

# The PACE Project: Using Community Health Development to Increase Physical Activity

## Project Summary & Goals

The PACE Project is a joint effort between the Brazos Valley Health Partnership and the Center for Community Health Development to increase physical activity in Burleson, Grimes, Leon, and Madison Counties. This project employs a community health development (CHD) approach to build community capacity to address the issue of obesity within the communities, through the development of an intervention to increase physical activity.

Project goals are:

- To assess and inventory resources and issues within the communities;
- To engage local community members in the formation of local workgroups to address obesity;
- To collaboratively design initiatives to increase physical activity;
- To understand the mechanisms by which elements of CHD improves community capacity;
- To explore how a CHD intervention impacts community capacity;
- To measure the CHD process and its impact on community capacity.

## Principal Investigator

Monica Wendel, Dr.P.H., M.A.

For questions about this project, please contact Ms. Whitney Garney ([wrgarney@srph.tamhsc.edu](mailto:wrgarney@srph.tamhsc.edu)).

## Project Dates

2011-2014

## Communities Involved

Burleson County  
Grimes County  
Leon County  
Madison County

## Funder

Centers for Disease Control and Prevention