NUTRITION
PHYSICAL ACTIVITY
OBESITY

Exploring the Evidence: Active Living Building on Your Experience

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Community Transformation Grants

Kickoff Meeting

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CTG Core Principles

- Maximize Health Impact Through Prevention
- Advance Health Equity and Reduce Health Disparities
- Use and Expand Evidence Base for local Policy, Environmental and Infrastructure Changes That Improve Health

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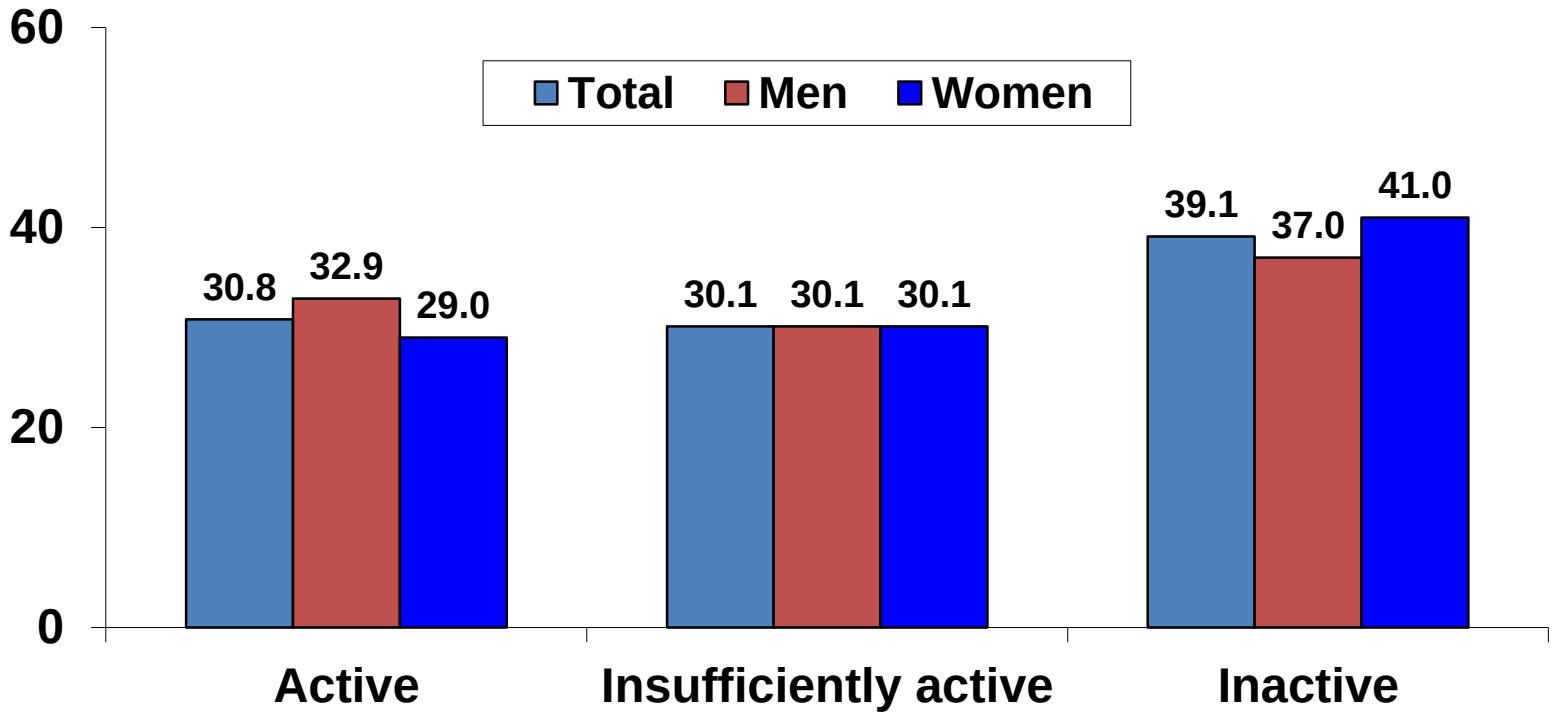
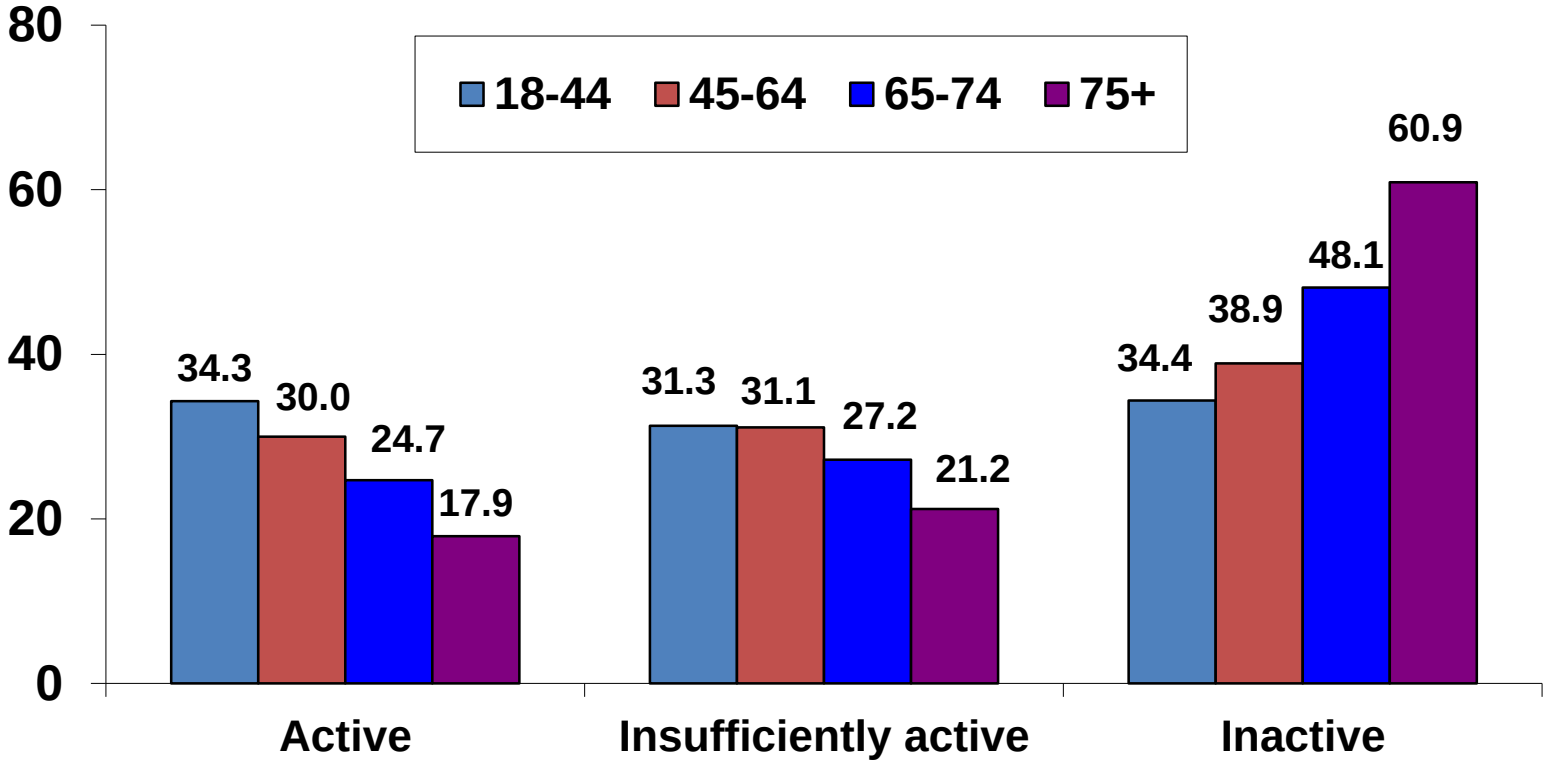
Health Disparities

Leisure-time physical activity in the US by sex, National Health Interview Survey 2007



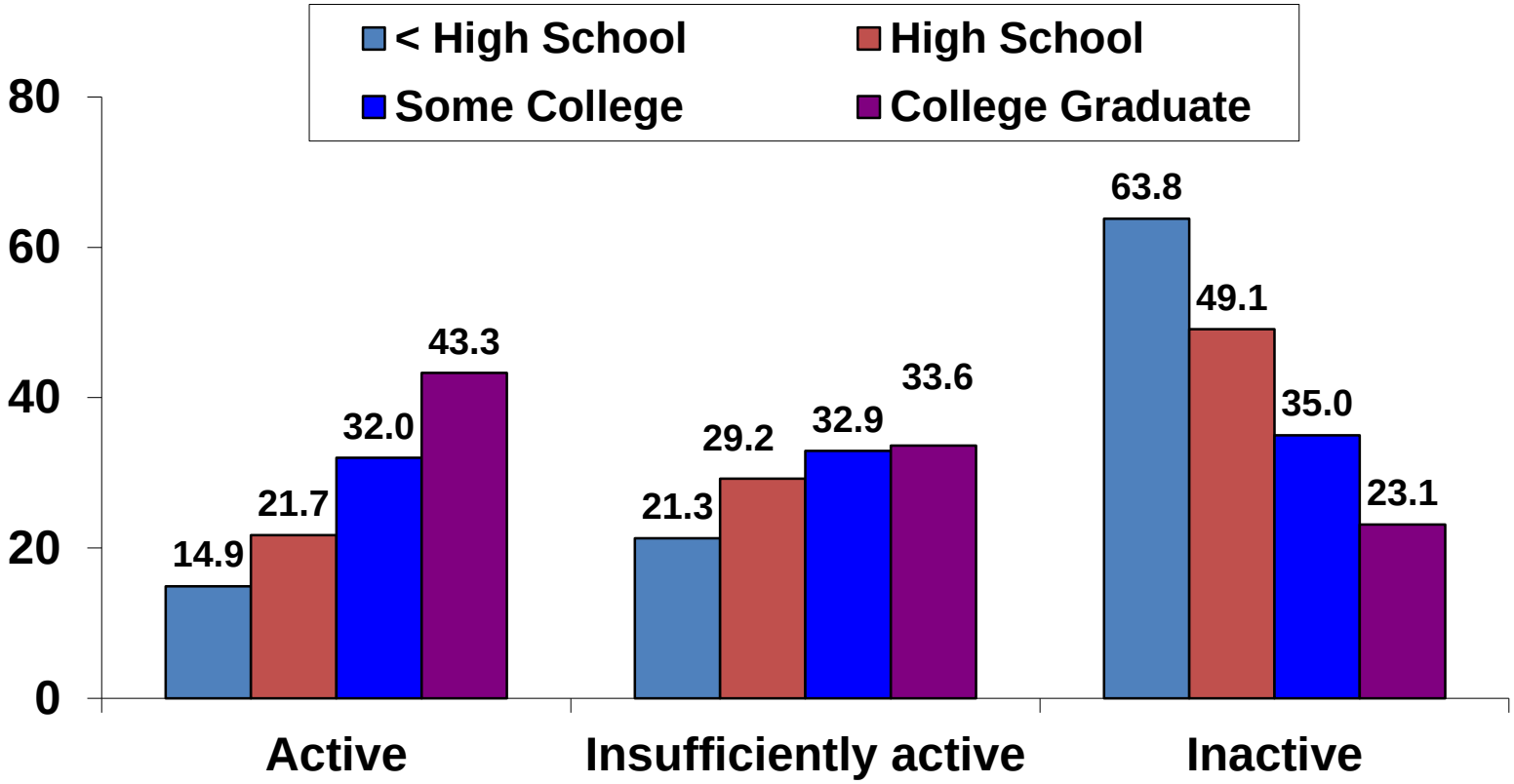
Data Source: National Health Interview Survey, 2007

Leisure-time physical activity in the US by age group, National Health Interview Survey 2007



Data Source: National Health Interview Survey, 2007

Leisure-time physical activity in the US by education, National Health Interview Survey 2007



Data Source: National Health Interview Survey, 2007

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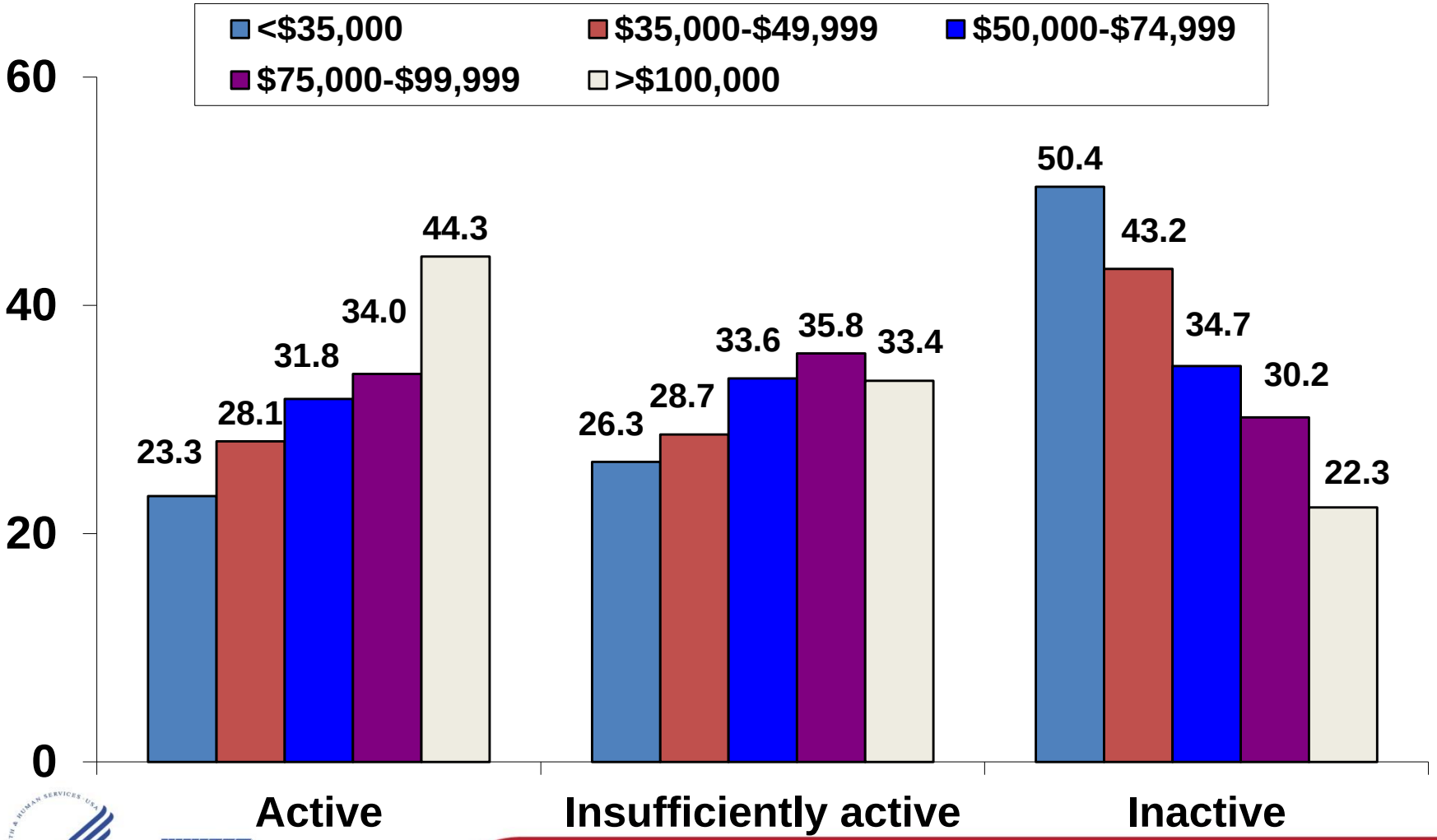
Leisure-time physical activity in the US by income, National Health Interview Survey 2007



Data Source: National Health Interview Survey, 2007

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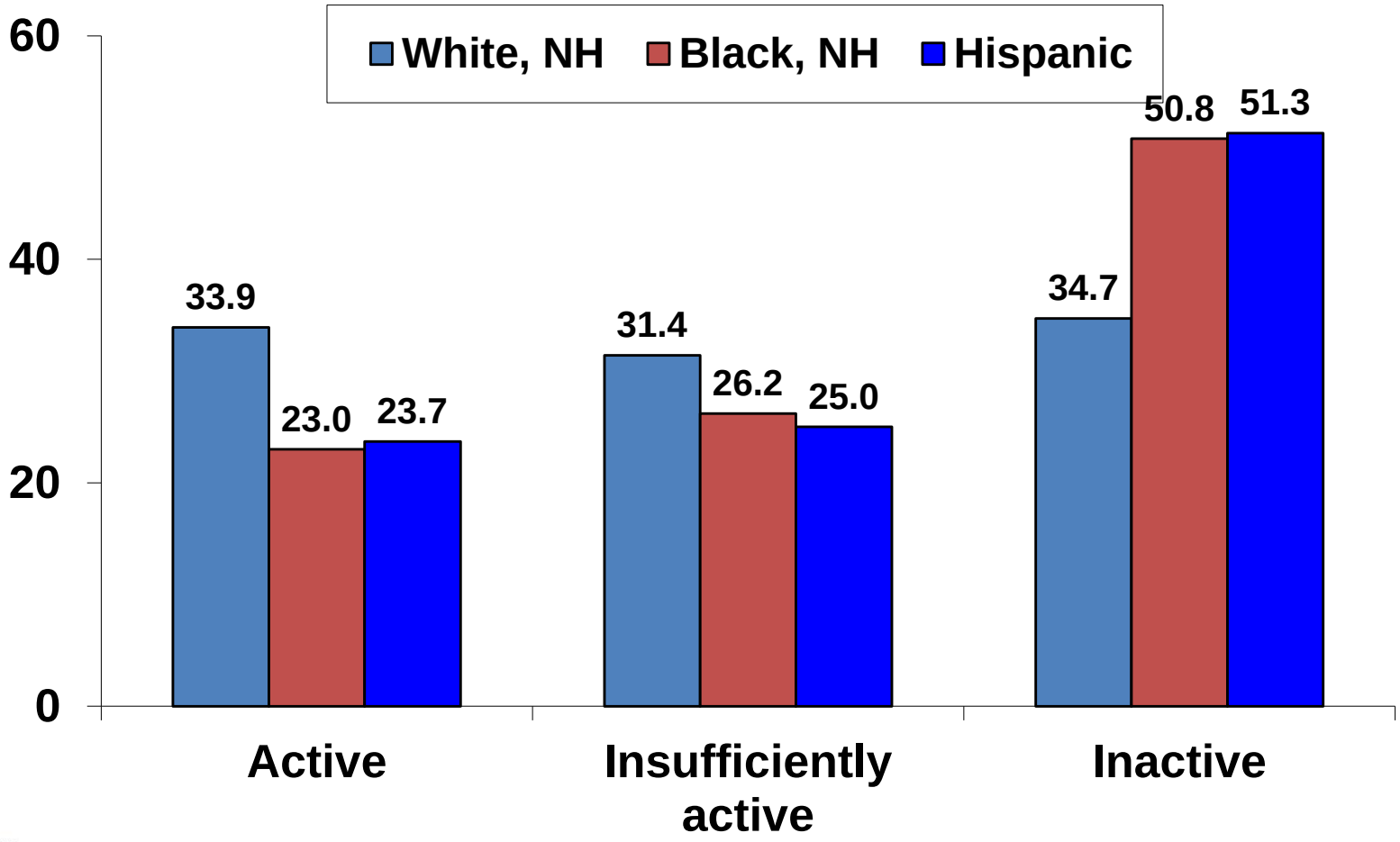
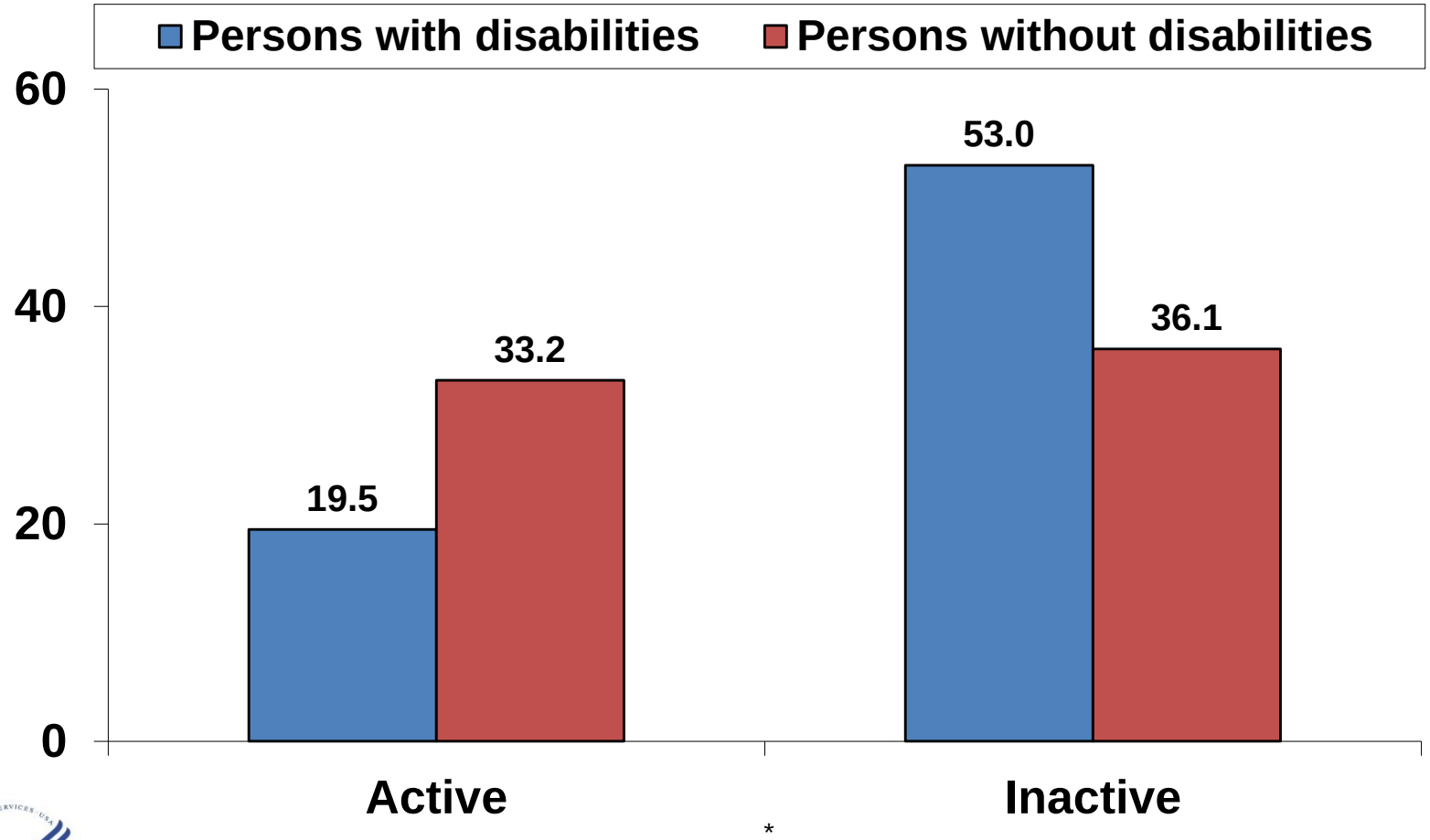
Leisure-time physical activity in the US by race/ethnicity, National Health Interview Survey 2007



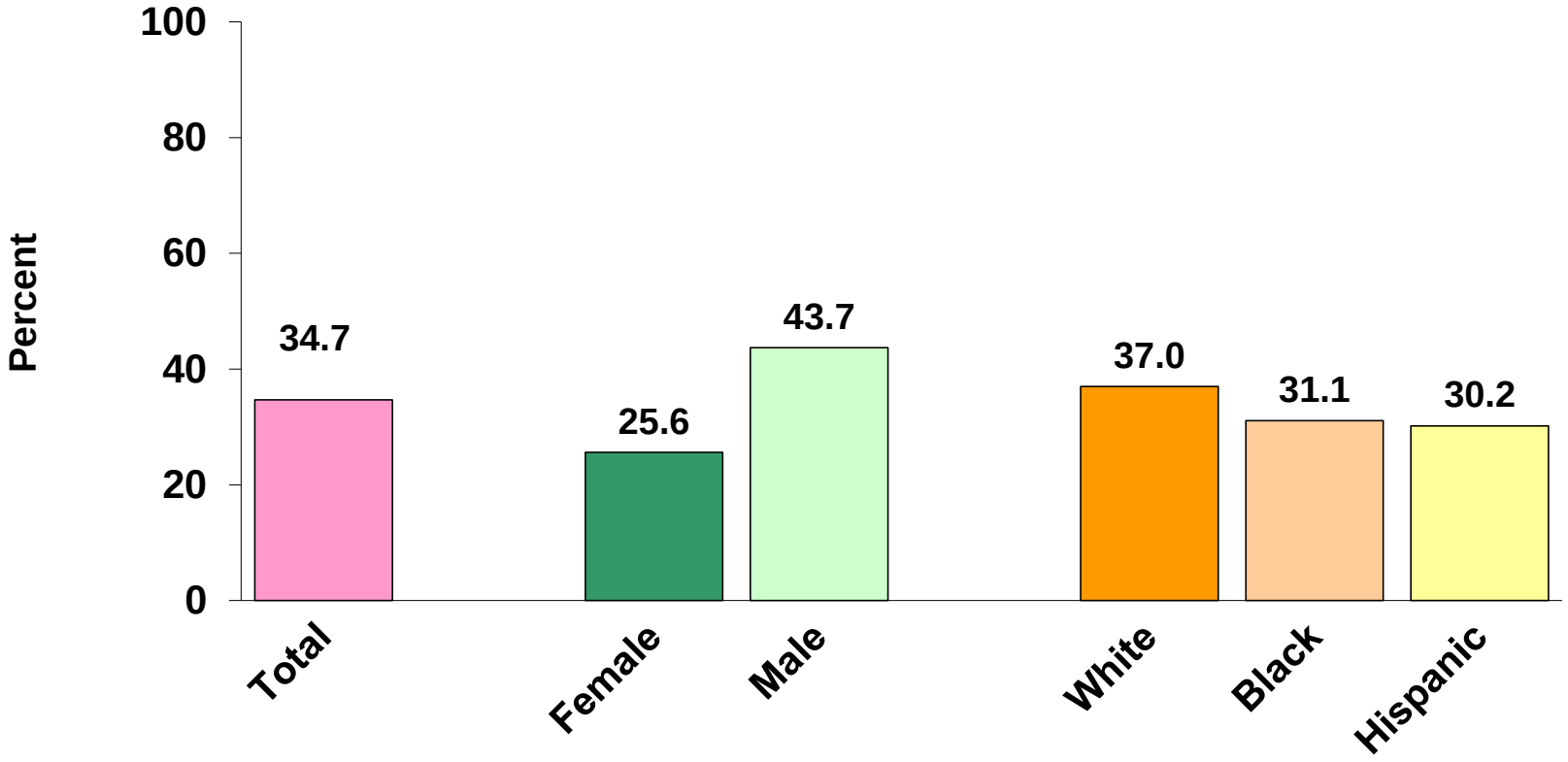
Data Source: National Health Interview Survey, 2007

Leisure-time physical activity in the US by disability status, National Health Interview Survey 2006



Data Source: National Health Interview Survey, 2006

Percentage of High School Students Who Met Recommended Levels of Physical Activity, * by Sex and Race/Ethnicity, 2007



Data Source: National Youth Risk Behavior Survey, 2007

Evidence

Environment, Policy, Infrastructure

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School-based Physical Education/Physical Activity Curricula and Policy

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Child and Adolescent Trial for Cardiovascular Health Physical Education (CATCH PE)

- Increase moderate-to-vigorous physical activity (MVPA) to 40% of class time
- Teacher training and on-site technical assistance
- Policy – PE 90 minutes/3x wk, equipment
- Curriculum – activity selection & modification
- Teaching and class management strategies
- Effective model in pre-school, after-school programs and other child care settings

Other Environmental and Policy Approaches

- Creation of or enhanced access to places for physical activity combined with informational outreach (workplace, childcare and school settings, communities)
- Community-scale urban design and land use
- Street-scale urban design and land use
- Transportation policies and practices

Health Disparities and Built Environment

- National Longitudinal Study of Adolescent Health (1994-95) n=20,745
- Social and geographic distribution of PA facilities and relationship of facilities to weight and PA
- Low-SES and high racial/ethnic minority block groups less likely to have PA facilities
- Increase in PA facilities associated with decreased overweight and increased PA

Gordon-Larsen P, Nelson MC, Page P, Popkin B. *Inequality in the Built Environment Underlies Key Health Disparities in Physical Activity and Obesity*. Pediatrics, Vol.117, No. 2

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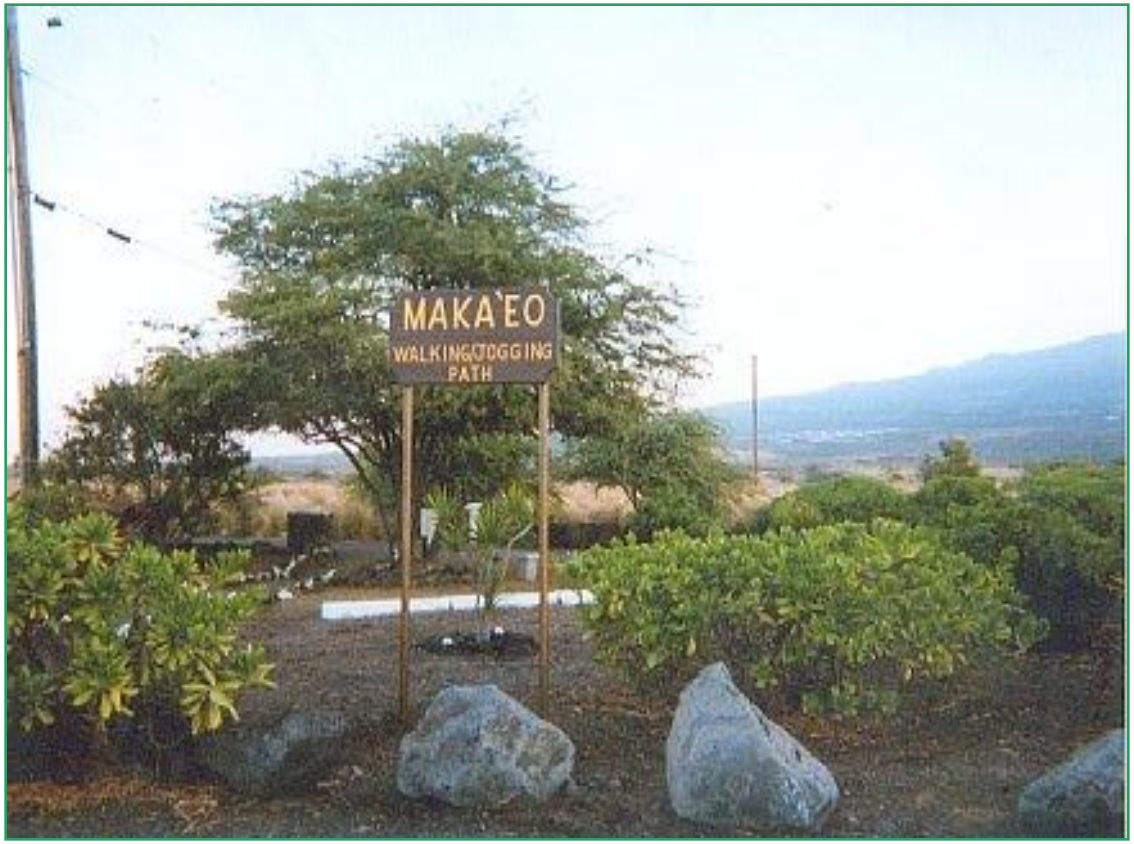
Creation of or Enhanced Access to Places for Physical Activity Combined with Informational Outreach

- Multi-component
- Built environment – trails/facilities access
- Reducing barriers – safety, affordability
- Training & incentives
- Site-specific programs, workshops, seminars, etc/


MAKA'EO
WALKING/JOGGING
PATH

Example: Joint Use Agreements

- Metairie, LA: Schneckenberger Elementary

- Aikin, SC: Aikin High School

Community-scale Urban Design and Land Use

Community level changes to:

– Decrease motor vehicle traffic

– Increase mixed land use and density

Done through zoning regulations and building codes

Community Design

Street-scale Urban Design and Land Use

Street-level changes

- Traffic calming structures
- Improved lighting
- Aesthetic enhancements

Transportation Policies and Practices

- Part of a comprehensive approach to community design that encourages and facilitates walking and bicycling for transportation
- Bike lanes
- Bike racks on buses
- Increased/subsidized mass transit
- Increased parking costs
- Safe Routes to Schools infrastructure

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Health Impact Assessment

- Applied to Policies, Plans, Programs, and Projects
  - Estimates potential positive and negative health impacts and the distribution of those impacts
  - Informs decision-making and raises public health awareness
  - Recommends ways to enhance positive and mitigate negative aspects of a proposal
- Additional Information:

  http://www.cdc.gov/healthyplaces/hia.htm

  Dr. Candace Rutt: crutt@cdc.gov

Some other considerations for intervention selection

- Reach
- Acceptability
- Feasibility
- Sustainability
- Adaptability

Health Equity Considerations

- ✓ Are the population groups experiencing disparities clearly defined?
- ✓ What strategies are likely to be most effective for those population groups?
- ✓ Are barriers and potential unintended consequences considered and accounted for?
- ✓ What data are needed to determine differential impact across population groups and measure impacts on disparities?

National Physical Activity Plan – A Potential Resource

- 8 sectors – public health, education, healthcare, non-profit, business/industry, urban planning/transportation, parks/rec/sports/fitness, media
- Evidence based, policy focus
- Potential tool – guidance, education, advocacy

www.physicalactivityplan.org

Thank You!

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