History of the NPAP
What is a Physical Activity Plan?

A comprehensive set of strategies including policies, practices, and initiatives aimed at increasing physical activity in all segments of the population.
Background

• Release of the 2008 PA Guidelines for Americans necessitates action to ensure greater ability to comply with those guidelines.

• National Plans in other domains (e.g. smoking cessation, diabetes, arthritis) have proven successful in the U.S.
Timeline (2007-2010)

- CDC funding to initiate project (9/07)
  - Formation Coordinating Committee
  - Organizational Partners Added
  - Admin HQ at University of S. Carolina
- National conference (7/09)
- 3 Draft versions circulated (1/09 – 4/10)
- Publish white papers in JPAH (11/09)
- Launch (May 3, 2010)
8 Sectors

- Mass Media
- Public Health
- Education
- Healthcare
- Volunteer and Non-Profit Organizations
- Business and Industry
- Parks, Recreation, Fitness, and Sports
Content of the Plan

Sector-specific Strategies & Tactics

• 52 Strategies
• 215 Tactics
Current Status of the NPAP

Implementation

Coordinating Committee
The National Coalition for Promoting Physical Activity (NCPPA) provides central direction for the NPAP as it is implemented across the United States.
## Implementation

### Make the Move Council Chairs

<table>
<thead>
<tr>
<th>Public Health:</th>
<th>Worksite:</th>
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<tr>
<td>National Society of Physical Activity Practitioners in Public Health (NSPAPPH)</td>
<td>International Health, Racquet &amp; Sports Club Association (IHRSA)</td>
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<td>Trust for America’s Health (TFAH)</td>
<td>American Council on Exercise (ACE)</td>
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<td>American Heart Association (AHA)</td>
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<th>Transportation &amp; Community Planning:</th>
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<td>National Association of State Boards of Education (NASBE)</td>
<td>Nemours Foundation</td>
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<td>National Association of Sport and Physical Education (NASPE)</td>
<td>League of American Bicyclists</td>
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<td>American Medical Association (AMA)</td>
<td>YMCA of the U.S.A.</td>
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<td>American College of Sports Medicine (ACSM)</td>
<td>National Recreation and Park Association (NRPA)</td>
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Coordinating Committee

Subcommittees for:
• Evaluation of the Plan
  — Lead by PAPRN
• Awareness of the Plan
• Updating the Plan

Advisory Panels for:
• Advising the Coordinating Committee on latest research and practice among 8 Sectors.
Main Objectives:

1. Determine extent to which recommendations within the NPAP are being pursued.
2. Determine the extent to which the NPAP is a catalyst for facilitating implementation.
3. Understand how the NPAP Coordinating Committee achieved success.
Evaluation

4 Components:

1. Case Studies of 8 States.
3. Evaluation of Sector Implementation Team.
4. Case study of NPAP Coordinating Committee.
Awareness

Main Objective:

1. Increase familiarity with the NPAP among professional groups and the lay public.
2. Target communication to policy makers at all levels.
Updates

Main Objectives:

1. Edit Plan to reflect new developments.

2. Establish plan for major revisions.
Selected Strategies & Tactics from the NPAP’s Eight Sectors
Transportation, Urban Design & Community Planning

Expand “Safe Routes” initiatives to enable safe walking and biking routes to schools.
Mass Media

Develop and implement a plan to build advocacy for sustained federal funding ($100 million per year over 10 years) for a mass media social marketing campaign to increase physical activity.
Public Health

Expand surveillance systems to include the systematic assessment of physical activity and fitness levels of children and youth, including those from underserved communities.
Establish tax incentives to promote the development and use of parks, recreation, fitness, and sports facilities and programs.
Health Care

Make physical activity a patient “vital sign” that all health care providers assess and discuss with their patients.
Volunteer & Non-Profit

Advocate to local, state and national decision makers for policies and system changes identified in the National Physical Activity Plan that promote physical activity.
Recognize organizations that are examples of best practices. Best practices can include cognitive and behavioral interventions, environmental changes, and/or policies that encourage workers to be physically active.
Education

Provide access to and opportunities for high-quality, comprehensive physical activity programs, anchored by physical education, in Pre-kindergarten through grade 12 educational settings.
Next Steps

Identify Strategies & Tactics you could advocate for.
Get Involved

www.physicalactivityplan.org

e-mail: info@physicalactivityplan.org