

# ACTIVE AGGIES

## PROGRAM IMPLEMENTATION AT UC DAVIS

### PARTNERS

Active Aggies Mobile was a collaborative initiative implemented by the Staff Health and Faculty Well-being program and Campus Recreation with funding provided by Healthy UC Davis.



### OVERVIEW

The Active Aggies Mobile (AAM) program offered a group exercise class consisting of yoga and body weight circuit training. The program was offered twice a week at two different locations on the UC Davis campus during the lunch hour. The goal was to make fitness classes more accessible and convenient, and thereby increase participants' physical activity and emotional well-being. The average class size was 16 people at the Mondavi Center and 23 people at the Old Scrubs Café location. Active Aggies Mobile served 165 unique participants (20 men and 145 women) and average attendance of the registrants was 3.8 classes. Survey results indicated that participants experienced a significant increase in energy and emotional well-being.

### PROJECT DETAILS

Active Aggies Mobile was offered from January 16 – June 7, 2018 to students, staff, and faculty twice per week at two different locations - the Mondavi Center for the Performing Arts and the Old Scrubs Café in the Health Sciences District. Classes were offered during the lunch hour with the goal of making fitness classes accessible and convenient to address two commonly identified barriers for physical activity on our campus. Two main strategies, attendance records and surveys, were employed to assess community engagement and perceived program value and health benefits. Sustainability and scalability were evaluated through resource and cost analysis. Sign-in sheets were used to determine the total number of participants as well as the number of classes participants attended, and participants were given a survey at the end of a program asking them to comment on their perceived value of the program.

### CONTACT

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For more information, visit

<https://healthy.ucdavis.edu/physical-activity/mobile-fitness>

## DATA SNAPSHOT

- Active Aggies Mobile had a total of 165 unique participants (20 men and 145 women), the majority of which were staff AAM class attendance varied throughout winter and spring quarters. The average AAM class sizes at Old Scrubs and the Mondavi throughout both the Winter and Spring sessions were 23 and 16 participants respectively. It was noted that on weeks where there was a holiday or a canceled class, that attendance declined at subsequent classes that week.
- The average total attendance of the registrants was 3.8 classes during winter quarter. Excluding those who did not attend any classes despite registering, the average participation was 5.2 classes throughout the quarter. For the spring quarter, the average total attendance of all the registrants was 4.8. Excluding those who did not attend any classes, the average attendance of an individual participant was 7.1 classes.
- The average attendance for participants who completed the SF-36 survey was 7.4 classes. The group showed a significant change in energy/fatigue, which increased from an average 61.1 to 67.3 (i.e. increased energy and decreased fatigue).

## RESOURCES

- Active Aggies:  
<https://healthy.ucdavis.edu/physical-activity/mobile-fitness>

## PROJECT DETAILS CONTINUED

As a means to assess the effectiveness of Active Aggie Mobile on participants' health status and mood, participants completed a SF-36 survey (a set of generic, coherent, and easily administered quality-of-life measures) at the start and end of each program, and reported their mood during each class. Participants were asked to sign in and report their mood on a scale of 1-10 before and after each class.

Of the 118 participants during winter quarter, 31 filled out both the pre- and the post-session survey. This 36-question survey evaluates individuals' perception of their health, as measured in 8 categories. These categories are energy and fatigue, physical functioning, role limits due to physical health, role limits due to emotional health, emotional well-being, social functioning, pain, and general health. These categories are measured on a 100 point scale, with an overall health score provided on a 100 point scale.



## PROCESS CHALLENGES

Moving forward, the plan is to continue providing these programs in these neighborhoods and to expand to other parts of campus. However, based on the initial outcomes, Healthy UC Davis intends to critically review the types of activities being provided and tools being used to assess changes to health and well-being. The list below represents our challenges:

- Appropriate space for programming is an ongoing issue and limits scalability.
- Female participation outweighs other demographics and could be a result of advertising methods (7:1 female/male ratio).
- Results lack biometrics that would help assess effectiveness.
- Participants indicated that they would be willing to pay a small fee to partake in AAM. However, this fee would not cover the expenses and would not allow expansion. Furthermore, participation might decrease if participants were made to pay.

## PROCESS INSIGHT

- Qualitative feedback indicates that we may need to diversify our metrics of success to include improved engagement, decreased stress and anxiety, etc. Many identified these as positive outcomes of their participation.
- Available space that is convenient for programming is a key consideration in planning the AAM program.
- The number of trainers and trainer time will be a key factor in determining program scalability.