



CDC Physical Activity and Health Program



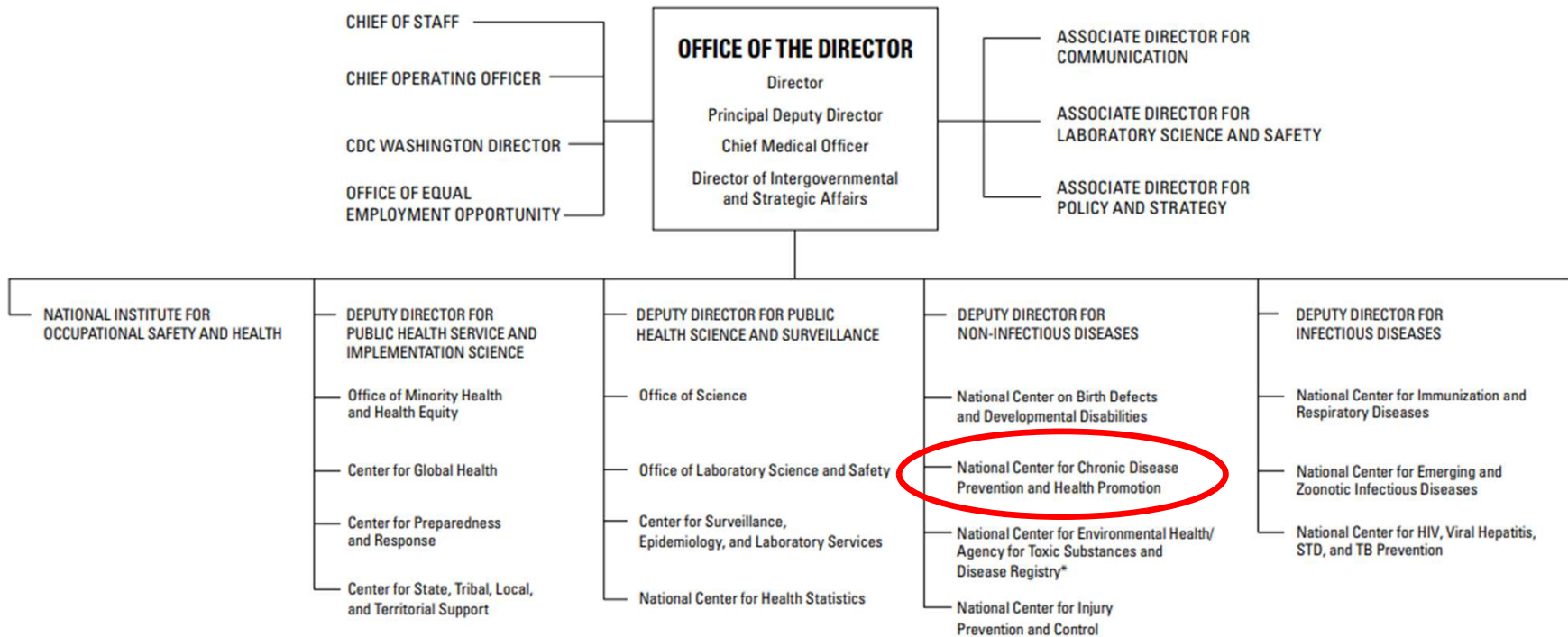
Ken Rose, Chief, Physical Activity and Health Branch

**Division of Nutrition, Physical Activity, and Obesity
National Center for Chronic Disease Prevention and Health Promotion
U.S. Centers for Disease Control and Prevention**



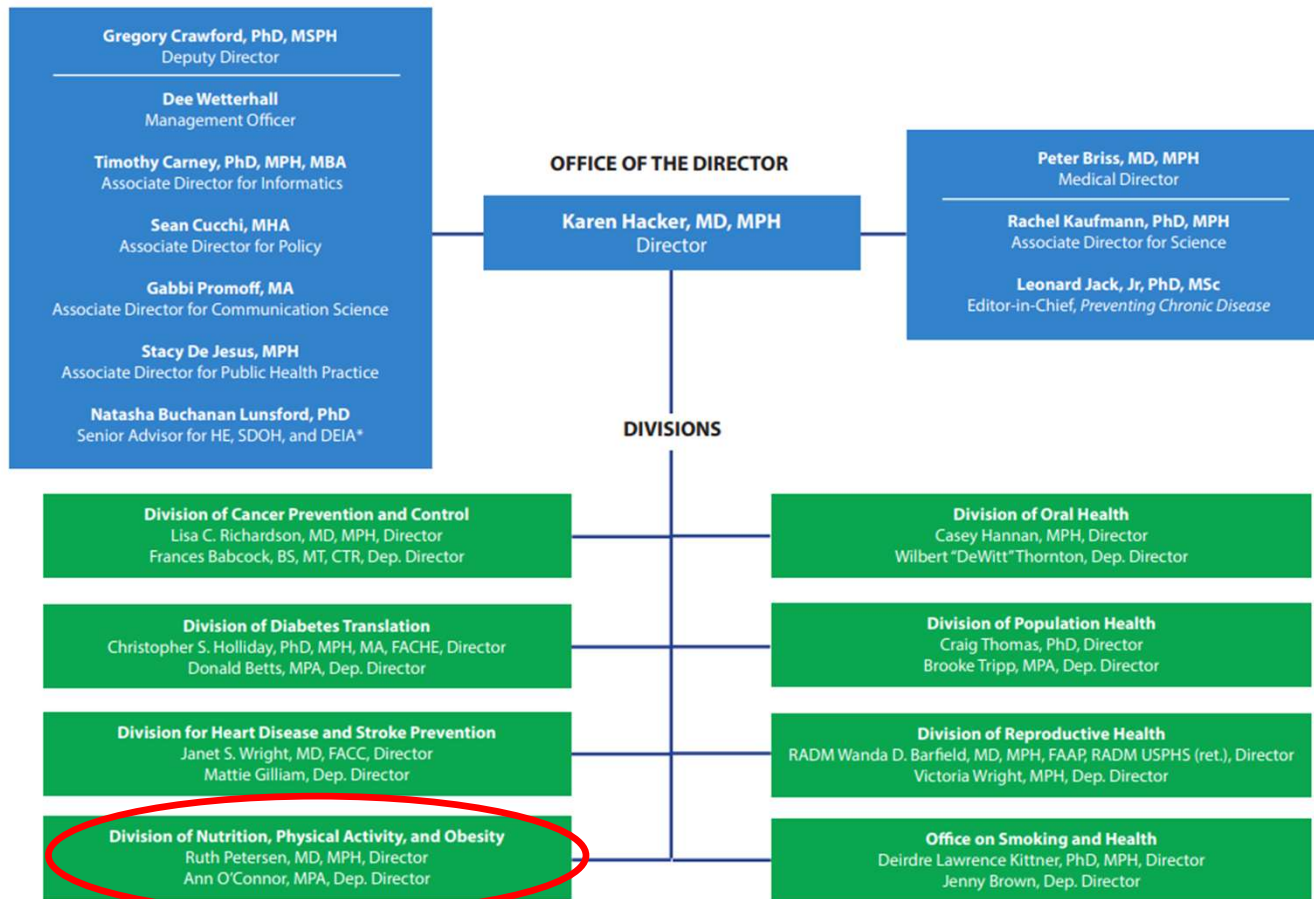
Centers for Disease Control and Prevention

DEPARTMENT OF HEALTH AND HUMAN SERVICES CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)



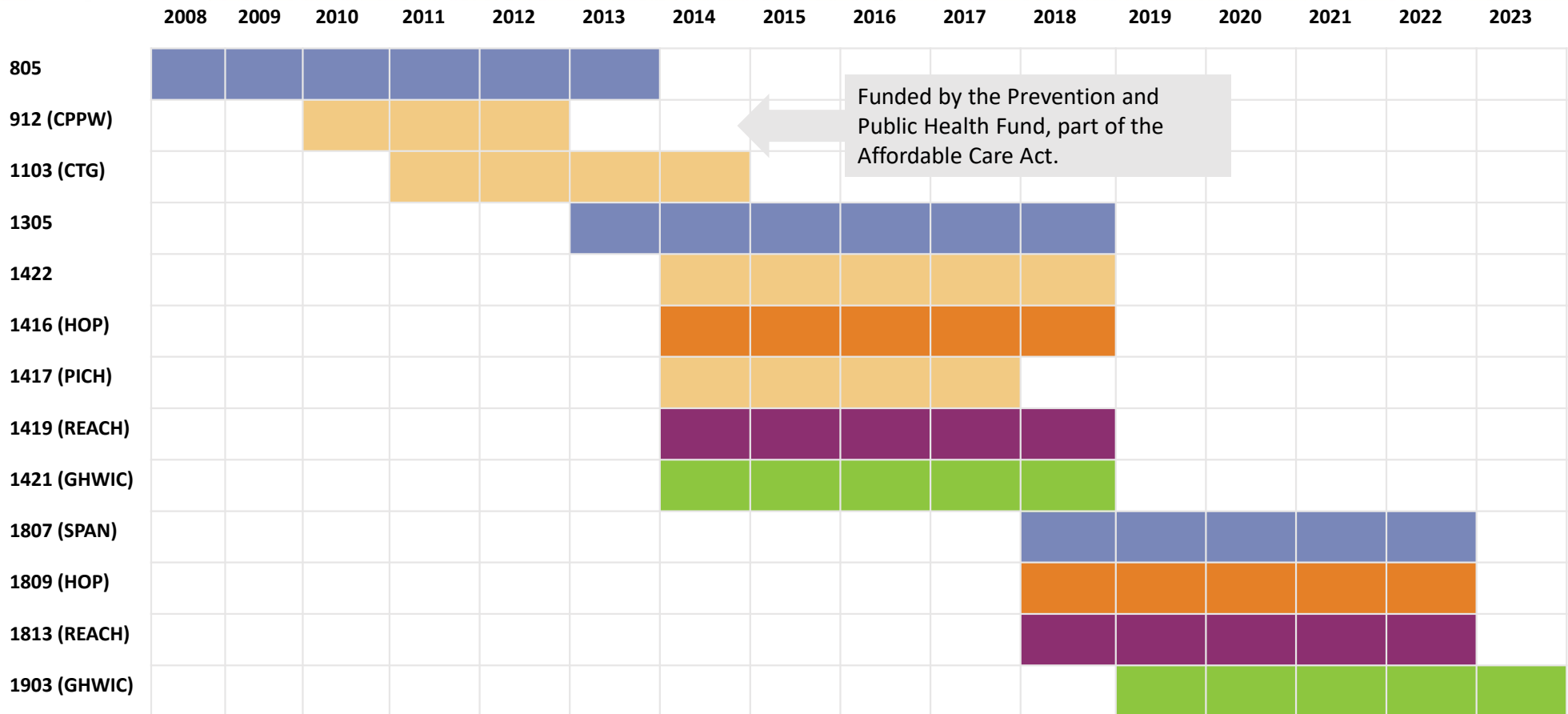


National Center for Chronic Disease Prevention and Health Promotion





Previous PA-Focused Notice of Funding Opportunities (N=13)





Physical Activity is a Need to Do not a Nice to Do

A national initiative led by CDC to help

27 million Americans

become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce healthcare costs.





Health Benefits of Physical Activity FOR CHILDREN

Academic Performance
Improves attention and memory

Muscular Fitness
Builds strong muscles and endurance

Cardiometabolic Health
Helps maintain normal blood sugar levels

Bone Strength
Strengthens bones

Brain Health
Reduces risk of depression

Heart and Lung Health
Improves blood pressure and aerobic fitness

Long-term Health
Reduces risk of several chronic diseases, including type 2 diabetes and obesity

Healthy Weight
Helps regulate body weight and reduce body fat

Source: Physical Activity Guidelines for Americans, 2nd edition
To learn more, visit <https://www.cdc.gov/physicalactivity/basics/health-benefits/physical-activity-for-children.html> October 2021

Health Benefits of Physical Activity for Adults

IMMEDIATE
A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

Sleep
Improves sleep quality

Less Anxiety
Reduces feelings of anxiety

Blood Pressure
Reduces blood pressure

LONG-TERM
Regular physical activity provides important health benefits for chronic disease prevention.

Brain Health
Reduces risk of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight
Reduces risk of weight gain

Bone Strength
Improves bone health

Balance and Coordination
Reduces risks of falls

Emerging research suggests physical activity may also help boost immunity to COVID-19. Source: "The COVID-19 Risk 'Spike' Is Not Just About 'Access, Immunity, and Effect' on p. 244.

Source: Physical Activity Guidelines for Americans, 2nd edition
To learn more, visit <https://www.cdc.gov/physicalactivity/basics/health-benefits/physical-activity-for-adults.html> August 2020

Health Benefits of Physical Activity FOR ADULTS 65 AND OLDER

IMMEDIATE
A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

Sleep
Improves sleep quality

Less Anxiety
Reduces feelings of anxiety

Blood Pressure
Reduces blood pressure

LONG-TERM
Regular physical activity provides important health benefits for chronic disease prevention.

Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes

Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight
Reduces risk of weight gain

Independent Living
Helps people live independently longer

Bone Strength
Improves bone health

Balance and Coordination
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function. Source: "The COVID-19 Risk 'Spike' Is Not Just About 'Access, Immunity, and Effect' on p. 244.

Source: Physical Activity Guidelines for Americans, 2nd edition
To learn more, visit <https://www.cdc.gov/physicalactivity/basics/health-benefits/physical-activity-for-adults.html> June 2021



Strategies That Work to Promote Physical Activity

To learn more about the strategies, visit:

- Community Preventive Services Task Force Finding for Physical Activity (www.thecommunityguide.org)
- *Physical Activity Guidelines for Americans, 2nd edition* (Chapter 8) Community Strategies, Centers for Disease Control and Prevention, 201 (www.cdc.gov/PhysicalActivity)





Everyone Can Be Involved!

What's Your Role?





Moving Matters

**Want to
reduce
your risk
of type 2
diabetes?**



→ **Being physically active can help!**



Get Tips Here

cdc.gov/MovingMatters



**¿Quieres
reducir tu
riesgo de
la diabetes
tipo 2?**



→ **¡Hacer actividad física
te puede ayudar!**



Obten consejos aqui

cdc.gov/movernos



**Want to
manage
your
weight?**



→ **Being physically active can help!**



Get Tips Here

cdc.gov/MovingMatters



**¿Quieres
manejar
tu peso?**



→ **¡Hacer actividad física
te puede ayudar!**



Obten consejos aqui

cdc.gov/movernos





Fact Sheets, PPTs, Media Materials

2 **Too Few Americans Get the Recommended Amount of Physical Activity**

Active People initiative led by Americans for a Healthy America

3 **2022 Adult Physical Inactivity Prevalence Maps by Location and Race/Ethnicity**

4 **Many Americans Do Not Have Safe or Convenient Places To Be Active**

Click to add notes

Regular Physical Activity Helps Lower Your Cancer Risk

Breast

Kidney

Colon

Bladder

Source: Physical Activity Guidelines for Americans, 2nd edition (Chapter 7, page 32)

LEARN MORE AT www.cdc.gov/physicalactivity/basics

PHYSICAL ACTIVITY BUILDS A HEALTHY AND STRONG NATION

THE PROBLEM

1 IN 2 About 1 in 2 adults lives with a chronic disease. Of this group, about half have two or more chronic diseases.

ANNUAL CONSEQUENCES

\$117 BILLION \$117 billion in annual health care costs are associated with inadequate physical activity.

110,000 110,000 people could be prevented from dying each year.

INACTIVITY LIMITS MILITARY READINESS

2 IN 5 Only 2 in 5 young adults are weight-eligible and physically prepared for basic training.

*These figures are based on data from the Behavioral Risk Factor Surveillance System (BRFSS) and the National Health and Medical Examination Survey (NHANES).

UNFIT TO SERVE

OBESE AND PHYSICAL INACTIVITY ARE IMPACTING NATIONAL SECURITY

THE PROBLEM

Approximately **1 in 5 children** and **2 in 5 adults** in the United States have obesity.

Just over **1 in 3 young adults** aged 17-24 is too heavy to serve in our military.

Among the young adults who meet weight requirements, only **3 in 4** report physical activity levels that prepare them for challenges in basic training.

Consequently, only **2 in 5 young adults** are both weight-eligible and adequately active.

The military has experienced increasing difficulty in recruiting soldiers as a result of physical inactivity, obesity, and malnutrition among our nation's youth. Not addressing these issues now will impact our future national security.

Mark Hertling, Lieutenant General U.S. Army (Retired)

INELIGIBLE TO SERVE

71% 2 most common reasons young people are ineligible.

In 2018, **71% of young people** in the United States would not be able to join the military if they wanted to.

- Overweight or obesity
- Educational deficits
- Criminal or drug abuse record

Individuals in the 17-24 age range account for 90% of military applicants.

OBESE IMPAIRS MILITARY READINESS

19% 19% of active-duty service members had obesity in 2020, up from 16% in 2015.

These individuals are less likely to be medically ready to deploy.

Between 2008 and 2017, active-duty soldiers had more than 3.6 million musculoskeletal injuries. One study found that active-duty soldiers with obesity were 33% more likely to get this type of injury.

Fit and healthy service members are vitally important to the military because lives and our national security are at stake.

General Richard E. Hanley, U.S. Air Force (Retired)



Activity-Friendly Routes to Everyday Destinations

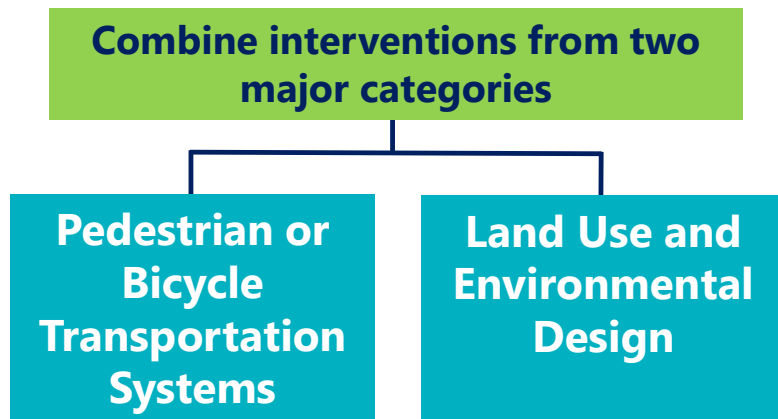
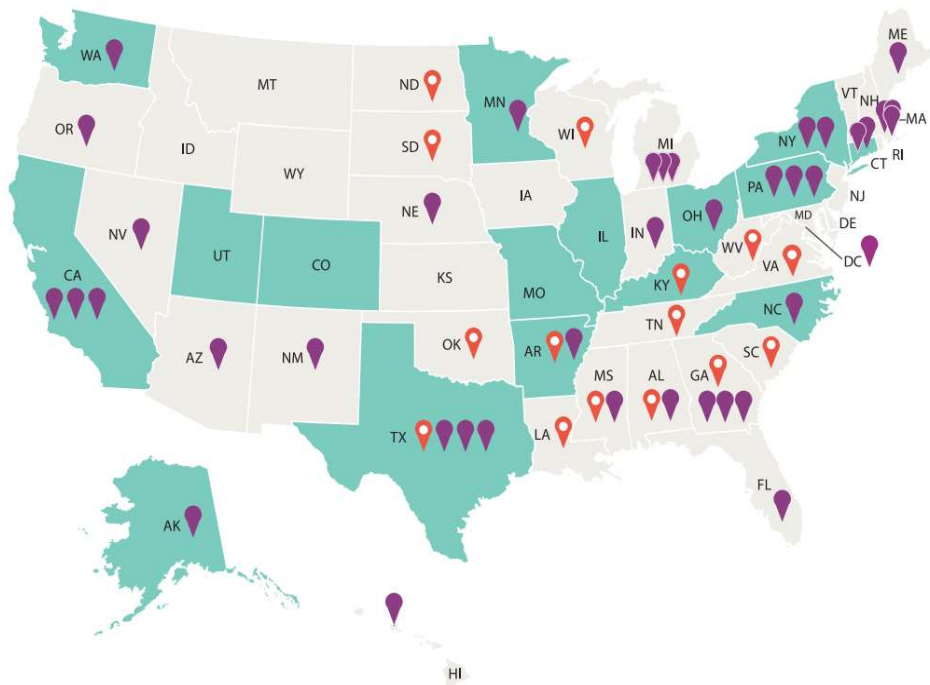


Photo available from the State and Community Health Media Center:
<https://nccd.cdc.gov/schmc/apps/overview.aspx>



DNPAO's Funded Program Recipients



■ State Physical Activity and Nutrition Program (SPAN)

- 16 state and local recipients strengthening efforts to implement interventions that support healthy nutrition, safe and accessible physical activity, and breastfeeding

📍 High Obesity Program (HOP)

- 15 land grant universities leveraging community extension services to increase access to healthier foods and opportunities for physical activity in counties that have more than 40% of adults with obesity

📍 Racial and Ethnic Approaches to Community Health (REACH) Program

- 40 organizations aiming to improve health, prevent chronic diseases, and reduce health disparities among racial and ethnic populations with the highest risk, or burden, of chronic disease

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/index.html>



SPAN – Illinois Public Health Institute



Sid Ruckriegel
At-Large Councilmember
City of Peoria





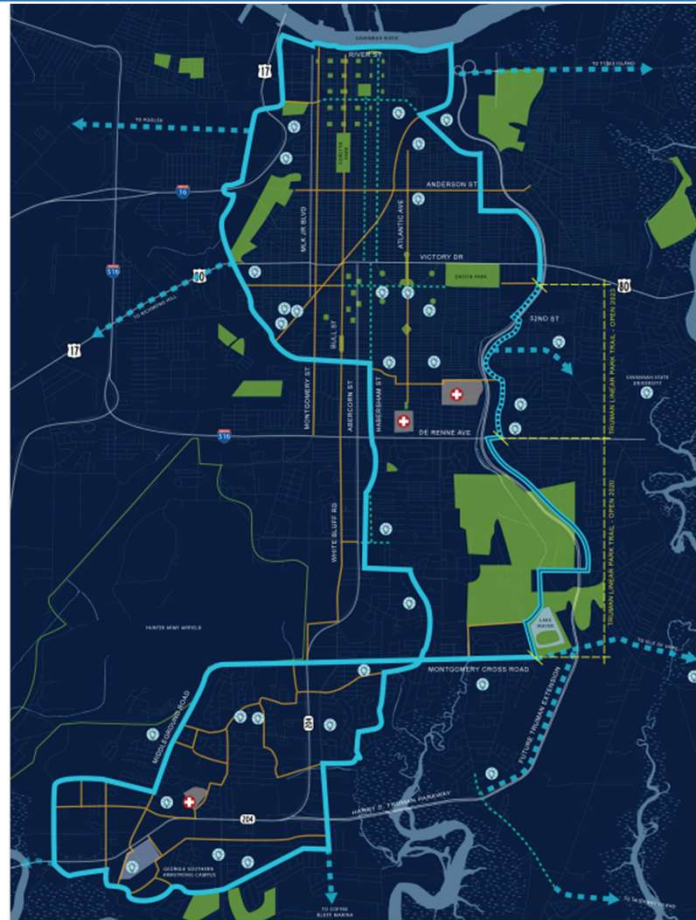
HOP – Louisiana State University



[\(279\) Removing Red Tape for Complete Streets Projects in Small Rural Communities - YouTube](#)



REACH – Healthy Savannah/YMCA of Coastal Georgia





DNPAO's Funded Partners

AMERICA
WALKS



PHYSICAL ACTIVITY ALLIANCE
MOVE WITH US



PAPREN
PHYSICAL ACTIVITY POLICY RESEARCH
AND EVALUATION NETWORK



NRPA NATIONAL RECREATION
AND PARK ASSOCIATION



**EQUITABLE
CITIES**



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.



American Planning Association
Creating Great Communities for All



**PREVENTION
INSTITUTE**



Smart Growth America
Making Neighborhoods Great Together



National Complete
Streets Coalition





Active People, Healthy Nation Champions



SAMPLE MAYORAL PROCLAMATION

This Sample Mayoral Proclamation is part of the Centers for Disease Control and Prevention (CDC), Division of Nutrition, Physical Activity, and Obesity's (DNPAO) Active People, Healthy NationSM initiative that aims to help 27 million Americans become more physically active by 2027. Part of this initiative is engaging decisionmakers to become Active People, Healthy Nation Champions in order to help achieve strategies that work. This document is a sample of a proclamation that allows for choosing from a variety of strategies that can support this effort.

This sample proclamation is for informational purposes only and is not intended to influence the passage of any specific proclamation, legislation, or other measure.

WHEREAS, the mayor of [CITY, STATE] is committed to supporting a thriving, vibrant, and healthier community for residents of all ages and abilities;

WHEREAS, the government of [CITY, STATE] recognizes the importance of providing access to safe and convenient places to be physically active for people regardless of age, race, income, socio-economic status, disability status, and geographic location;

WHEREAS, approximately 1 in 5 children and 2 in 5 adults in the U.S. have obesity;

WHEREAS, 1 in 2 adults live with a chronic disease and about half of this group have two or more chronic diseases;

WHEREAS, about 1 in 4 young adults (25%) is too heavy to serve in our military;

WHEREAS, the Physical Activity Guidelines for Americans recommend that children (ages 6-17 years) do 60 minutes or more of moderate-to-vigorous intensity physical activity each day and adults (ages 18 years and older) do at least 150 minutes a week of moderate intensity activity such as brisk walking;

WHEREAS, only half of adults and one quarter of youth get the recommended amounts of aerobic physical activity they need to help reduce and prevent chronic diseases;

WHEREAS, physical activity is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death;



Community Change Grants



- [Programs](#)
- [Resources](#)
- [Advocacy](#)
- [Blog](#)
- [About](#)
- [Donate](#)
- [Search](#)



COMMUNITY CHANGE GRANTS OPEN SOON



Applications open Thursday, September 15th
Deadline is Friday, September 30th

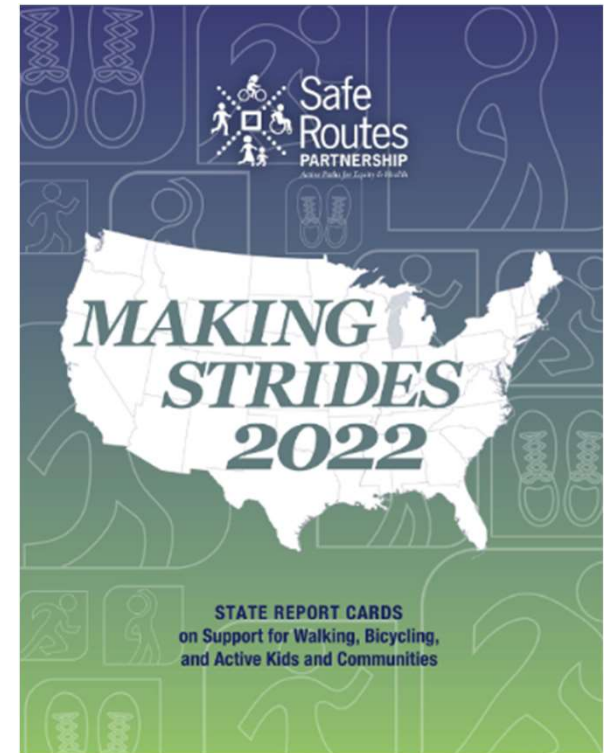
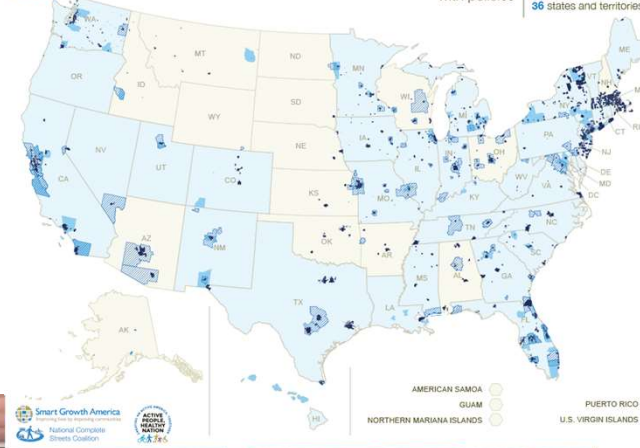




Data for Action



Complete Streets Policy Adoption 2020





Walkability Action Institutes

NACDD's Walkability Teams





Addressing Barriers/Impactful Science: NCCOR Economic Benefits of Active Communities

Talking about economic benefits of activity-friendly communities

Good for people, business, and the environment

Support community priorities

A worthwhile investment

Save money

Anticipate success

Start the conversation by asking...

- How would a more activity-friendly community be **good for us and our neighbors?**
- What are **some examples of activity-friendly places or infrastructure** in our community?
- What are some **untapped opportunities** and possibilities for activity-friendly plans or development in our community?
- What could the **future version** of our community look like?
- What areas and who in our community would benefit most from more places to **safely walk, bike, run, or roll?**

Making the Business Case for Activity-Friendly Places
HOW LOCAL LEADERS CAN CREATE VIBRANT PLACES THAT WORK FOR EVERYONE

Measurable benefits of activity-friendly settings

Greater walkability	Which lead to economic benefits like:	Which contribute to:
1. Better air quality	1. More small business development 2. Higher retail sales 3. Higher employment rates 4. The possibility of more affordable housing	1. Longer and healthier lives
2. Fewer vehicle miles traveled	5. Increased property values and tax revenues	

Activity-friendly places help meet many local community needs

HEALTHY ENVIRONMENT	HEALTHY ECONOMICS	HEALTHY PEOPLE
<ul style="list-style-type: none"> Fewer vehicle miles traveled Less traffic congestion Better infrastructure design 	<ul style="list-style-type: none"> Safe, accessible places Mix of everyday destinations Access to transit and trails Affordable housing 	<ul style="list-style-type: none"> Safe, convenient, appealing choices Healthier people today, tomorrow, and years from now Lower health care costs in the long run!

Popular approaches communities use to create activity-friendly places

TRANSPORTATION	HOUSING AND DEVELOPMENT	COMMUNITY ENGAGEMENT
<ul style="list-style-type: none"> Support policies such as Complete Streets to ensure every street is walkable. Use real-utility, and sidewalk conditions to create transportation-belt networks. Implement Safe Routes and Vision Zero initiatives that slow neighborhood traffic, and improve safety for all. 	<ul style="list-style-type: none"> Create affordable, diverse, and accessible housing near jobs, essential services, and transit routes. Utilize thoughtful planning and zoning to create more compact, mixed, and attractive places for people of all abilities. Provide planning expertise and funding, particularly for communities without planning staff. 	<ul style="list-style-type: none"> Require broad input to develop a community vision and comprehensive plan to guide healthier design and community safety. Use proactive, bi-communitary approaches such as walk audits and listening tours to gather inclusive input. Engage businesses and developers on healthy design guidelines and create funding opportunities.

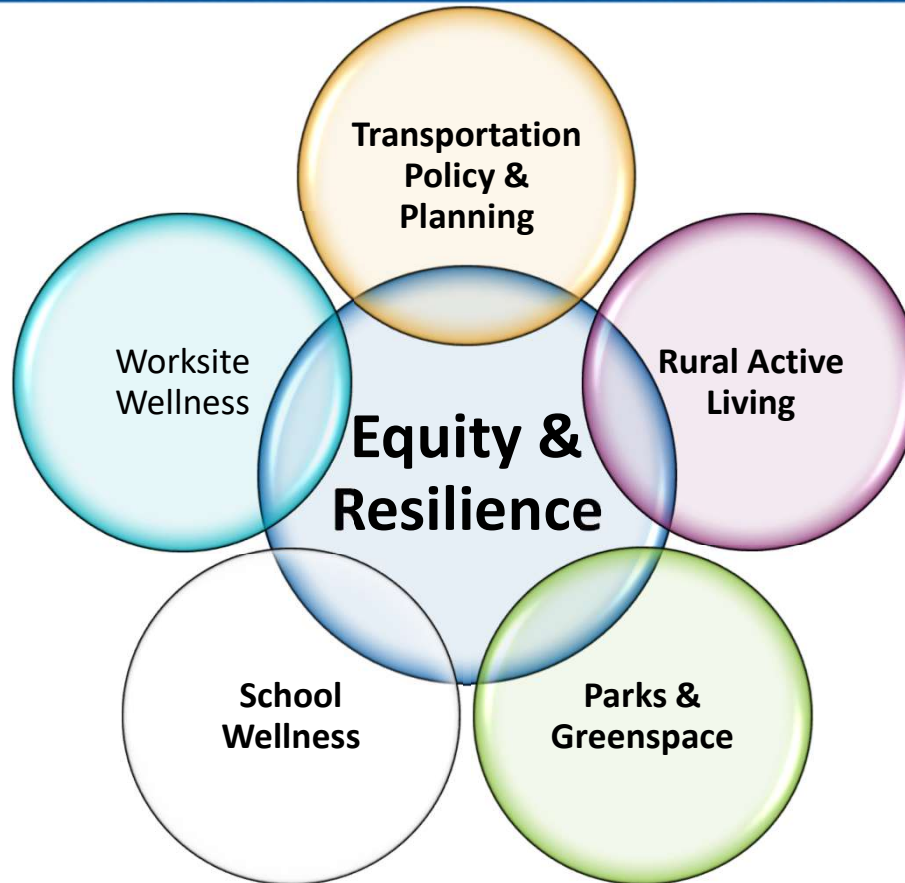


Physical Activity Policy, Research and Evaluation Network (PAPREN)

- Is a **CDC-funded thematic research network** of the CDC Prevention Research Centers and is funded by the Physical Activity and Health Branch.
- PAPREN Work Groups develop and lead specific projects that focus on priority topic areas related to **physical activity policy and the built environment** activities.
- A key **research partner** of the **Active People, Healthy Nation Initiative**.
- PAPREN is grounded in the **Community Preventive Services Task Force recommendations**, especially the one that calls for **transportation combined with built environment and land use interventions** for supporting physical activity.
- PAPREN **advances the evidence base and puts research into practice through collaboration across sectors** with a shared vision of achieving active communities.
 - Includes researchers, planners, engineers, policy makers, green space managers, advocates, physical activity and public health professionals and others!



PAPREN Work Groups





Understanding and Addressing Barriers: Anti-Displacement Strategies



PAPREN
PHYSICAL ACTIVITY POLICY RESEARCH
AND EVALUATION NETWORK

Review | [Open Access](#) | Published: 29 December 2022

Healthy Community Design, Anti-displacement, and Equity Strategies in the USA: A Scoping Review

[Natalicio Serrano](#) , [Lindsey Realmuto](#), [Kaitlin A. Graff](#), [Jana A. Hirsch](#), [Lauri Andress](#), [Mojgan Sami](#), [Ken Rose](#), [Akimi Smith](#), [Katherine Irani](#), [Jean McMahon](#) & [Heather M. Devlin](#)

Journal of Urban Health **100**, 151–180 (2023) | [Cite this article](#)

2028 Accesses | 10 Altmetric | [Metrics](#)

Abstract

Recent investments in built environment infrastructure to create healthy communities have highlighted the need for equity and environmental justice. Although the benefits of healthy community design (e.g., connecting transportation systems and land use changes) are well established, some reports suggest that these changes may increase property values. These increases can raise the risk of displacement for people with low incomes and/or who are from racial and ethnic minority groups, who would then miss out on benefits from changes in community design. This review scanned the literature for displacement mitigation and prevention measures, with the goal of providing a compilation of available strategies for a wide range of audiences including public health practitioners. A CDC librarian searched the



Access to Places for Physical Activity

Parks, Trails, and Greenway Interventions to Increase Physical Activity

Park, trail, and greenway infrastructure improvements



Additional interventions

- Community engagement
- Public awareness
- Programming
- Enhanced access





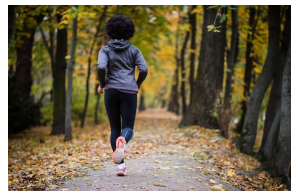
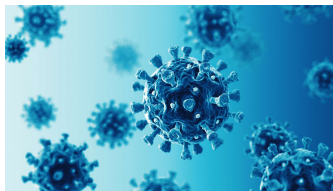
New Research



Observation of and intention to use new places and changed spaces for physical activity during the COVID-19 pandemic - United States, June 2021

[Bryant J Webber¹](#), [Katherine L Irani²](#), [John D Omura³](#), [Geoffrey P Whitfield²](#)

Approximately 1 in 4 adults reported discovering new places or changed spaces to support physical activity during the COVID-19 pandemic, and most intended to use these features.





Impactful Science: Muscle Strengthening and Aerobic PA in Older Adults

health Life, But Better Fitness Food Sleep Mindfulness Relationships

START THE DAY HERE

Millions in California at risk from floods, Biden's budget to cut deficit by \$3 trillion, Instagram is back up after outage.

we **Fitness**

Look to exercise to extend life, even for the oldest, study says

By Sandee LaMotte, CNN
Updated 12:09 PM EDT, Mon October 17, 2022



> JAMA Netw Open. 2022 Oct 3;5(10):e2236778. doi: 10.1001/jamanetworkopen.2022.36778.

Association of Muscle-Strengthening and Aerobic Physical Activity With Mortality in US Adults Aged 65 Years or Older

Bryant J Webber ¹, Katrina L Piercy ², Eric T Hyde ³, Geoffrey P Whitfield ¹

Affiliations + expand

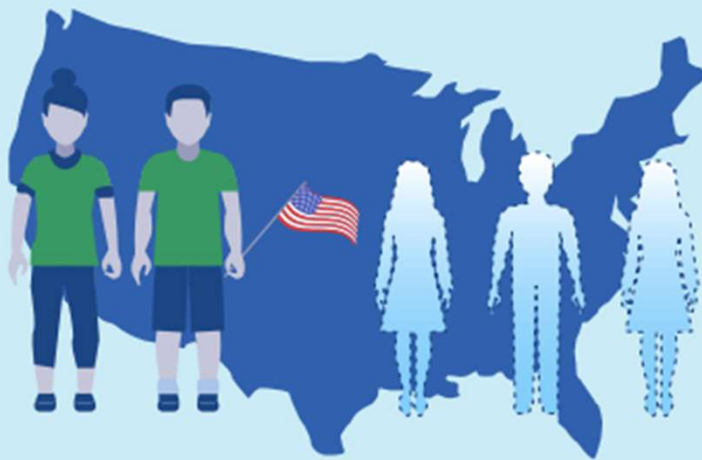
PMID: 36251297 PMID: PMC9577673 DOI: 10.1001/jamanetworkopen.2022.36778

[Free PMC article](#)



Impactful Science: Physical Activity and Military Readiness

INACTIVITY LIMITS MILITARY READINESS



2 IN 5

Only 2 in 5 young adults are weight-eligible and physically prepared for basic training.*

*Those aged 17 to 24 who meet the body mass index standard and report at least 300 minutes of moderate-intensity aerobic physical activity per week.

“Long-term military readiness is at risk unless a large-scale change in physical activity and nutrition takes place in America”

Mission: Readiness
Military Leaders for Kids



Physical Activity and Infectious Disease





Physical Activity and Infectious Disease

- One recent study showed that meeting guidelines for aerobic and muscle-strengthening physical activity cut the risk of death from flu and pneumonia by half. [Leisure-time physical activity and mortality from influenza and pneumonia: a cohort study of 577 909 US adults | British Journal of Sports Medicine \(bmj.com\)](#).
- A CDC systematic review of 25 studies showed that physical activity can protect people against severe COVID-19 outcomes. [Brief Summary of Findings on the Association Between Physical Inactivity and Severe COVID-19 Outcomes \(PDF\)](#).
- As flu season approaches, CDC recommends everyone 6 months and older get a flu vaccine. Getting regular physical activity and enough sleep may also help protect you. New research showed that only about 9% of adults report doing all three of these. [Joint Prevalence of Influenza Preventive Behaviors Among Adults- United States, 2020 - PubMed \(nih.gov\)](#)
-
- So get your vaccines... and do your physical activity...



Impactful Science: COVID and Physical Inactivity Systematic Review





New Funded Recipients

Missouri

- **St. Louis Integrated Health Network St. Louis** \$700k REACH; **University of Missouri, Kansas City** \$700k REACH; **Missouri Department of Health and Senior Services** \$800k SPAN; **University of Missouri (Columbia)** New Madrid, Mississippi, Scott, Stoddard, Ripley, Wayne, Howell, Wright, Crawford, and Washington Counties \$700k HOP

Hawaii

- **University of Hawaii: USAPI:** Guam, Republic of the Marshall Islands, Republic of Palau, Federated States of Micronesia \$1 M REACH

Minneapolis

- **Asian Media Access:** Phillips neighborhood in Minneapolis and the West Side Neighborhood in St. Paul \$1 M REACH; **City of Minneapolis**, MN \$1M REACH

South Carolina

- **LiveWell Greenville** Greenville County \$1M REACH; **Clemson University (Clemson)** Marlboro, Dillon, Marion, Darlington, Florence, Lee, Orangeburg, Allendale, Bamberg, and Hampton Counties \$700k

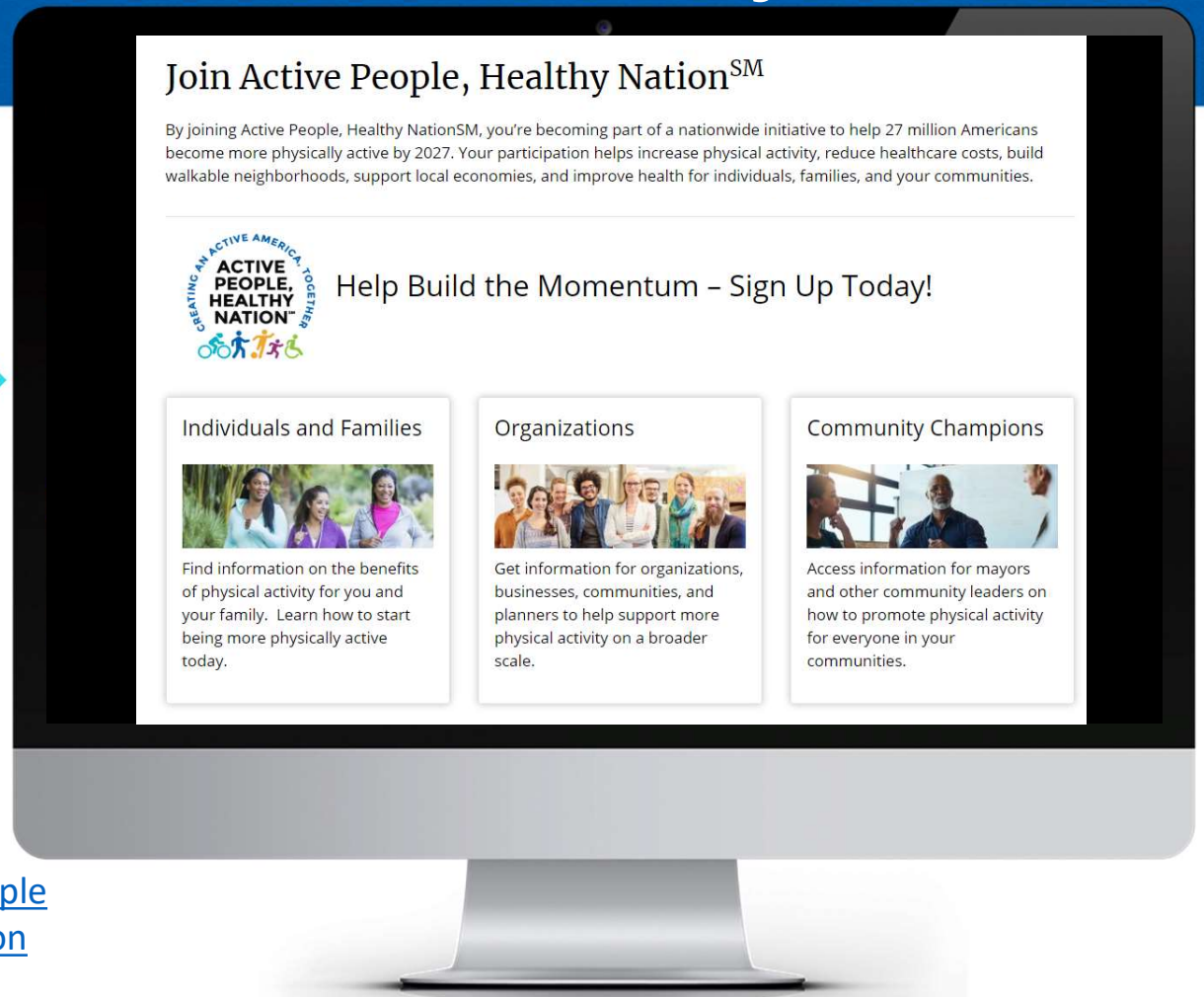
[Racial and Ethnic Approaches to Community Health \(REACH\), 2023 – 2028 | DNPAO | CDC](#); [State Physical Activity and Nutrition \(SPAN\) Program, 2023 - 2028 | DNPAO | CDC](#); [High Obesity Program 2023-2028 | DNPAO | CDC](#)



Join today!



<https://www.cdc.gov/physicalactivity/activepeople/healthynation/join-active-people-healthy-nation>



Join Active People, Healthy NationSM

By joining Active People, Healthy NationSM, you're becoming part of a nationwide initiative to help 27 million Americans become more physically active by 2027. Your participation helps increase physical activity, reduce healthcare costs, build walkable neighborhoods, support local economies, and improve health for individuals, families, and your communities.



Help Build the Momentum - Sign Up Today!

Individuals and Families



Find information on the benefits of physical activity for you and your family. Learn how to start being more physically active today.

Organizations



Get information for organizations, businesses, communities, and planners to help support more physical activity on a broader scale.

Community Champions



Access information for mayors and other community leaders on how to promote physical activity for everyone in your communities.