SHAPE UP TIOGA HELPS RESIDENTS INCREASE PHYSICAL ACTIVITY

Increasing knowledge and motivating change helps prevent chronic disease

Public Health Problem

- Less than a third of Tioga County residents are at a healthy weight and the obesity rate in Tioga County has increased by eight percent over ten years.
- About a third of county residents get no physical activity.
- Overweight and obesity raise the risk of developing serious chronic diseases such as type 2 diabetes, heart disease and arthritis.
- Increasing physical activity helps people achieve and maintain a healthy weight.

Program

- *ShapeUp Tioga* is a ten-week program that encourages people of all ages to set goals to be more active on a regular basis and track points earned for every minute of daily activity. Program funding is provided by the Steps to a HealthierPA initiative in the Division of Adult and Community Health at the Centers for Disease Control and Prevention.
- Paid advertising in the local newspaper and on the radio encourages participants to reach physical activity goals and promotes activities and workshops to educate and motivate them to change habits.
- The program is structured to meet the needs of all people – no matter how inactive they are.

Impact

- Participation in *ShapeUp Tioga* increased one thousand percent from year one to year two.
- Participants gained knowledge about healthy eating and physical activity.
- More than half of participants were physically active for at least thirty minutes, five times a week during the program.
- All participants reported that they'll maintain or increase their physical activity over the six months following the program.

Contact

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