



STUDY GUIDE:

Creating a Culture of Wellness

Instructions: The action tasks and questions below can be used to guide further individual self-study, or group discussion, while watching **Creating a Culture of Wellness**. If you are leading a group learning experience using this module, you may wish to review the questions with participants in advance of the session and again afterwards to gauge their learning.

Slide 4 Action Task:

Visit Robert Wood Johnson Foundation website:

<https://www.rwjf.org/en/library/interactives/whereyouliveaffectshowlongyoulive.html>

Search for an address that you are familiar with like your home or workplace. If the address you enter does not have data, choose another at your discretion.

Enter the life expectancy information below:

Address #1: _____

County: _____

State: _____

United States: _____

Address #2: _____

County: _____

State: _____

United States: _____

Search for another address and describe any themes. How far apart are they? Are the life expectancies similar? What do you think about the differences? How would you explain the differences (if any)?

Slide 5 Action Task:

In the box below, write down challenges that you, or others in your community, may face when trying to be active.

Slide 31 Action Task:

In the box below, write down opportunities that you, as a Master Health Volunteer, can implement to help create a culture of wellness around physical activity.



QUESTIONS:

1. True / False: “Where you live influences how long you live”
 - A. True
2. According to the County Health Rankings Model, community safety would be classified as which type of determinant of health?
 - A. Social & Economic Factor
3. According to the County Health Rankings Model, what percentage of the overall impact of health outcomes did health behaviors constitute?
 - A. 30%
4. Which of the following is **NOT** a key principle of environments that support physical activity?
 - A. Useful
 - B. Crime / Lack of Security**
 - C. Comfortable
 - D. Interesting
5. True / False: We all respond the same to certain environments
 - A. False



ADDITIONAL RESOURCES

Alliance for a Healthier Generation. (n.d.). *Indoor Fitness Trail*. Access at: <https://www.cusd80.com/cms/lib/AZ01001175/Centricity/Domain/98/Indoor%20Fitness%20Track%20signs.pdf>

Centers for Disease Control and Prevention. (2019). *Physical Activity*. Access at: <https://www.cdc.gov/physicalactivity/index.html>

Centers for Disease Control and Prevention. (2012). *Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for Americans in the Workplace*. Access at: https://www.cdc.gov/physicalactivity/worksite-pa/pdf/steps2wellness_broch14_508_tag508_tag508.pdf

ChangeLab Solutions. (2017). *Walk This Way: A Resource on State and Local Policies That Support Physical Activity and Wellness in and Around the Workplace*. Access at: http://www.changelabsolutions.org/sites/default/files/Workplace_Wellness-GUIDEBOOK-FINAL-20170714.pdf

County Health Rankings & Roadmaps. (2016). *County Health Rankings Model*. Access at: <http://www.countyhealthrankings.org/county-health-rankings-model>

Map My Walk. (n.d.). *Local Walking Information*. Access at: <https://www.mapmywalk.com/us/>

Moser, H. (2018). *THE ARROW HEAD GANG: And the Importance of Social Groups to the Outdoor Play Revival*. Access at: https://www.childrenandnature.org/2018/08/15/the-arrow-head-gang-and-the-importance-of-social-groups-to-the-outdoor-play-revival/?mc_cid=cc26c06f7b&mc_eid=e992d2fb45

Office of Disease Prevention and Health Promotion. (2018). *Move Your Way*. Access at: <https://health.gov/moveyourway/#top>

Robert Wood Johnson Foundation. (2018). *Could where you live influence how long you live?* Access at: <https://www.rwjf.org/en/library/interactives/whereliveaffectshowlongyoulive.html>

Safe Routes to School National Partnership. (2016). *How to Create a Walking Route Map*. Access at: <http://www.saferoutespartnership.org/sites/default/files/pdf/guide-to-creating-a-walking-route-map.pdf>

Sallis, J., et al. (2006). *An Ecological Approach to Creating Active Living Communities*. Access at: <https://www.annualreviews.org/doi/full/10.1146/annurev.publhealth.27.021405.102100>



Texas A&M AgriLife Extension Service. (n.d.). *Walk Across Texas!*. Access at: <http://walkacrosstexas.tamu.edu/>

The Institute for Health and Productivity Studies. (2016). *Physical Activity in the Workplace: A Guide for Employers*. Johns Hopkins Bloomberg School of Public Health. Access at: https://www.workhealthresearchnetwork.org/wp-content/uploads/2016/05/CDC-WHRN-Physical-Activity_Employer-Guide-FINAL.pdf

Toker, U. (2012). *Making Community Design Work: A Guide for Planners*.

U.S. Department of Transportation. (2015). *A Resident's Guide for Creating Safer Communities for Walking and Biking*. Access at: https://safety.fhwa.dot.gov/ped_bike/ped_cmunity/ped_walkguide/residents_guide2014_final.pdf