



Let's Move in
Libraries

How do I add physical activity to my library's health programs?



Spring Webinar of the Let's Move in Libraries Project (Fourth in a Quarterly Series) - March 7, 2018

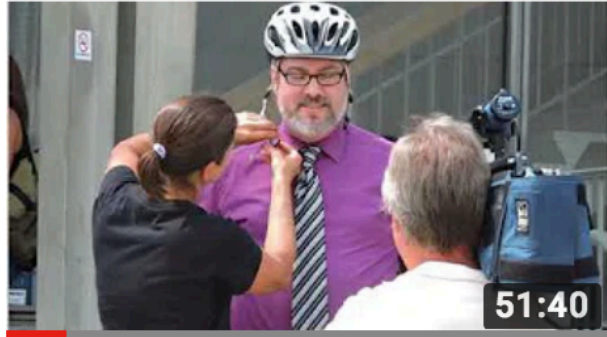
Presenters: *Elizabeth Roth*, Be Well at NPL program coordinator, Nashville (TN) Public Library and *Jaime Anderson*, Manager of Collection Services Division at Sonoma County (CA) Public Library, and coordinator of LSTA-funded Healthy Living at Your Library initiative

Moderator: *Dr. Noah Lenstra*, Assistant Professor of Library and Information Studies at University of North Carolina at Greensboro and coordinator of Let's Move in Libraries, LetsMoveLibraries.org, Twitter @LetsMoveLibrary, and on Facebook



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Past webinars



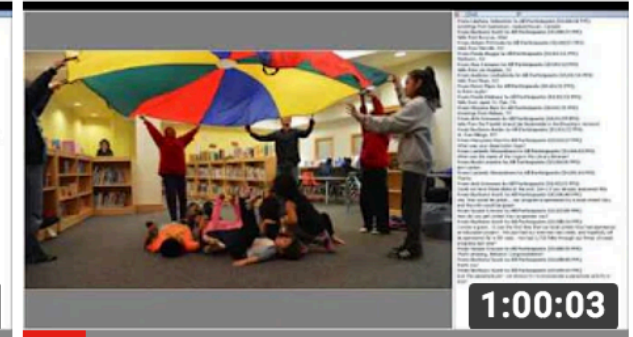
The 'Library of Things' and Active Living (Let's Move in



Movement-Based Programs in Public Libraries: The



Movement-Based Programs in Public Libraries: Best



Let's Move In Libraries Webinar

Want to share your library's story?

We'd love to feature you!

lenstra@uncg.edu or via Twitter @LetsMoveLibrary or Facebook - www.facebook.com/letsmoveinlibraries/



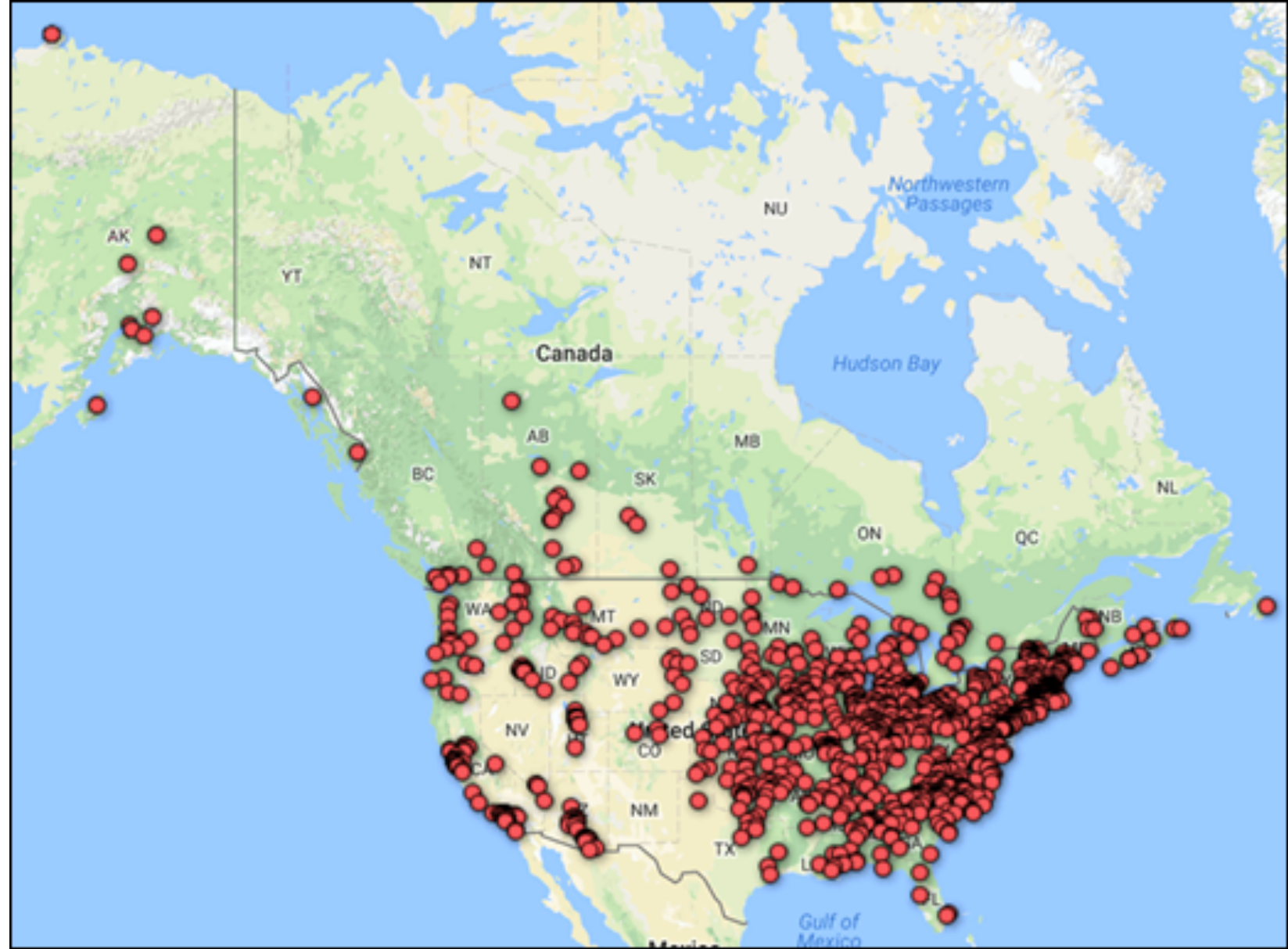
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Does your library move??

Add yourself to our dynamic map of public libraries in the U.S. and Canada that support movement and physical activity through programs and services.

LetsMoveLibraries.org/Map

Strength in Unity!



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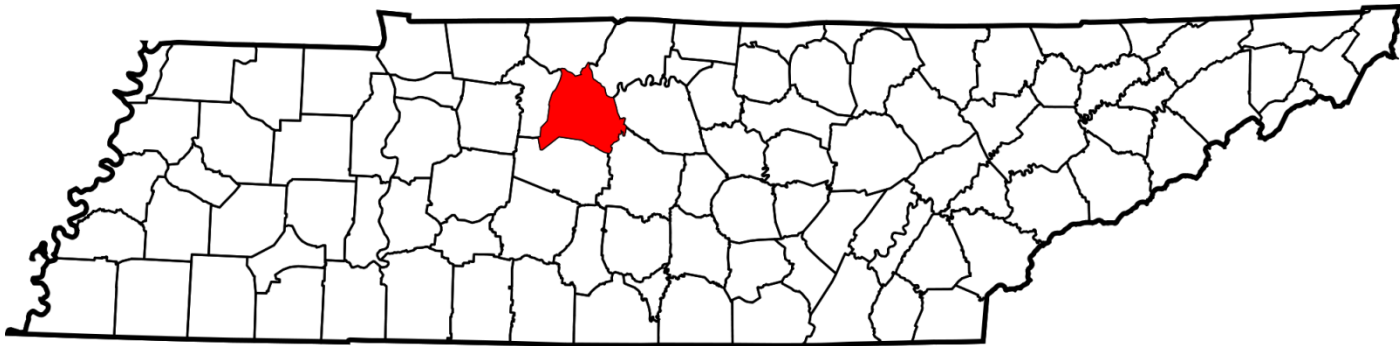
Be Well at NPL

A health and wellness initiative of
Nashville Public Library



Elizabeth Roth
program coordinator





Population: 684,410

65% White, 27% Black, 4% Asian, 4% other

90% non-Hispanic, 10% Hispanic

12% foreign-born

12% seniors

15% living in poverty



21 branch locations

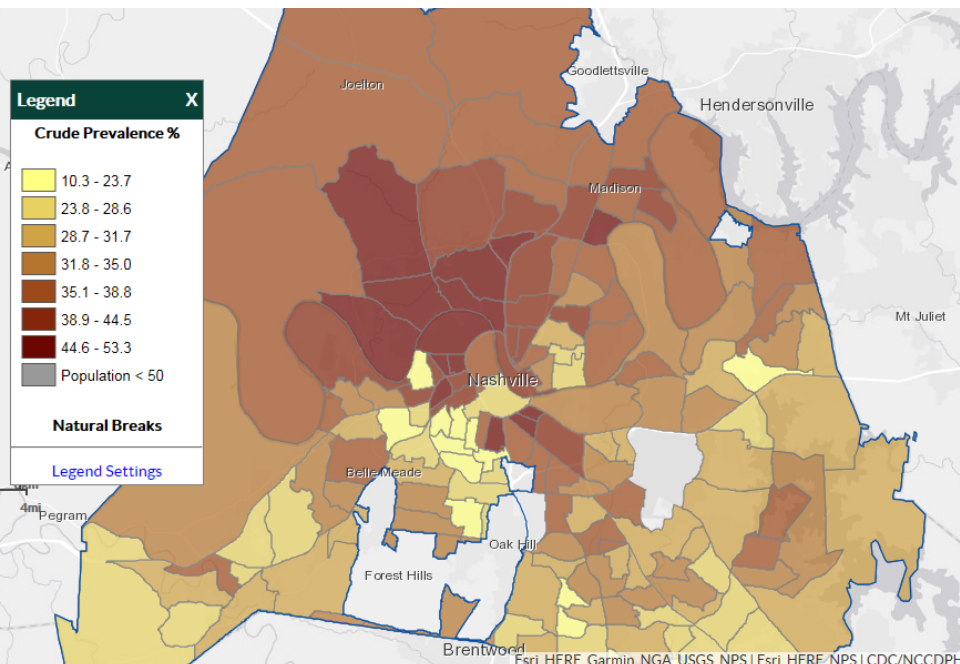
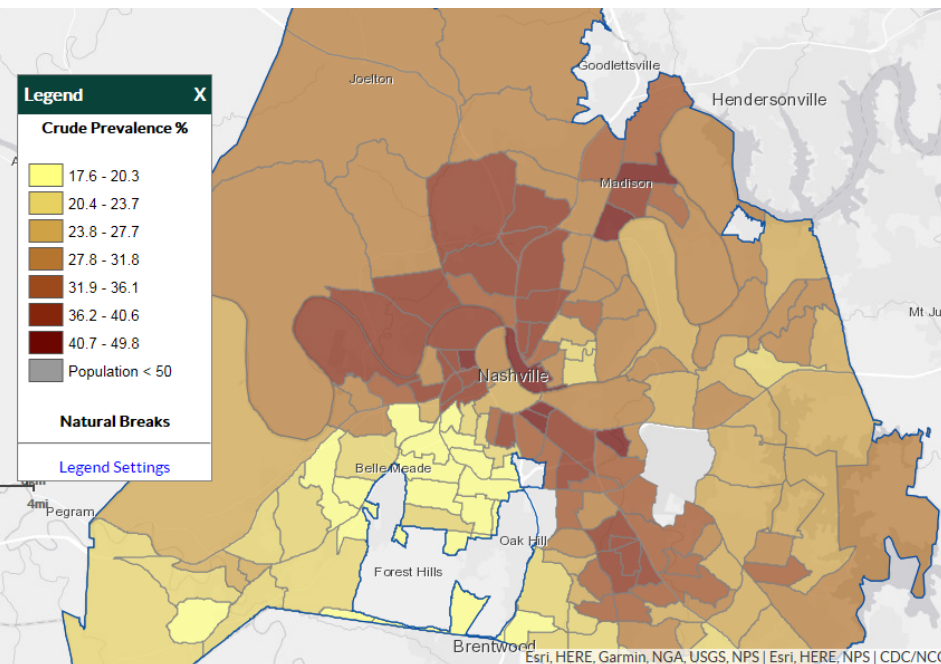
4 million library visits each year

Tennessee ranks **45th** in overall health

Nashville ranks **45th** in community fitness out of the largest 50 metropolitan areas

29% Physical Inactivity

28% High Blood Pressure



Source: 500 Cities Project



Increase access to free wellness programming and health resources that meet the unique needs and interests of our library branch communities.



MONDAY

Lunchtime
Yoga
Main
1:00pm

Kids Yoga
Goodlettsville
3:30pm

Yoga in the
Garden
(summer only)
Goodlettsville
6:30pm

Yoga
Southeast
6:30pm

TUESDAY

Gentle Yoga
Bordeaux
10:15am

Beginner
Yoga
Pruitt
11:00am

Community
Yoga
Bordeaux
5:15pm

Community
Yoga
Edmondson Pk
6:00pm

Yoga
East
6:30pm

WEDNESDAY


Gentle Yoga
Bellevue
4:30pm

Community
Yoga
Edgehill
4:30pm

Gentle Yoga
Hermitage
5:30pm

THURSDAY

BalancED
Yoga
Richland Park
6:15pm

 Sandy Cohen
615-862-5750

 Nashville
Public
Library

FRIDAY

Gentle Yoga
Edmondson Pk
10:15am

SATURDAY

Community
Yoga
Hadley Park
10:15am

Community
Yoga
Old Hickory
10:30am

FREE YOGA

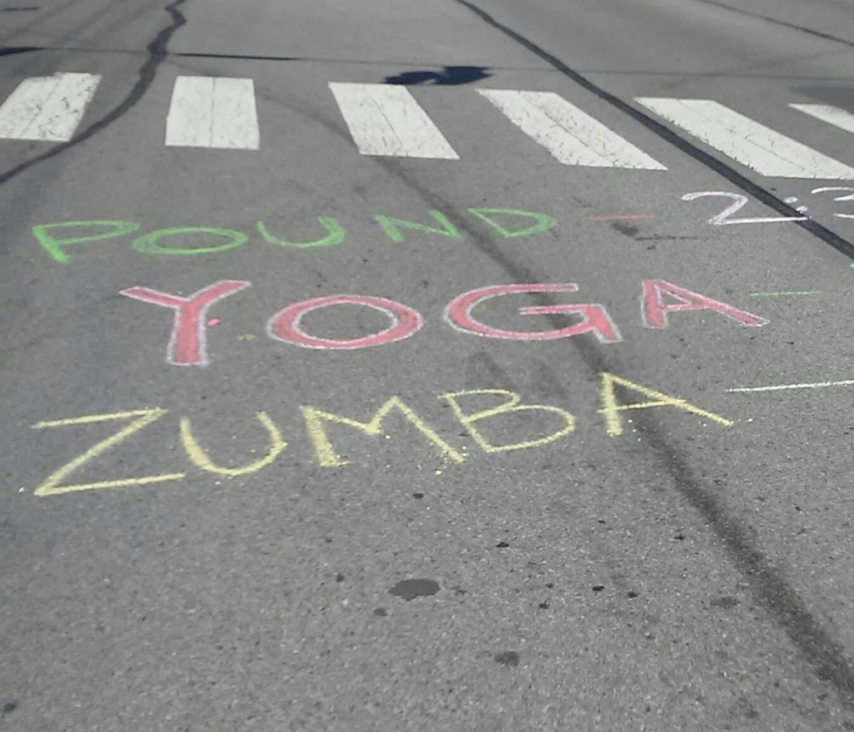


See reverse for location info

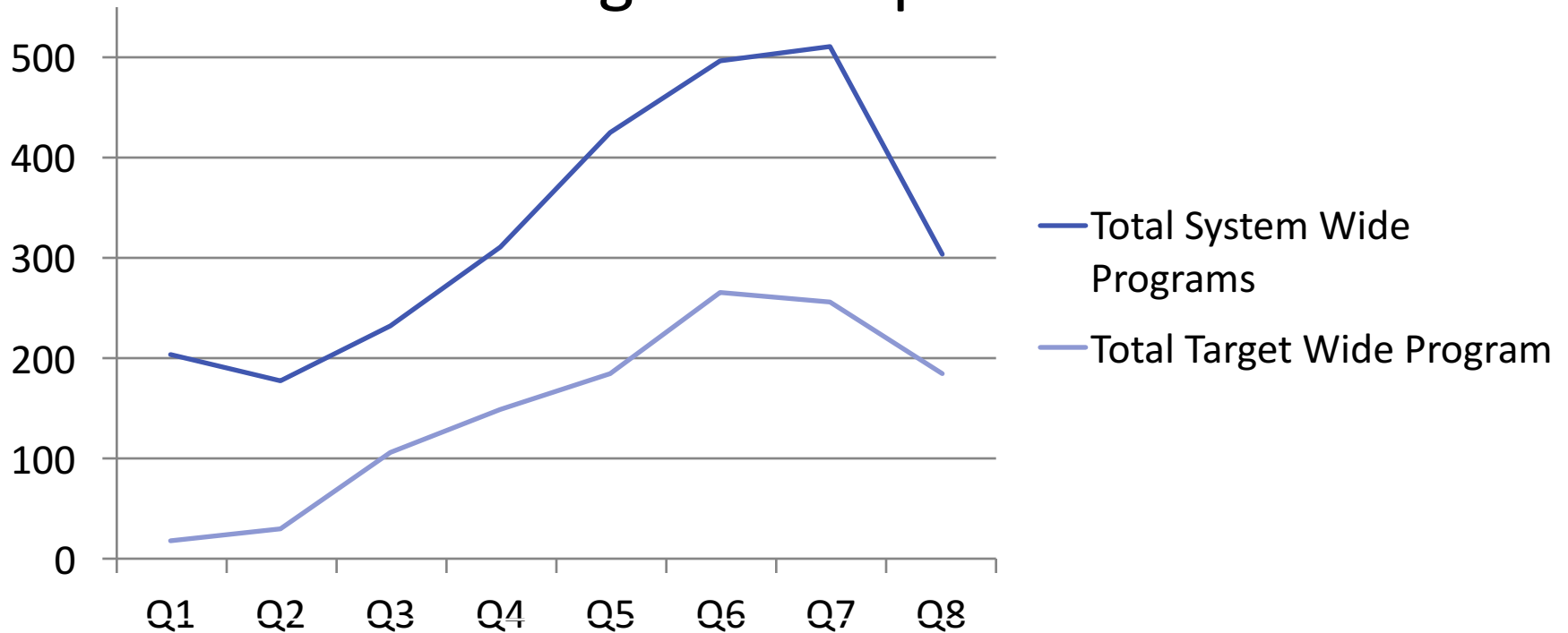








Program Outputs



| | Year 1 | Year 2 |
|--|--------|--------|
| # of Be Well at NPL Programs (all branches) | 989 | 1737 |
| # in Attendance (all branches) | 15,015 | 20,549 |
| # of Be Well at NPL Programs (6 target branches) | 310 | 903 |
| # in Attendance (6 target branches) | 3,487 | 9,218 |

Program Outcomes

1. Is this your first time attending a Be Well at NPL program?

Yes No Not sure

2. Do you plan to make a health change based on what you learned today?

Yes No Not sure

If so, what? (optional) _____

3. How satisfied were you with this program?

1 2 3 4 5

4. How likely are you to return for other health programs at the library?

1 2 3 4 5

Very unlikely Somewhat unlikely Neutral Somewhat likely Very likely

5. Did you find this program valuable to the community?

1 2 3 4 5

Not at all Not really Neutral Somewhat Very much so

6. Which of the reasons below affected your decision to attend this health program? (Check all that apply)

It was free The environment was safe
 The location was convenient The staff was welcoming
 None of these affected my decision

7. Suggestions for future health programs at the library?

54% have attended more than one Be Well at NPL program

95% satisfied or very satisfied with the program

97% likely to return to the library for wellness programs

78% intend to make a health behavior change based on what they learned in the program

98% reported that accessibility affected their decision to attend

Thank you!

Elizabeth Roth

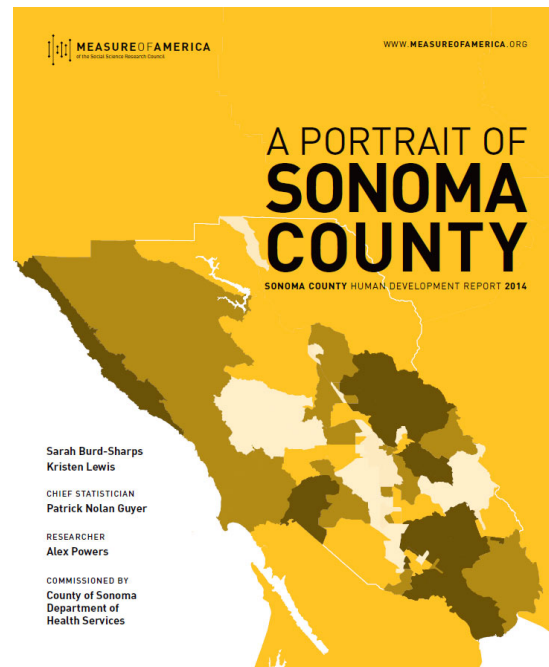
Be Well at NPL Program Coordinator

Elizabeth.roth@nashville.gov

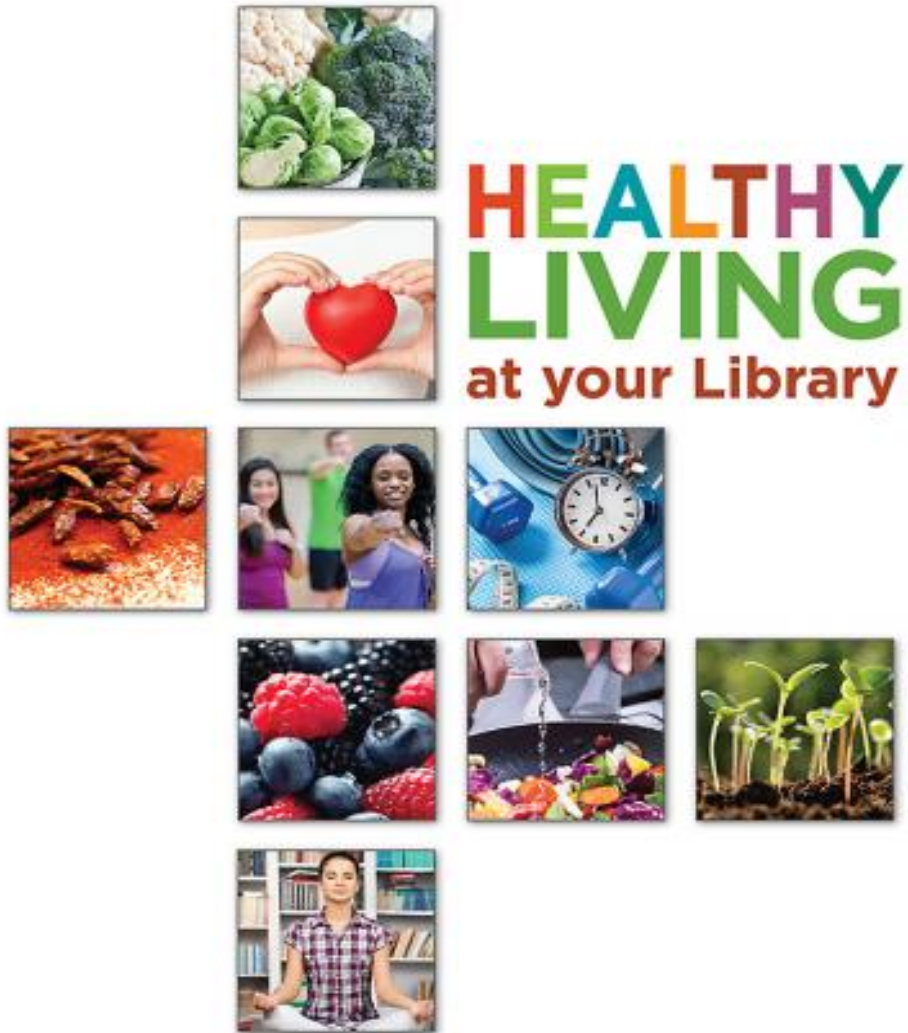
Library.nashville.org/bewellatnpl



Healthy Living at Your Library



Jaime Anderson, Sonoma County Library



HEALTHY LIVING at your Library



INSTITUTE of
Museum and Library
SERVICES



CALIFORNIA
STATE LIBRARY

Physical Fitness classes offered

- Yoga
- Gentle Strength and Stretch
- Increasing Your Balance and Flexibility
- Core Strengthening
- Cardio Kickboxing
- Low Impact Aerobics
- Interval Training
- Zumba



Non-Physical Fitness classes offered

- Meditation, Mindfulness and Stress Reduction
- Healing Foods
- Winter Vegetables Beyond Broccoli
- Cooking in Season
- Ayurveda
- Rethink Your Drink
- Reading and Understanding Food Labels



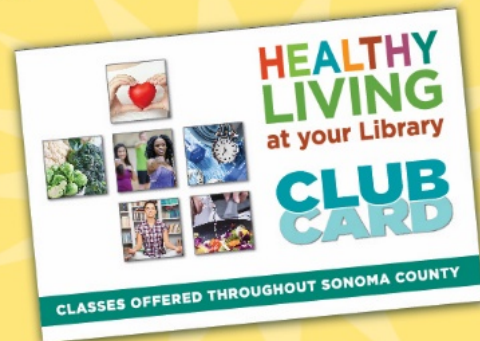
Jaime Anderson, Sonoma County Library

Community Partners



Healthy Living Club Card

*Got Your
Club Card Yet?*



Presenting a series
of **FREE** classes with
your **HEALTH** as the **FOCUS!**

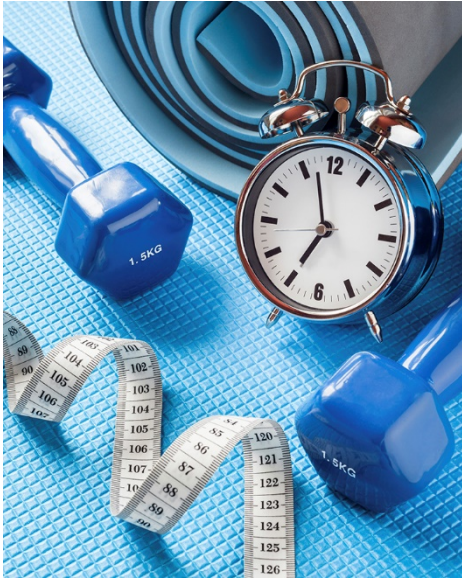
**Join the CLUB
Win prizes!**

Prize winners



Jaime Anderson, Sonoma County Library

Outcomes



- 921 people attended a class
- 77% of attendees at physical fitness classes committed to doing the exercises at home
- 88% indicated the class helped them achieve a personal health goal
- 92% of attendees at healthy eating classes reported a commitment to increasing their fruit and vegetable consumption

Lessons Learned

- Which classes resonated
- Space considerations inside the library
- Scheduling / attendance
- Liability
- Solid marketing plan and advertising budget
- Aligning with partners
- Seasonal factors



Moving beyond the grant



Thank you

Presenting a series
of FREE classes with
your HEALTH as the FOCUS



**HEALTHY
LIVING**
at your Library

CLASSES OFFERED THROUGHOUT THE COUNTY

Thank you! Until next time!

Please email with ideas, comments, suggestions, successes, struggles, etc.

lenstra@uncg.edu

And engage with Let's Move in Libraries on Facebook and Twitter!



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