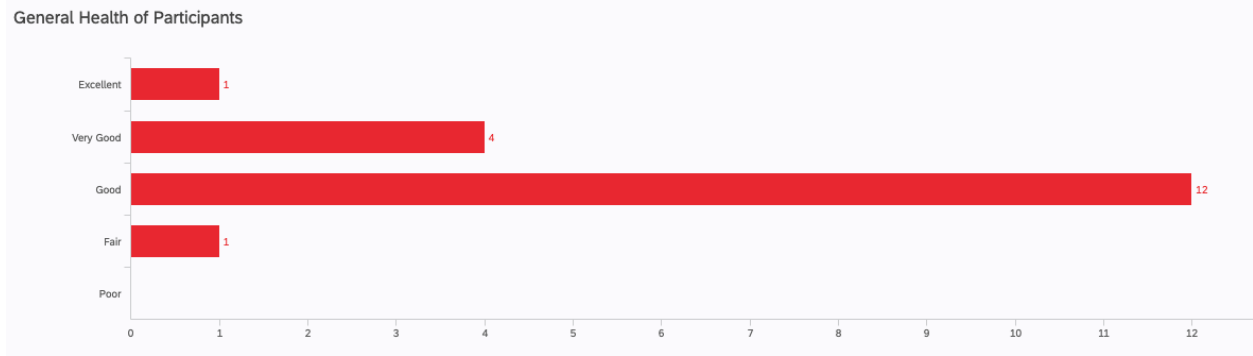
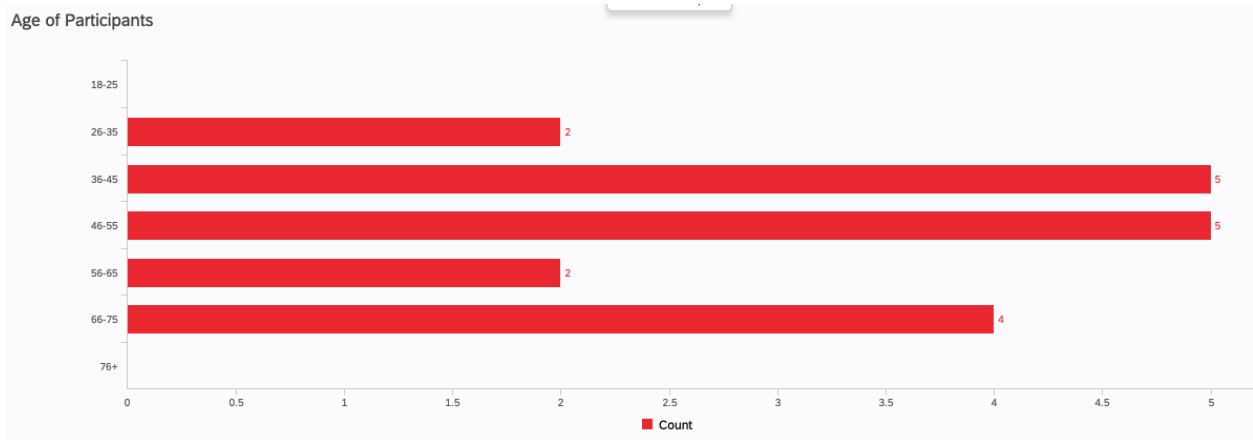
13 responses

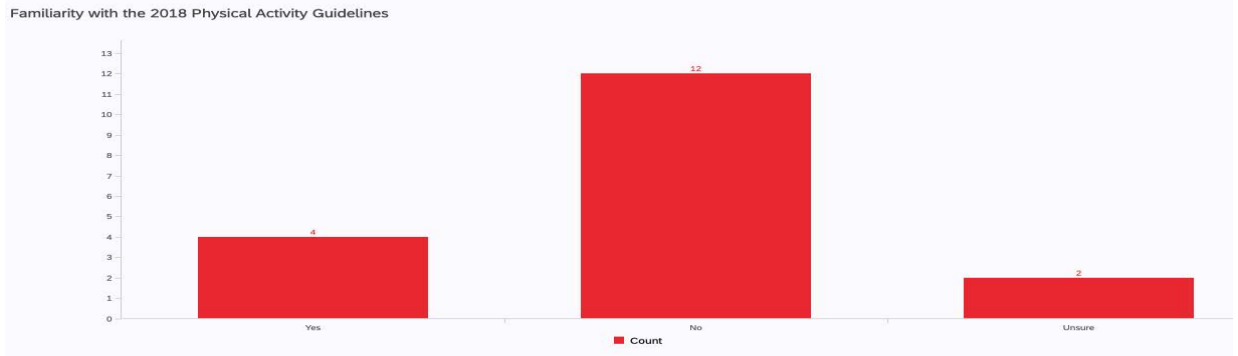


# Qualtrics Survey

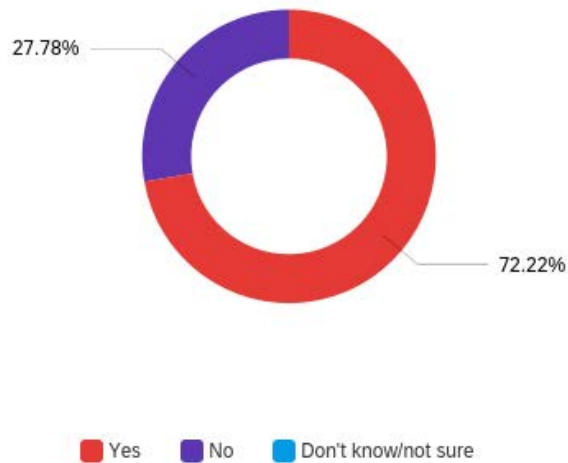
Two Qualtrics surveys were designed to assess the demographics, physical activity behaviors, and other health metrics of individuals participating in the March On step challenge, as well as their thoughts on the provided resources and overall challenge satisfaction.

The Pre-Survey (See Appendix A) had 18 respondents and set the baseline for the groups age, gender, work-status, physical activity level, movement opportunities during work, sleep behaviors, and motivation for physical activity. Out of the 18 respondents:





Physical Activity Participation in Previous 7 Days



The Post-Survey (See Appendix B) only had 2 respondents, even after multiple email attempts from the emails collected from the ChallengeRunner sign-up and Google Forms sign-up. Also the Center for Rural Engagement sent out a reminder email, encouraging those who signed up to complete the survey. Part of the problem might have been the Qualtrics survey going to Spam folders, the Qualtrics link expiring before participants had the chance to take the survey, or a lack of desire to take the post-survey due to the low participation in the challenge itself.

With the lack of data it is challenging to see if our intervention was successful. No participants who took the survey reported using any of the resources provided, including interacting with the Facebook post, using the step compendium, or the physical activity map.

With the two responses however, they both reported having challenges accessing the Challenge Runner website to track their steps, which resulted in them not logging their steps. Both participants suggested using a more “user friendly” application for future challenges.



# Facebook

The goal of the Facebook page was multi-faceted (See Appendix C). The main purpose was to engage with members of Washington County through a social media platform that is extensively utilized. This would allow our team to provide the members of the March On Challenge with various types of posts including: educational, motivational, and humorous. The hope was that the posts would increase challenge adherence and provide meaningful educational content about the benefits of being physically active.

The Facebook page utilized was The Community Health Action Team Washington County, Indiana. An advantage to using this page was that it already had members of Washington County following the page (78 people). A Facebook post was published on the page each day during the challenge.

Facebook provided some analytics for the page over the course of the challenge. The metrics utilized were “reach”, which is relative to the number of profiles that viewed a post and “engagement”, which is a measure of how many combined likes, comments, and shares a post received. The overall engagement and reach were lower than expected. The engagement per post was ~3 per post and the reach per post was ~20 people per post. These numbers were lower than anticipated, but highlighted the fact that Washington County may not have a highly active Facebook presence. Moving forward this will allow for more accurate expectations and interventions for Washington County when it comes to social media platforms.

The most successful post over the course of the challenge was a humorous one. This post exceeded the average engagement and reach by a significant margin. The reach for this post was 139 people and the engagement was 6 (combined likes, shares, and comments). This provides more information for future similar interventions. It seems that working humour into the posts may increase engagement with the post and thereby increase reach. Working humour into

the educational posts may be a way to provide valuable information to more individuals in future iterations.

# Challenges

There were a few main challenges that we faced in the development and implementation of this intervention.

First, the pandemic. This limited our ability to interact with the community and we could not go to Washington County and hand out fliers or meet the participants in person. This also might have impacted our ability to reach this population since there was a lack of personalization.

Second, the participants were not a tech-savvy and hesitant to use the technology provided and struggled to use the resources we gave them. There was low-minimal interaction with the Facebook page, only two participants used the Challenge Runner step tracker, and two participants completed the post-survey (both stated that they wished the challenge was less confusing).

Third, the entire process was very complex, from signing up, to logging the steps. This resulted in a very low response rate, which hindered our results and ability to analyze the challenge's successfulness.

Fourth, the Facebook page was very hard to find and even with administrative privileges, it was difficult to manage. Going forward, possibly creating our own Facebook group for the challenge participants could encourage a space that enables sharing and interaction.

Fifth, no prizes were given out to any participants, so there was low motivation to participate in the challenge. However, according to Kaitlyn from the Center for Rural Engagement, the last challenge that they did, even with the promise and distribution of prizes, no one actually claimed their prizes.

# Improvements for Future Interventions

The main improvement we are suggesting for future interventions is the ability to have both a digital and a print-out version of the challenge. From a paper log for participants to track their steps, to printed materials, posters, and flyers translating the Facebook posts to something that can be shown at the Washington County YMCA, the Washing County Library, or other centralized location.

Technology is challenging for anyone, especially if it is unfamiliar. Using Challenge Runner to log the daily/weekly step count was too complex for most people to use. In the future, we can provide printout step compendium and more paper materials like, flyers, paper signups/submissions.

Including the Washington County YMCA, using them as a central location for sign-ups, advertisements, challenge sheet drop offs. The YMCA will be very helpful in ways of having one centralized location where all the participants can go.

A new facebook group, creating a new facebook group that we can adapt the page to be found by more people. Having more engagement on the facebook page will be extremely helpful.

A focus group pre-intervention. Having a more personalized experience would benefit the participants. We can learn more about their own needs, what works for them, what may not work for them.

Getting an email list from previous participants so we are able to invite them to the challenge again.

Simplifying the entire process. This can really benefit us in our results. If we can improve our response rates we can really be more successful in analyzing any results.

# Appendix

## Appendix A: Pre-Intervention Qualtrics Survey

# Washington County Survey

Start of Block: Demographics

**Q25 Thank you for registering for the March On! Step Challenge! This survey is designed to gather baseline information about the participants of this challenge.**

**All answers are confidential and there is no identifying information gathered.**

Page Break

**Q30**

**Q31 This first set of questions is to gather basic demographic information.**

Page Break

**Q1 What is your age range?**

18-25 (1)

26-35 (2)

36-45 (3)

46-55 (4)

56-65 (5)

66-75 (6)

76+ (7)

Page Break

**Q2 To what gender do you identify?**

Male (1)

Female (2)

Non-binary / third gender (3)

Prefer not to say (4)

Page Break

**Q22 Are you currently employed?**

Yes (1)

No (2)

Page Break

*Display This Question:*

*If Q22 = Yes*

**Q3 What type of work do you do for your job? (Check all that apply):**

- Office work (1)**
- Manual Labor (Landscaping, Farming) (2)**
- Work from home (3)**
- Retail (4)**
- Restaurant/Food Industry (5)**
- Construction (6)**
- Education (7)**
- Health care (8)**
- Public service/Government/Military (9)**
- Manufacturing (10)**
- Technology (11)**
- Other (12) \_\_\_\_\_**

Page Break

**Q11 Would you say that in general your *health* is:**

Excellent (1)

Very Good (2)

Good (3)

Fair (4)

Poor (5)

Page Break

End of Block: Demographics

Start of Block: Physical Activity Behaviors

**Q28**

**Q26 This next group of questions explores your own perceptions of physical activity and exercise.**

Page Break

**Q15 Are you familiar with the 2018 Physical Activity Guidelines published by the U.S. Department of Health and Human Services?**

Yes (1)

No (2)



**Unsure (3)**

Page Break

**Q17 During the past week, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?**

**Yes (1)**

**No (2)**

**Don't know/not sure (3)**

Page Break

**Q7 What type of physical activity do you participate in? (Select all that apply.)**

- Weight training: dumbbells, body weight (1)**
- Cardio: hiking, biking, running, swimming (2)**
- Walking: light or moderate effort (3)**
- Domestic household chores (light effort): laundry, dusting, cleaning floors, scrubbing showers (4)**
- Domestic household chores (vigorous effort): chopping wood, moving brush, push mowing, gardening/landscaping (5)**
- CrossFit (6)**
- Sports: basketball, baseball/softball, football, soccer, etc. (7)**

Page Break

**Q9** On average, how long do you usually engage in physical activity during a single session?

**Example:** You are a runner, you run 3 days a week for 30 minutes.

- Less than 30 minutes (1)
- 30-60 minutes (2)
- 60-90 minutes (3)
- 90-120 minutes (4)
- 120+ minutes (5)

Page Break

**Q19** In the average week, how many days do you engage in VIGOROUS physical activity that is hard enough to make you breathe heavily and make your heart beat faster (for at least 20 minutes)? *Examples include running, brisk walking or heavy labor such as chopping, lifting, or digging.*

- None (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)

6 (7)

7 (8)

Don't know / not sure (9)

Page Break

**Q21 In the average week, how many days do you get 30 minutes or more (for at least 10 minutes at a time) of MODERATE physical activity? *Examples include swimming, gardening, pushing a lawn mower, or slow cycling. Do not include walking.***

None (0)

1 (1)

2 (2)

3 (3)

4 (4)

5 (5)

6 (6)

7 (7)

Don't know / not sure (0)

Page Break

**Q23** In the average week, how many days did you WALK for at least 10 minutes at a time?

(Select "0" if none)

0 d (1)

1 d (2)

2 d (3)

3 d (4)

4 d (5)

5 d (6)

6 d (7)

7d (8)

Page Break

**Q25** In the average week, how many days do you do strength building exercises for 10 minutes or more, such as sit-ups/crunches, push-ups, or use strength-training equipment ( barbells, dumbbells, medicine-balls, etc.)? (d= days)

0 d (0)

1 d (1)

2 d (2)

3 d (3)

4 d (4)

5 d (5)

6 d (6)

7 d (7)

Page Break

**Q27 In the average week, how many days do you do flexibility exercises for 10 minutes or more to improve the range of motion of your back, neck, shoulders, and legs (e.g., stretching, yoga, Tai Chi, etc.)? (d= days)**

0 d (0)

1 d (1)

2 d (2)

3 d (3)

4 d (4)

5 d (5)

6 d (6)

7 d (7)

Page Break

**Q5 What is your primary motivation to participate in physical activity?**

- I'm supposed to/Obligation (1)
- Mental well-being (2)
- Physical health benefits (3)
- Socializing (4)
- Other (5) \_\_\_\_\_

Page Break

**Q11 What are some challenges you face to participating in physical activity?  
(Select all that apply.)**

- I'm not motivated (1)
- I'm always tired or run down (2)
- I value time with my family (3)
- I'm always working (4)
- I have kids (5)
- My work schedule isn't conducive to physical activity (6)
- It's not a priority (7)

Page Break

**Q11 On days when you complete at least 15 minutes of *moderate* physical activity, do you feel more optimistic about your life?**

- Definitely yes (1)**
- Probably yes (2)**
- Might or might not (3)**
- Probably not (4)**
- Definitely not (5)**

End of Block: Physical Activity Behaviors

Start of Block: Work and Sleep Behaviors

**Q32**

**Q27 This final group of questions asks about your work (including stay-at-home parents!) and sleep behaviors.**

Page Break

**Q29 During a usual 8 hour work day, about how many times are you able to get up and move around for any reason, such as walking to a meeting room, the water fountain, the restroom, or just to stand up and stretch?**

- 0-2 times (1)**
- 3-5 times (2)**

6-7 times (3)

8 or more times (4)

Page Break

**Q31 Estimate how many minutes per hour you stand while at work.**

0 minutes per hour (5)

1-5 minutes per hour (1)

6-10 minutes per hour (2)

11-15 minutes per hour (3)

> 16 minutes per hour (4)

Page Break

**Q33 When you are at work, which of the following best describes you?**

Mostly sitting (1)

Mostly standing (2)

Mostly walking (3)

Mostly heavy labor or physically demanding work (4)

Page Break



**Q13 During an average night, how many hours of sleep do you get?**

**0-3 hours (1)**

**4-6 hours (2)**

**6-8 hours (3)**

**9+ hours (4)**

**End of Block: Work and Sleep Behaviors**

## Appendix B: Post-Intervention Qualtrics Survey

# Washington County Post-Survey

**Q3 Congratulations on participating in the March On! step challenge! As we close out the challenge we'd like to hear about your experience. This exit survey will ask many of the same questions that were asked of you at the start of the challenge. There is a section at the end that will ask you more about your overall experience. Thanks for taking the time to help us improve for future challenges!**

**This survey will take less than 10 minutes to complete.**

**Q5 This first set of questions gathers basic demographic information.**

**Q6 What is your age range?**

18-25 (1)

26-35 (2)

36-45 (3)

46-55 (4)

56-65 (5)

66-75 (6)

76+ (7)

Page Break

**Q7 To what gender do you identify?**

Male (1)

Female (2)

Non-binary / third gender (3)

Prefer not to say (4)

Page Break

**Q8 Are you currently employed?**

Yes (1)

No (2)

Page Break

*Display This Question:*

*If Are you currently employed? = Yes*

**Q9 What type of work do you do for your job? (Check all that apply):**

Office work (1)

Manual Labor (Landscaping, Farming) (2)

Work from home (3)

Retail (4)

Restaurant/Food Industry (5)

- Construction (6)**
- Education (7)**
- Health care (8)**
- Public service/Government/Military (9)**
- Manufacturing (10)**
- Technology (11)**
- Other (12) \_\_\_\_\_**

Page Break

**Q10 Would you say that in general your *health* is:**

- Excellent (1)**
- Very Good (2)**
- Good (3)**
- Fair (4)**
- Poor (5)**

Page Break

End of Block: Demographics

Start of Block: Physical Activity Behaviors

**Q12 This next group of questions explores your own perceptions of physical activity and exercise.**

Page Break

**Q13 Are you familiar with the 2018 Physical Activity Guidelines published by the U.S. Department of Health and Human Services?**

- Yes (1)
- No (2)
- Unsure (3)

Page Break

**Q14 During the past week, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?**

- Yes (1)
- No (2)
- Don't know/not sure (3)

Page Break

**Q15 What type of physical activity do you participate in? (Select all that apply.)**

- Weight training: dumbbells, body weight (1)
- Cardio: hiking, biking, running, swimming (2)

- Walking: light or moderate effort (3)
- Domestic household chores (light effort): laundry, dusting, cleaning floors, scrubbing showers (4)
- Domestic household chores (vigorous effort): chopping wood, moving brush, push mowing, gardening/landscaping (5)
- CrossFit (6)
- Sports: basketball, baseball/softball, football, soccer, etc. (7)

Page Break

**Q16** On average, how long do you usually engage in physical activity during a single session?

**Example:** You are a runner, you run 3 days a week for 30 minutes.

- Less than 30 minutes (1)
- 30-60 minutes (2)
- 60-90 minutes (3)
- 90-120 minutes (4)
- 120+ minutes (5)

Page Break

**Q17** In the average week, how many days do you engage in VIGOROUS physical activity that is hard enough to make you breathe heavily and make your heart beat faster (for at least 20 minutes)? *Examples include running, brisk walking or heavy labor such as chopping, lifting, or digging.*

- None (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- Don't know / not sure (9)

Page Break

**Q18 In the average week, how many days do you get 30 minutes or more (for at least 10 minutes at a time) of MODERATE physical activity? *Examples include swimming, gardening, pushing a lawn mower, or slow cycling. Do not include walking.***

- None (0)
- 1 (1)
- 2 (2)
- 3 (3)

4 (4)

5 (5)

6 (6)

7 (7)

Don't know / not sure (0)

Page Break

**Q19** In the average week, how many days did you WALK for at least 10 minutes at a time?

(Select "0" if none)

0 d (1)

1 d (2)

2 d (3)

3 d (4)

4 d (5)

5 d (6)

6 d (7)

7d (8)



Page Break

**Q20** In the average week, how many days do you do strength building exercises for 10 minutes or more, such as sit-ups/crunches, push-ups, or use strength-training equipment (barbells, dumbbells, medicine-balls, etc.)? (d= days)

0 d (0)

1 d (1)

2 d (2)

3 d (3)

4 d (4)

5 d (5)

6 d (6)

7 d (7)

Page Break

**Q21** In the average week, how many days do you do flexibility exercises for 10 minutes or more to improve the range of motion of your back, neck, shoulders, and legs (e.g., stretching, yoga, Tai Chi, etc.)? (d= days)

0 d (0)

1 d (1)

2 d (2)

3 d (3)

4 d (4)

5 d (5)

6 d (6)

7 d (7)

Page Break

**Q22 Right now, what is your primary motivation to participate in physical activity?**

I'm supposed to/Obligation (1)

Mental well-being (2)

Physical health benefits (3)

Socializing (4)

Other (5) \_\_\_\_\_

Page Break

**Q23 What are some challenges you face to participating in physical activity?  
(Select all that apply.)**

I'm not motivated (1)

I'm always tired or run down (2)

- I value time with my family (3)
- I'm always working (4)
- I have kids (5)
- My work schedule isn't conducive to physical activity (6)
- It's not a priority (7)

Page Break

**Q24** On days when you complete at least 15 minutes of *moderate* physical activity, do you feel more optimistic about your life?

- Definitely yes (1)
- Probably yes (2)
- Might or might not (3)
- Probably not (4)
- Definitely not (5)

Page Break

End of Block: Physical Activity Behaviors

Start of Block: Work and Sleep Behaviors

**Q26** This group of questions asks about your work (including stay-at-home parents!) and sleep behaviors.

Page Break

**Q27** During a usual 8 hour work day, about how many times are you able to get up and move around for any reason, such as walking to a meeting room, the water fountain, the restroom, or just to stand up and stretch?

- 0-2 times (1)
- 3-5 times (2)
- 6-7 times (3)
- 8 or more times (4)

Page Break

**Q28** Estimate how many minutes per hour you stand while at work.

- 0 minutes per hour (5)
- 1-5 minutes per hour (1)
- 6-10 minutes per hour (2)
- 11-15 minutes per hour (3)
- > 16 minutes per hour (4)

Page Break

**Q29** When you are at work, which of the following best describes you?

- Mostly sitting (1)**
- Mostly standing (2)**
- Mostly walking (3)**
- Mostly heavy labor or physically demanding work (4)**

Page Break

**Q30 During an average night, how many hours of sleep do you get?**

- 0-3 hours (1)**
- 4-6 hours (2)**
- 6-8 hours (3)**
- 9+ hours (4)**

End of Block: Work and Sleep Behaviors

Start of Block: Block 4

**Q42 How many days a week did you actively accumulate steps for the challenge? (i.e. increased your daily movement only to improve in the challenge; the challenge was the primary motivation for completing movement)**

- 1 day a week (1)**
- 2-3 days a week (2)**

4-5 days a week (3)

6-7 days a week (4)

Page Break

**Q31 After participating in this challenge, how would you rate these aspects of health compared to how you felt before participating in the challenge.**

	<b>Much better (1)</b>	<b>Somewhat better (2)</b>	<b>About the same (3)</b>	<b>Somewhat worse (4)</b>	<b>Much worse (5)</b>
<b>Physical Health (how well your body is operating) (6)</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Mental Health (emotional and outlook on life) (7)</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Energy Level (reduced fatigue, alertness) (8)</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Page Break

**Q35 Did you follow the challenge on Facebook?**

Yes (1)

No (2)

Page Break

*Display This Question:*

*If you followed the challenge on Facebook? = Yes*

**Q34 Did you find the Facebook posts helpful?**

Yes (1)

Maybe (2)

No (3)

Page Break

*Display This Question:*

*Did you find the Facebook posts helpful? = Yes*

**Q44 What type of posts did you find *most* helpful?**

Motivational posts (1)

Educational posts (2)

Workout ideas (3)

Physical activity location ideas posts (4)

Call to action posts (5)

Page Break

*Display This Question:*

*Did you find the Facebook posts helpful? = Maybe*

*Or Did you find the Facebook posts helpful? = No*

**Q45 What would you have liked to see in the Facebook posts?**

---

Page Break

**Q36 On average, what was your daily step count?**

- Under 1,000 steps per day (1)
- 1,000 - 4,999 steps per day (2)
- 5,000 - 9,999 steps per day (3)
- 10,000 - 14,999 steps per day (4)
- 15,000 or more steps per day (5)

Page Break

**Q37 How did you track your physical activity? (Select all that apply.)**

- Smart Watch (Apple Watch) (1)
- Smart Phone (iPhone, Android) (2)



- Pedometer (3)**
- Activity Tracker (FitBit, Garmin) (4)**
- Step compendium (written log) (5)**
- Other (6) \_\_\_\_\_**

Page Break

**Q38 Did you utilize any of the provided resources? (Select all that apply.)**

- Map (1)**
- Step Compendium (2)**
- Online step tracker (ChallengeRunner tracker) (4)**
- None (5)**

Page Break

*Display This Question:*

*Did you utilize any of the provided resources? (Select all that apply.) = Map*

**Q49 Was the physical activity map helpful and accurate?**

- Helpful and accurate (1)**
- Helpful but not accurate (2)**

Not helpful but accurate (3)

Neither helpful nor accurate (4)

Page Break

*Display This Question:*

*Did you utilize any of the provided resources? (Select all that apply.) = Step Compendium*

**Q48 Did the step compendium contain all the activities you participated in? (If no, please list the activity/activities you'd like to see added in the space provided.)**

Yes (1)

No (2) \_\_\_\_\_

Page Break

*Display This Question:*

*Did you utilize any of the provided resources? (Select all that apply.) = Step Compendium*

**Q47 Was the step compendium easy to use? (If no, please explain why in the space provided.)**

Yes (1)

No (2) \_\_\_\_\_

Page Break

*Display This Question:*

*Did you utilize any of the provided resources? (Select all that apply.) = Online step tracker (ChallengeRunner tracker)*

**Q51 Was the online step tracker (ChallengeRunner) easy to use? (If no, please explain why in the space provided.)**

**Yes (1)**

**No (2)** \_\_\_\_\_

Page Break

*Display This Question:*  
*Did you utilize any of the provided resources? (Select all that apply.) = None*

**Q46 What could we have done to improve the provided resources? (i.e. Walking compendium, physical activity map)**

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Page Break

**Q41 What did you think about the enrollment process? (Signing up using Google Forms, signing up for the online step tracker (ChallengeRunner), etc.)**

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Page Break

**Q40 How could we improve this challenge for future participants?**

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Page Break

**Q39 Would you do this challenge again? (1 = NEVER, 10 = Of course)**

- 1 2 3 4 5 6 7 8 9 10

---

<b>Rate the challenge ()</b>	
------------------------------	--

---

**Q52**

**Thank you for taking the time to complete this post-challenge survey. Your responses are vital to improving the future health of Washington County!**

**See you in October for the Walktober Challenge.**

End of Block: Block 5

# Appendix C: Facebook Posts



17:47



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**Community Health Action Team**  
**Washington County, Indiana**



Posted by Brice Teter  
Mar 2 ·

Join the March On! step challenge and get healthy!  
Head over to the event page to register, and like  
and share this post. Lots of info on the... See More



#SMALLCHOICESBIGCHANGE



**WASHINGTON  
COUNTY**

Did you know that taking a walk with your best friend is good for your health? Walking 20 minutes a day burns nearly 100 calories, amounts to 2000 steps, and your best friend will also thank you! Get out there Washington County and enjoy our many trailheads with good company.



You and 3 others

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Change takes time. Its not too late to register for the March On! step challenge.

[#smallchoic...](#) See More



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### Community Health Action Team Washington County, Indiana



Posted by Brice Teter

Mar 4 ·

If you're registered for our step challenge there are lots of resources for you to use. If you haven't registered, head on over to the event p... See More



2



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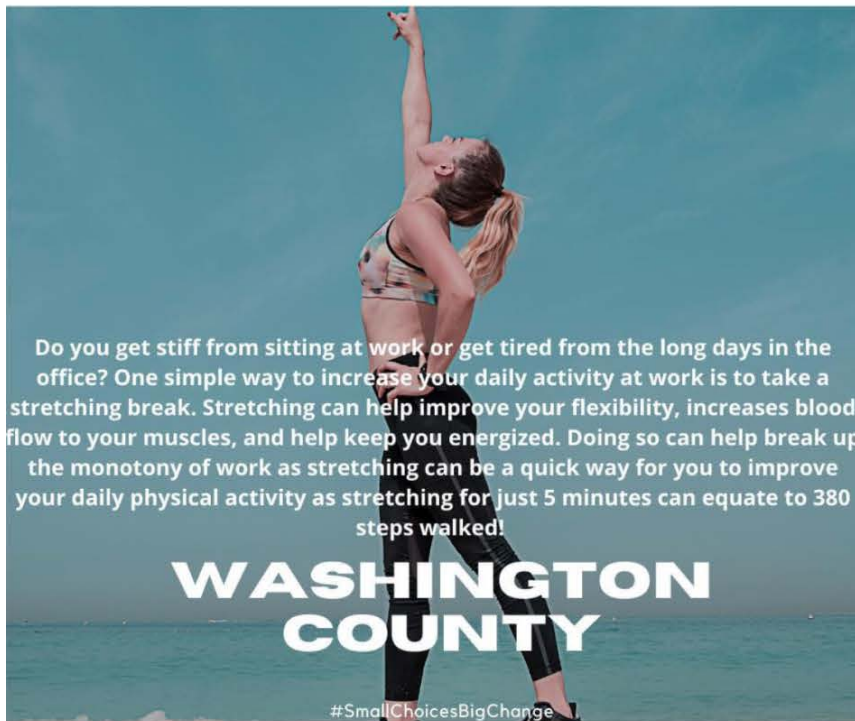
### Community Health Action Team Washington County, Indiana



Posted by Brice Teter

Mar 5 ·

We'll be posting wellness tips all month as part of our March On! campaign. Keep track of your steps and head over to the events page, ther... See More



1

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### Community Health Action Team Washington County, Indiana



Posted by Brice Teter

Mar 6 ·

The physical activity guidelines state that 150 minutes of moderate-intensity aerobic activity a week leads to a improved health. For... See More

Did you know that standing at work burns more calories than sitting and by doing so for just 10 minutes, it can equate to roughly 340 steps walked? This is a simple way to increase your daily physical activity and to take breaks from sitting at your desk or work area. You can stand while you work along an assembly line or on other manufacturing equipment, while you are making calls, typing or doing other office work. Standing for short periods of time helps you avoid being sedentary for too long and it increases blood circulation throughout the body.



**#SmallChoicesBigChange**  
**Washington County**

1



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**Community Health Action Team**  
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Posted by Dana Koglin

Mar 7 · ⚙️



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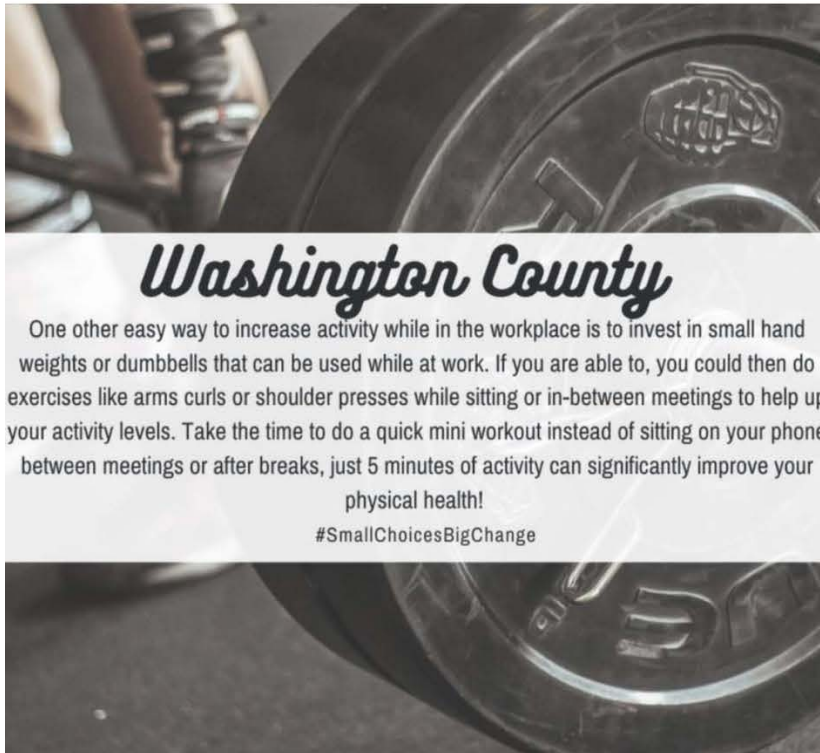


**Community Health Action Team**  
**Washington County, Indiana**



Posted by Dana Koglin

Mar 8 · ⚙️



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### Community Health Action Team Washington County, Indiana



Posted by Dana Koglin

Mar 9 ·

Did all of you see the snow melting?  
I thaw!! Today's a great day to March  
On! #SmallMovementsBigChange



2

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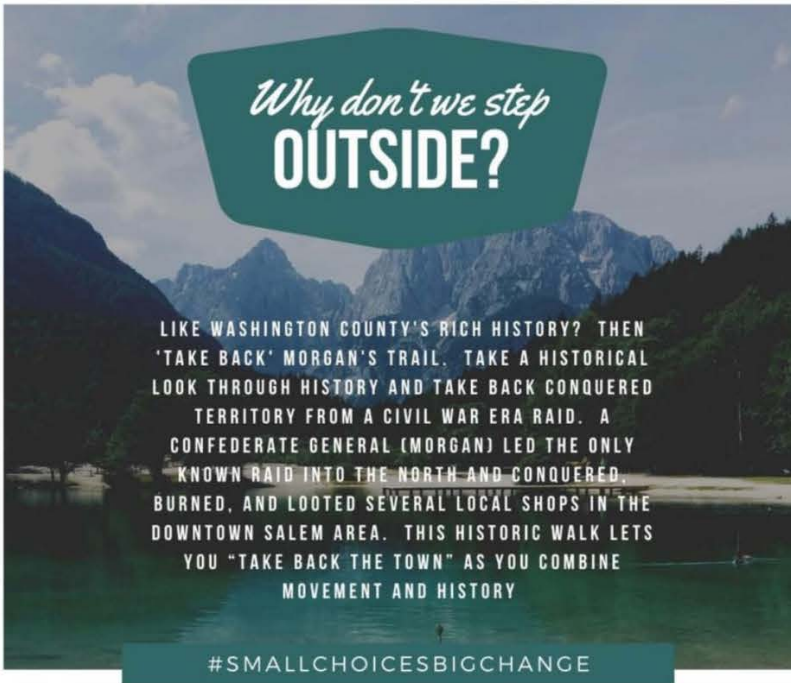


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**Washington County, Indiana**



Posted by Dana Koglin

Mar 10 · ⚙️



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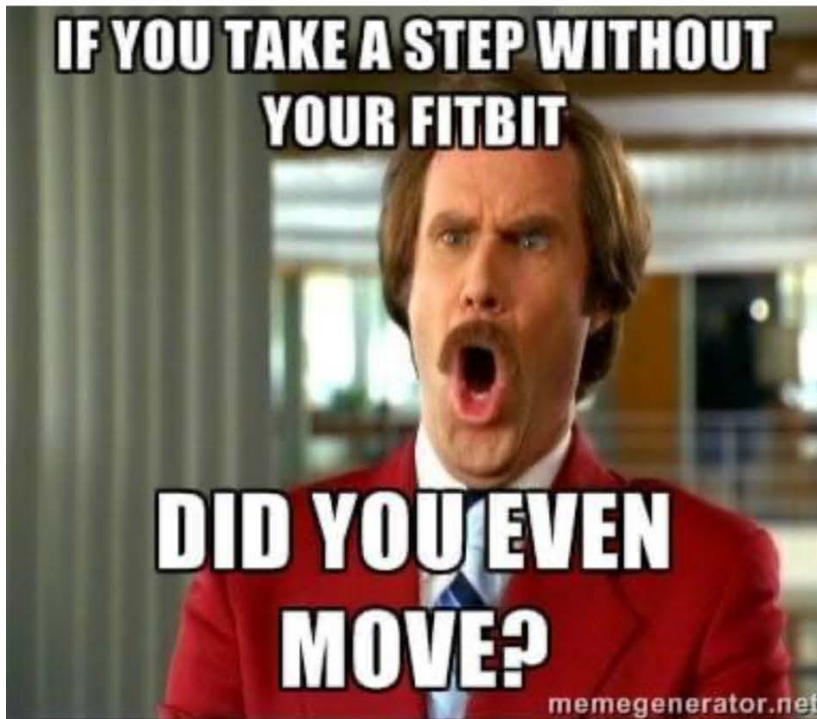


**Community Health Action Team**  
**Washington County, Indiana**

Posted by Dana Koglin

Mar 11 ·

The answer is YES! Your body knows you moved (and will thank you for it), and you know you moved! And if you want to make sure e... See More



1



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**Community Health Action Team**  
**Washington County, Indiana**



Posted by Dana Koglin  
Mar 12 · ⚙️



How do you tell someone winter is over?  
You Spring it on them! Get out and enjoy  
that nice weather and March on!  
#SmallMovementsBigChange

1



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**Washington County, Indiana**



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### Community Health Action Team Washington County, Indiana



Posted by Dana Koglin

Mar 13 ·



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**Community Health Action Team**  
**Washington County, Indiana**



Posted by Levi Hall  
Mar 16 ·



*Make your  
activity a  
family social  
affair!*

#SMALLCHOICESBIGCHANGE



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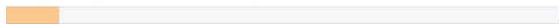


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**Community Health Action Team**  
**Washington County, Indiana**



Posted by Levi Hall  
Mar 17 · ⚙️

*Children who are active are more likely to have better:*

- Grades in school
- School attendance
- Cognitive abilities (memory, focus, concentration)
- Classroom behavior



<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

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### Community Health Action Team Washington County, Indiana



Posted by Levi Hall  
Mar 18 ·



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### Community Health Action Team Washington County, Indiana



Posted by Levi Hall





**Community Health Action Team**  
**Washington County, Indiana**



Posted by Levi Hall  
Mar 19 · ⚙️

Small choices such as choosing to take the stairs can result in a big change and even help you build momentum to make more healthful cho... See More



👍 2



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**Community Health Action Team**  
**Washington County, Indiana**



Posted by Levi Hall

Mar 20 ·

**KEEP  
MARCHING  
ON**

stay active. have fun. get  
outside. march on!



2



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### Community Health Action Team Washington County, Indiana



Posted by Levi Hall

Mar 21 ·



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### Community Health Action Team Washington County, Indiana



Posted by Levi Hall





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**Community Health Action Team**  
**Washington County, Indiana**



Posted by Levi Hall  
Mar 22 ·



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### Community Health Action Team Washington County, Indiana



Posted by Levi Hall

Mar 23 ·



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Posted by Levi Hall

Mar 24 ·



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**Community Health Action Team**  
**Washington County, Indiana**



Posted by Levi Hall

Mar 25 ·

Rise & Shine! Time to March On this Morning. #SmallMovementsBigChange



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**Community Health Action Team**  
**Washington County, Indiana**



Posted by Levi Hall



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**Community Health Action Team**  
**Washington County, Indiana**



Posted by Levi Hall

Mar 26 ·



We didn't March On in February, but we May in April. #SmallMovementsBigChange



2

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**Community Health Action Team**  
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Posted by Levi Hall



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## Community Health Action Team Washington County, Indiana



Posted by Levi Hall

Mar 29 ·

*ARE YOU FAMILIAR WITH  
THE CDC PHYSICAL ACTIVITY  
GUIDELINES?*

### Children and Adolescents (6-17 years old)

- **60 mins (1 hour)** or more of moderate-to-vigorous intensity physical activity daily
- A **variety** of enjoyable physical activities
- As part of the 60 minutes, on at least 3 days a week, children and adolescents need:
  - **Vigorous Activity** such as running or soccer
  - Activity that **strengthens muscles** such as climbing or push ups
  - Activity that **strengthens bones** such as gymnastics or jumping rope

### Adults (18-64 years old)

- At least **150 minutes a week** of moderate intensity activity such as **brisk walking**
- At least **2 days a week** of activities that **strengthen muscles**

### Adults (65+ years old)

- At least **150 minutes a week** of moderate intensity activity such as **brisk walking**
- At least **2 days a week** of activities that **strengthen muscles**
- Activities to **improve balance** such as standing on one foot



<https://www.cdc.gov/physicalactivity/basics/age-chart.html>



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## Community Health Action Team Washington County, Indiana



Posted by Levi Hall

Mar 26 ·

