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

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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.

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

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.

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.

Figure 1: Six Steps to Creating a Physical Activity Plan

1. Build a Coalition
2. Conduct a Community Assessment
3. Set Goals and Objectives
4. Select Intervention Strategies
5. Create an Evaluation Plan
6. Write the Plan

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
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