

HOWDY HEALTH  
TEAM – BASED PHYSICAL ACTIVITY PROGRAMS  
MWV STATEWIDE TRAINING COHORT  
JUNE 12TH, 2024

Achieve and maintain an active lifestyle.

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Family and Community Health

HOWDYHEALTH.TAMU.EDU

## OUR WHY

*“[This program] came at a perfect time of me trying to get back into a workout routine. I have been stuck in a all or nothing mentality for many years and have been trying to break through it. If I missed a day or didn't hit my personal goal, I had to give myself grace that there is always tomorrow. Getting up and just moving is all that matters...”*

*“This program lets us do more than just move our bodies. It brought my team together and helped us to bond more and have quality time together. We shared special moments that I'll never forget - like the time we all cracked up when danced at the gym. We learned so many dance steps. Though we worked up a sweat, what I value most are the memories we created and the bonds that will last beyond this program. Those special times are treasures we will cherish forever.”*

## OUR GOALS TODAY

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Explore Howdy Health website and program offerings

Discuss program designs and key features

Highlight example steps to programmatic success for volunteers



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## QUICK REVIEW

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We know that we **should** be active...

Most of us are **not**...



## **DETERMINANTS OF PHYSICAL ACTIVITY**

**Personal Attributes:** Demographics; Health Status;  
Physical Activity History; Psychological Traits;  
*Knowledge*, Attitude, and Beliefs

**Environmental Factors:** Access to Facilities; Time;  
*Social Support*

**Physical Activity Factors:** *Intensity*

Dishman & Buckworth, 1997



## **QUICK REVIEW**

We know that we **should** be active...

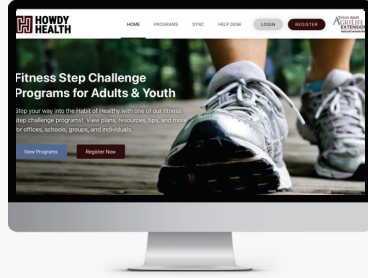
Most of us are **not**...

Simply telling people to **be more active**  
generally doesn't work...

So, what **does** work?

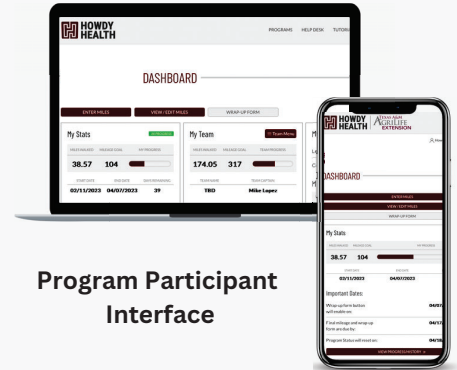


# HOWDY HEALTH



## Educational Content & Program Information

- Website Includes:
- Program Information
- Sync Articles
- Help Desk
- Account Creation



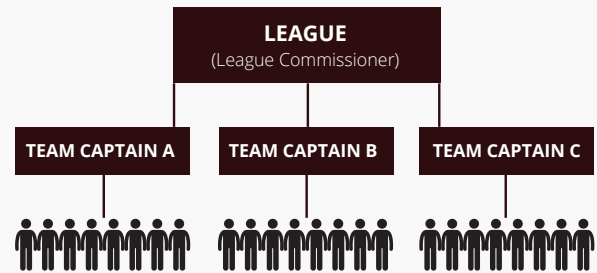
## Program Participant Interface

- Features Include:
- Program Dashboards
- Program Participation and History
- Help Desk
- Tutorials

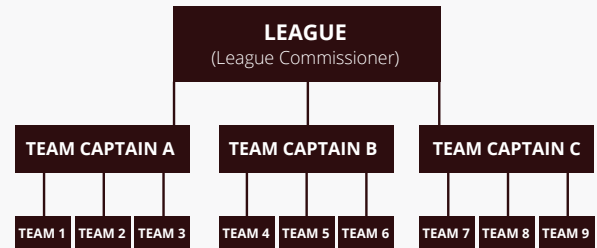


# HOWDY HEALTH TEAM-BASED PHYSICAL ACTIVITY PROGRAMS

## Adult programs



## Youth program





# VIRTUAL JOURNEY

## TEAM PROGRESS MAP



## Team Path Progress Map

Current team marker achieved: Texas A&M University - College Station at mile 0  
Your team has 50 miles to go to the next path marker: Texas A&M University - Kingsville at mile 50

### Team Path Markers Achieved

Marker: Texas A&M University - College Station

Marker Number: 19  
Marker Mile: 0

#### Marker Description



TEXAS A&M  
UNIVERSITY

For more information: [CLICK HERE](#)

The Suicide Awareness & Prevention Office at Texas A&M University offers a variety of services for individuals, programs, departments, and student groups. Knowing the signs of suicide is important in helping someone who may be at risk. By offering your understanding, reassurance, and support, you can help your loved one or friend seek the help they need.

(CAPS Intro Video Embedded)



# WHAT COUNTS AS A MILE?



Steps or  
Mileage



**Intensity:**  
How hard a person works to  
do the activity

**Levels of intensity:**  
Light, moderate, or vigorous

**Activity  
Equivalents**

**Duration:**  
How long a person does an  
activity in any one session



## THEORETICAL FRAMEWORK - SOCIAL COGNITIVE THEORY

Concept	Definition	Example Program Strategy
<b>Reciprocal Determinism</b>	Interaction of the person, behavior and the environment	Locally sponsored events and activities*
<b>Behavioral Capability</b>	Knowledge and skill to perform a behavior	Education experiences* Self-selection of physical activity**
<b>Expectations</b>	Outcomes of the behavior	The individual**, team*** or secondary program goals*
<b>Self - Efficacy</b>	Confidence in one's ability to act and overcome barriers	Tracking and monitoring of mileage** Self-selection of physical activity**
<b>Observational Learning</b>	Occurs by watching the actions and outcomes of others' behavior	Team-based program design*** and program activities*
<b>Reinforcements</b>	Responses to a person's behavior that increases or decreases the likelihood of reoccurrence	Self-initiated rewards** and incentives*

**Bonus:**  
Research suggests that group programs can lead to greater accountability, motivation, and social interaction

\*Program Implementer led; \*\*Participant led; \*\*\*Program Design  
US Department of Health and Human Services, 2018



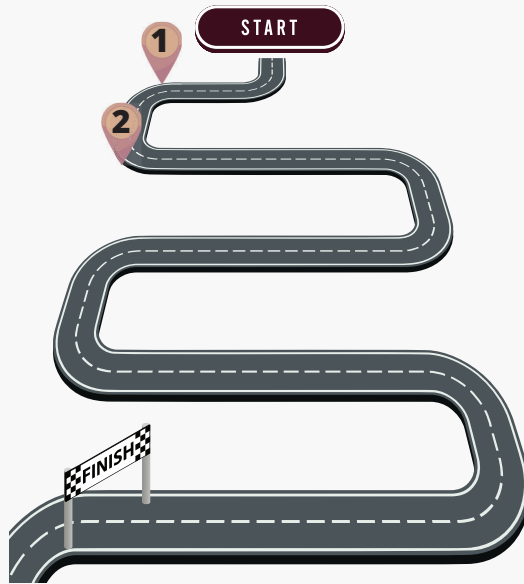
## VOLUNTEER ROAD MAP



Figure 2. Phases and steps of the PIC Program Change Model.



## ROAD MAP - PLANNING



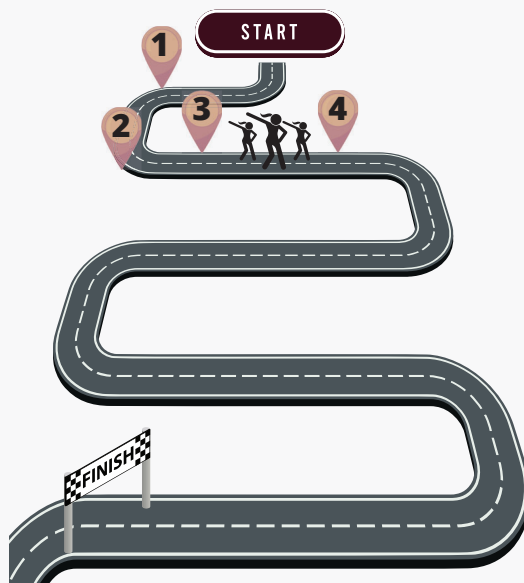
Engage in program trainings on design - *done!*



Collaborate with local Extension Agent to decide your role – lead or support



## ROAD MAP - PLANNING



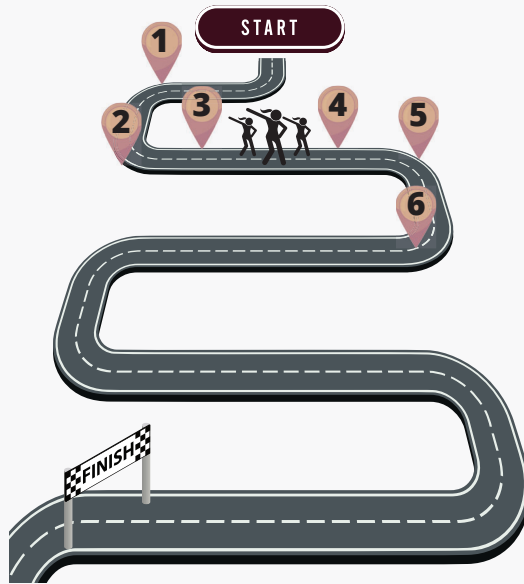
Determine vision / audience, program and task force – *Activity Guide*



Request or review implementation guidance and best-practice suggestions for the selected program



## ROAD MAP - PLANNING



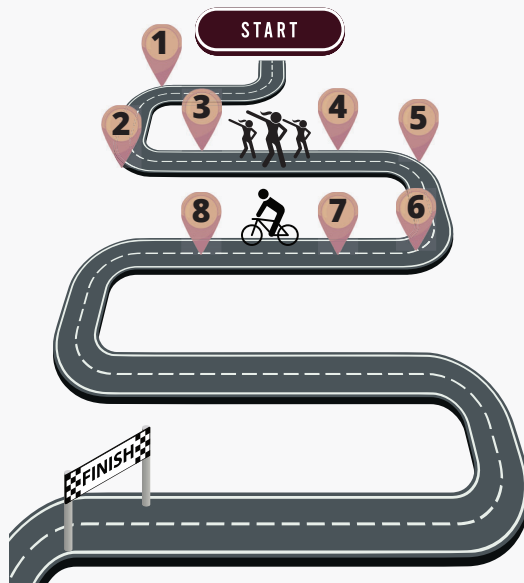
Offer trainings, program materials, and resources



Set program dates



## ROAD MAP - PLANNING



Plan events and program activities



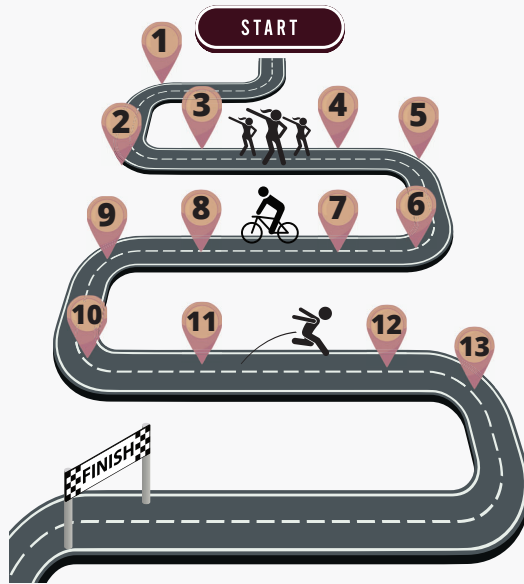
Identify incentives and door prizes







## ROAD MAP - IMPLEMENTATION



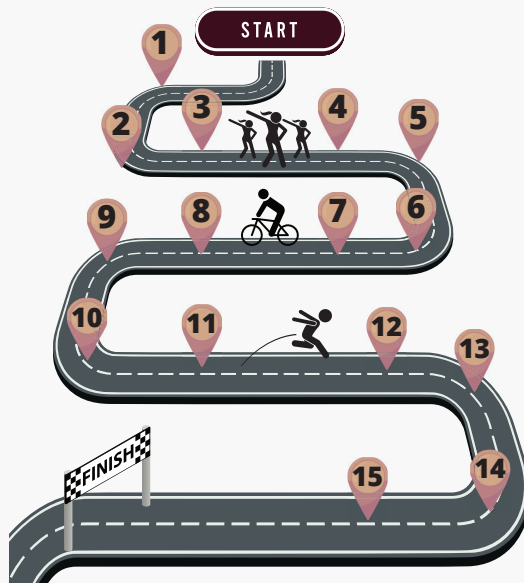
Track program participation online



Host events and program activities



## ROAD MAP - IMPLEMENTATION



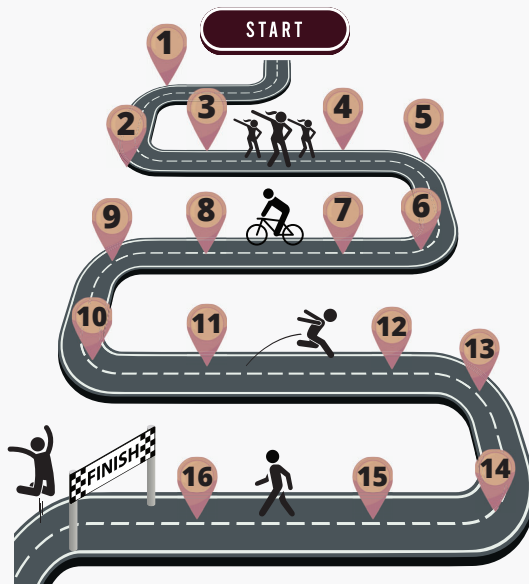
Encourage program completion



Provide recognition for various accomplishments



## ROAD MAP - EVALUATION



Submit necessary local reports or updates



Celebrate!!!



## HOW CAN YOU BE INVOLVED?

**Educational Workshops:** offer workshops on health, wellness, and active living

**Demonstrations:** conduct hands-on demonstrations during events and activities\*

**Volunteer Support:** offer support, advice, and encouragement throughout the program; assist in planning and setup for events and activities

**Promotion and Outreach:** engage with schools, churches, and community organizations; host booths; help distribute program materials

\*if a qualified, licensed, or credentialed professional



## QUESTIONS?

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Stay connected! Follow us on social media:



@walkacrosstexas



@walkacrosstexas



howdy.health

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Stay up to date on the latest information for programs,  
events and opportunities you can get involved in!

