

# Development of a Physical Activity Plan Toolkit: Moving Physical Activity Research to State and Local Planning

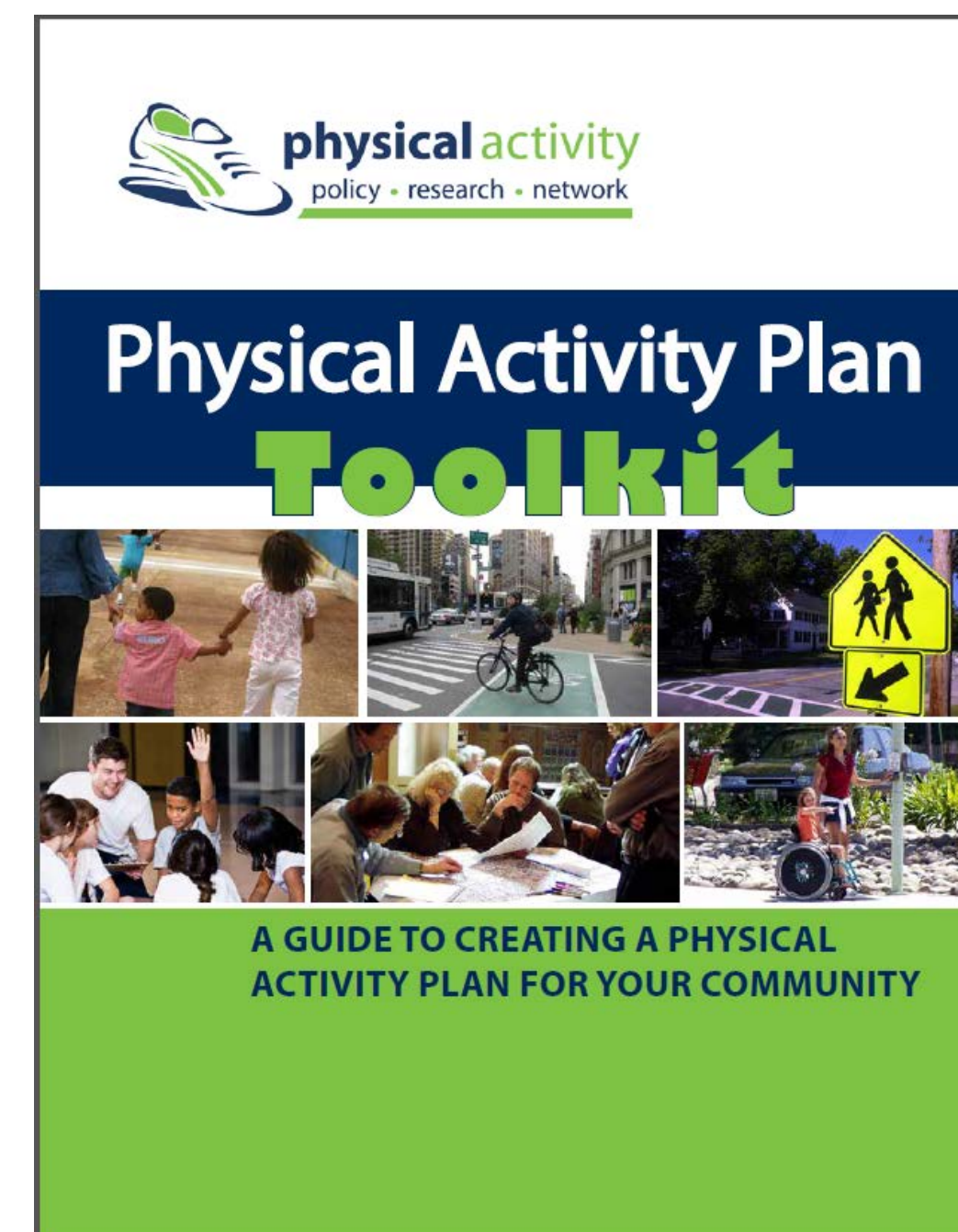
Cheryl Valko, MPH, RD; Alicia Manteiga, MPH candidate; Amy Eyler, PhD; Ross Brownson, PhD, | Washington University in St. Louis, Tom Schmid, PhD | Centers for Disease Control and Prevention

## Purpose

The goals of the Physical Activity Plan Toolkit and Template are to:

1. provide a comprehensive resource to guide physical activity practitioners in developing a physical activity plan for their state or local area;
2. promote the U.S. National Physical Activity Plan guidelines;
3. help move research on the content of state plans to practice.

## Dissemination of Findings



### Toolkit

- The toolkit was developed as a way to bridge research to practice and help facilitate the development of state and local physical activity plans.
- The toolkit is broken down into 6 steps (see Figure 1 below).
  - These steps provide a clear path for practitioners to follow when creating a physical activity plan.
  - Each step contains a description and links to resources for deeper study.

## Lessons Learned

- Involving physical activity practitioners in the planning and development of a practice-oriented toolkit is crucial to making it practical and useful.
- Incorporating a multi-disciplinary approach to physical activity is essential. We included land use/planning, transportation and parks/recreation sectors in the toolkit to help ensure contribution in future physical activity plans.

## Conclusions and Implications

- Physical inactivity is a complex problem with significant health consequences.
- The toolkit and template are examples of taking research to practice and can help move the relatively new idea of a state or local stand-alone physical activity plan from niche to norm.

## Background

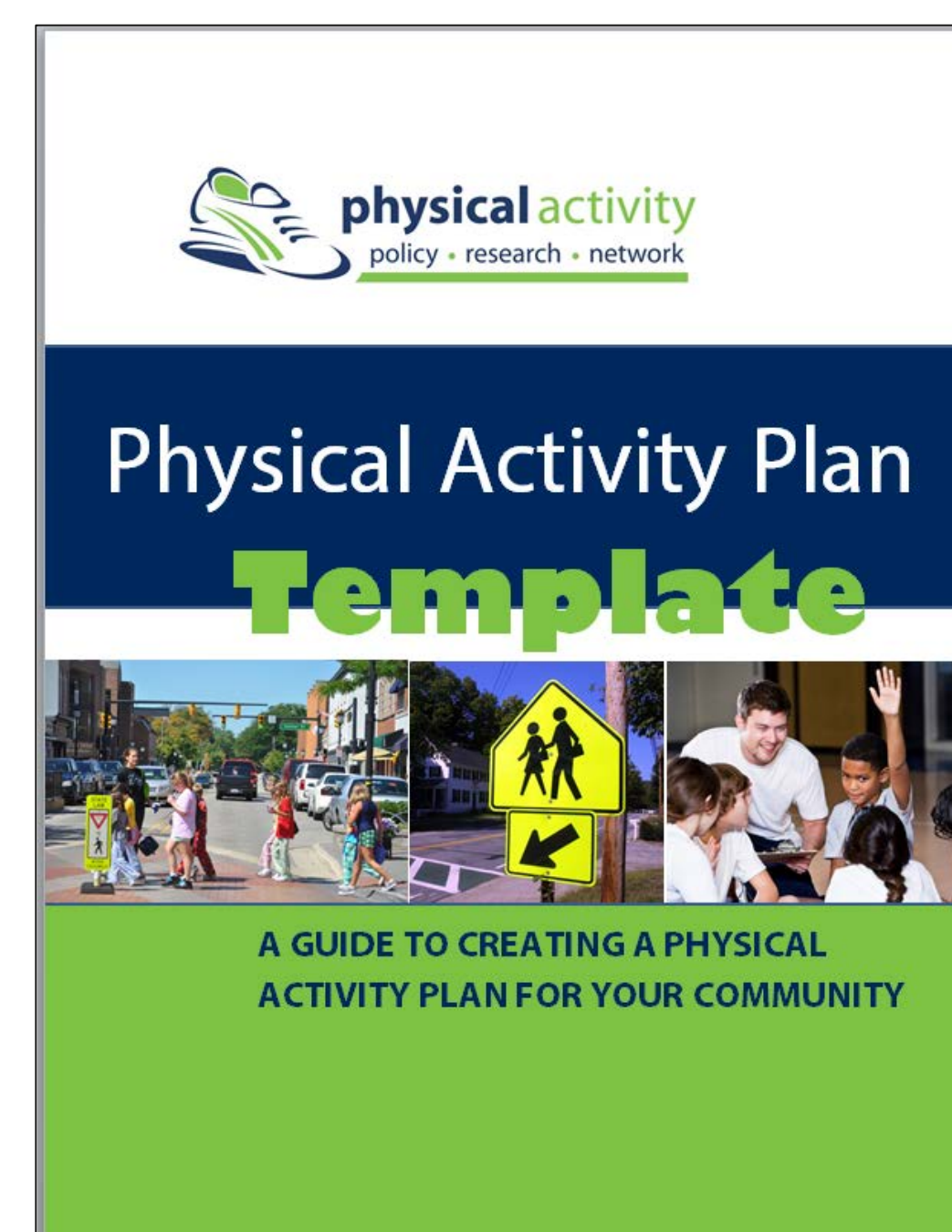


- In 2010, the Physical Activity Policy Research Network (PAPRN) conducted a study to assess physical activity content in state health related plans and to make recommendations for best practices in plan development.
- The results were published in the *Journal of Physical Activity and Health* in an article titled "Opportunity Meets Planning: An Assessment of the Physical Activity Emphasis in State Obesity-related Plans."

Figure 1: Six Steps to Creating a Physical Activity Plan



## Template



- Created at the request of physical activity practitioners to help provide a starting point for state and local plan development.
- Includes a pre-designed layout and a framework for a physical activity plan based on the U.S. National Physical Activity Plan.
- Can be easily tailored with fill-in-the-blank sections, optional wording and ideas for tables, graphs and photos.

## Next Steps

- Expand and measure dissemination of the toolkit and template to a variety of transdisciplinary groups important to physical activity planning in states and communities.
- Develop a short survey to be distributed when disseminating the toolkit to collect information on its applicability, usability and potential impact.

## References

Eyler, A, et al. Opportunity Meets Planning: An Assessment of the Physical Activity Emphasis in State Obesity-related Plans. *Journal of Physical Activity and Health*, January, 2014.

## Source of Support

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## Background Study Results

### Most Plans Had...

- General goals
- A list of those involved in development of plan
- A focus on changing physical activity rates
- Statewide physical activity data for adults
- Physical activity standards

### Most Plans Lacked...

- Needs assessment data
- SMART overarching objectives
- Involvement of active living oriented groups in plan development
- Sub-population targets
- Evaluation plans
- Physical Activity framework
- A focus on changing physical activity infrastructure

## Access to Toolkit

Download the Physical Activity Plan Toolkit and Template on the PAPRN website at:

<http://paprn.wustl.edu/tools-and-resources/Pages/Tools.aspx>