**Community Physical Activity Interventions**

**The Guide to Community Preventive Services: The Community Guide Recommendations**

**Research Tested Interventions Programs** **(RTIPs)** is a searchable database of cancer control interventions (includes obesity, nutrition, tobacco, etc.) and program materials and is designed to provide program planners and public health practitioners easy and immediate access to research-tested materials. To access all of the interventions on their website, visit <http://rtips.cancer.gov/rtips/index.do>.

1. **Wheeling Walks** Designed to increase physical activity among sedentary individuals that heavily involves the community.For more information, visit [**http://rtips.cancer.gov/rtips/rtips\_search.do?topicid=2&cg=35&choice=cguide**](http://rtips.cancer.gov/rtips/rtips_search.do?topicid=2&cg=35&choice=cguide)**.**
2. **Community Healthy Activities Model Program for Seniors (CHAMPS)** Designed to increase physical activity among sedentary seniors. For more information, visit <http://rtips.cancer.gov/rtips/programDetails.do?programId=207001>.
3. **StrongWomen - Healthy Hearts** Designed to promote healthy dietary habits and increase physical activity to reduce obesity. For more information, visit <http://rtips.cancer.gov/rtips/programDetails.do?programId=1194691>.
4. **Promoting Healthy Living: Assessing More Effects (PHLAME)** Designed to increase physical activity and promote healthy dietary habits to reduce obesity. For more information, visit <http://rtips.cancer.gov/rtips/programDetails.do?programId=288026>.
5. **CARDIAC Kinder** Designed to promote healthy dietary habits and increase physical activity among school children. For more information, visit <http://rtips.cancer.gov/rtips/programDetails.do?programId=794866>.
6. **The Physical Activity and Teenage Health (PATH) Program** Designed to increase physical activity and promote healthy dietary habits among adolescents. For more information, visit <http://rtips.cancer.gov/rtips/programDetails.do?programId=781968>.

**Centers for Disease Control and Prevention (CDC)**

1. **The CDC Guide to Strategies to Increase Physical Activity in the Community** Provides guidance for program managers, policy makers, and others on how to select strategies to increase physical activity. For more information, visit <http://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf>.
2. **CDC VERB Youth Media Campaign** National, multicultural, social marketing campaign that encourages young people ages 9-13 years to be physically active every day. For more information, visit <http://www.cdc.gov/youthcampaign/>.
3. **Heart Healthy and Stroke-Free: A Social Environment Handbook.** Tool for everyone working to create heart-healthy and stroke-free communities across America. It provides prevention strategies for creating a smoke-free environment as well as highlighting strategies to promote increased physical activity in the community. For more information, visit <http://www.cdc.gov/dhdsp/seh_handbook.htm>.
4. **Morbidity and Mortality Weekly Report (MMWR) Increasing Physical Activity:** A report on recommendations of the Task Force on Community Preventive Services that either strongly recommends or recommends 4 community-based interventions to increase physical activity.
   1. informational approaches,
      1. communitywide campaigns and
      2. point-of-decision prompts to encourage using stairs;
   2. behavioral and social approaches,
      1. school-based physical education,
      2. social support interventions in community settings (e.g., setting up a buddy system or contracting with another person to complete specified limits of physical activity).

For more information, visit <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5018a1.htm#tab2>.

**Canadian Best Practices** Allows comparison of several health related interventions. To access all of the interventions on their website, visit <http://cbpp-pcpe.phac-aspc.gc.ca/>. Click on “Best Practices” tab.

1. **Stairway to Health** Designed to assist in increasing the physical activity and health of employees in Canadian workplaces by encouraging the use of stairways. For more information, visit <http://66.240.150.14/intervention/171/view-eng.html>.
2. **First Step Program** A facilitated, behavior modification program that comprises four weekly group meetings (adoption phase), followed by a 12-week adherence phase. Pedometers are used to establish baseline level of physical activity and personal goal-setting, self-monitoring and feedback is implemented. For more information, visit <http://66.240.150.14/intervention/739/view-eng.html>.
3. **Coordinated Approach to Child Health (CATCH)** An evidence based program designed to increase physical activity, nutrition intake and tobacco avoidance among children and youth that employs a holistic approach to child health for all children in grades K-8. For more information, visit <http://66.240.150.14/intervention/82/view-eng.html>.
4. **We Can! (Ways to Enhance Children's Activity & Nutrition)** Provides activities and programs that encourage improved nutritional choices, increased physical activity, and reduced screen time in youth ages 8-13. We Can! is unique among existing youth obesity-prevention initiatives in its focus on programs and activities for parents and families as a primary group for influencing youth audiences. For more information, visit <http://66.240.150.14/intervention/394/view-eng.html>.

**Dialogue4Health Web Forum & Active Living Research**

# Getting Physical: The Public Health Approach to Active Living This web forum summarizes the science behind the physical activity guidelines and discusses the role public health practitioners can play in facilitating more physical activity in the population. For more information and to view the webinar, visit <http://www.activelivingresearch.org/node/12519>.

# Thinking Outside the Box: How the African American Collaborative Obesity Research Network (AACORN) Paradigm Can Influence Community-Based Physical Activity Interventions in Diverse Communities The African American Collaborative Obesity Research Network (AACORN) expanded obesity paradigm calls for a broader understanding of how culture and mindset, environmental factors, and historical and social factors influence behavior to develop effective interventions focused on eating, physical activity, and weight. For more information, visit <http://www.activelivingresearch.org/node/12583>.

# Active Living in Rural Communities: Measuring Rural Environments for Physical Activity The Rural Active Living Assessment (RALA) Tools assess the physical environment features and amenities, town characteristics, community programs, and policies that could potentially influence levels of physical activity among residents in rural communities. For more information and to view the webinar, visit <http://www.activelivingresearch.org/node/12522>.

# Neighborhood Safety and Personal Attitude May Impact Walking Among Low Socioeconomic Status People This study used a computer model to examine the impact of two strategies commonly proposed for increasing walking: 1) improving people’s attitudes towards walking (e.g., through health education campaigns) and 2) improving safety (e.g., through community policing efforts). It also explored whether the impact of these interventions is modified by mixed land use. For more information, visit <http://www.activelivingresearch.org/node/12610>.

1. **Trilogy Integrated Resources Network of Care Healthy Communities Health Indicators** Web portal that tracks more than 100 community health indicators; provides a constantly updated community needs assessment; helps communities plan health interventions based on best practices from around the country and more. For more information, visit <http://shasta.networkofcare.org/mh/about/press-release.aspx?id=310> or <http://linn.ia.networkofcare.org/ph/>.