INTRODUCTION

• Physical activity can improve health and quality of life. People who are physically active live longer and have lower levels of heart disease, stroke, type 2 diabetes, depression, and some types of cancer.

• The Task Force on Community Preventive Services (TFCPS) recommends design and land-use policies and practices to support physical activity.

• The TFCPS recommendation is based on knowledge that a community’s environmental features can influence the extent to which people actively and safely interact with the environment and engage in healthful behaviors and active living.

• Public health grantees are tasked with organizing change interventions around these tenets, as well as collecting data to measure and monitor changes over time related to physical activity, built design, or walkability.

• Such data are important in planning and evaluating programs to support active living, however, more concentration is needed to prioritize the data indicators of utmost importance for tracking progress and accelerating best practices.

• The purpose of this project is to develop an assessment tool with prioritized and validated measures that CDC, state, and local health departments, and interdisciplinary stakeholders can use to describe and assess policies implemented within states/communities to promote physical activity within the context of Safe Routes to School; Complete Streets; master plans; and zoning.

GOALS & OBJECTIVES

A. Convene an Advisory Council of national experts to provide input on the development of the assessment tool.

B. Identify appropriate policy indicators and measures.

C. Create and pilot-test an initial version of the assessment tool.

D. Develop a final version of the assessment tool.

IMPACT

This project is intended to achieve the following:

• Assist CDC to monitor progress among grantees implementing policies and programs to promote physical activity.

• Support grantees, communities, and other stakeholders to develop, implement, and sustain effective policies and programs related to physical activity.

OUTLOOK

The physical activity assessment tool should be helpful to an interdisciplinary group of stakeholders at the national, state, and local levels who strive to promote physical activity through the use of evidence-based policies and programs.