

## SPOTLIGHT ON RESULTS

### Top Five Lessons Learned

#### 1 Policy and Environment

The majority of successful projects utilize policy and/or environmental approaches, such as Complete Streets policy, trail building, and park improvements.

#### 2 Successes

Successful project outcomes range from physical improvements to the built environment to engaging community stakeholders.

#### 3 Challenges

Collaboratives face varying degrees of opposition, including general skepticism, public opposition related to changing land use, safety issues, and concerns about financial costs.

#### 4 Funding

Funding and other fiscal issues were key concerns identified by collaboratives.

#### 5 Personnel

Personal turnover is problematic for group functioning and longer term success.



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## Lessons in Promoting Active Living: The Collaborative Perspective

### Overview

Collaborative groups are integral in health promotion and disease prevention and use varied approaches to address complex health conditions within community settings. At this point, little is known about collaborative efforts to promote active living.

### The Main Question

What successes and challenges do collaborative groups experience in promoting active living and physical activity in their communities?

### The Study

Telephone interviews were conducted with the representatives from 59 collaborative groups working in 22 states to promote physical activity and active living.

### The Bottom Line

Collaborative groups will benefit from learning about the successes and challenges experienced by peer professionals who are working across disciplines to support both built and policy environments that encourage physical activity and active lifestyles.

## What You Can Do

**Infrastructure:** Continue to invest time and resources for environmental improvements and policy to support these changes.

**Partners:** Get creative in building a diverse, multi-disciplinary group for the maximum reach -- public health, transportation, land use and beyond.

**Politics:** Work in partnership with lawmakers and engage the community in advocacy along the way as often as possible.

