

# State Indicator Report on Physical Activity, 2010 National Action Guide

The *State Indicator Report on Physical Activity, 2010* provides national- and state-level information on the physical activity levels of Americans and on related policy and environmental supports. This action guide summarizes these physical activity levels and also provides potential action items to support state-level policy and environmental changes to increase physical activity among all Americans.

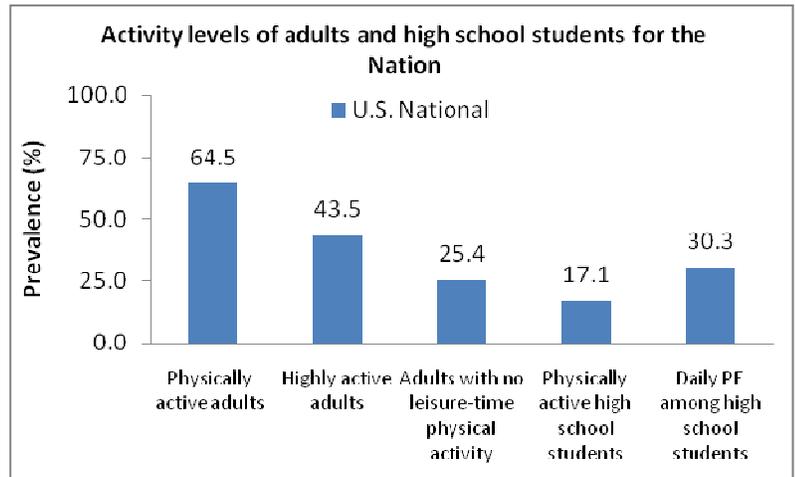
The behavioral indicators are derived from the physical activity objectives in *Healthy People 2010* and from recommendations in the *2008 Physical Activity Guidelines for Americans (2008 Guidelines)*. The policy and environmental indicators are taken from multiple data sources and measure several aspects of a state's ability to support changes to increase physical activity.

Additional physical activity strategies can be found in the National Physical Activity Plan at <http://www.physicalactivityplan.org/plan.htm>. This plan is a broad and comprehensive effort that can provide a framework for increasing physical activity among all age groups.

## Behavioral Indicators

The *2008 Guidelines*, which provide science-based guidance to help Americans improve their health through recommended levels of physical activity, recommend that children should be active at least 60 minutes or more daily. Most of the 60 minutes should be either moderate- or vigorous-intensity physical activity. Adults should do at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity per week or an equivalent combination of the two. For additional health benefits, adults should do more than 300 minutes of moderate intensity or 150 minutes of vigorous intensity activity per week or an equivalent combination of the two.

In this section, the activity levels of Americans are summarized. These data come from the 2007 and 2008 Behavioral Risk Factor Surveillance System and from the 2007 Youth Risk Behavior Surveillance System.



## Policy and Environmental Indicators

States and communities have various opportunities to improve access and venues for physical activity. The indicators below represent key areas in which policy and environmental support can help increase physical activity levels.

### Create or Enhance Access to Places for Physical Activity

Creating and enhancing access to safe places for physical activity can provide environmental opportunities, support, and cues to help people develop healthier behaviors.

#### Key Indicator Results

Key Indicator Results	Range Across States
• 89.4% <sup>†</sup> of middle and high schools allow community-sponsored use of physical activity facilities by youth outside of normal school hours	64.0% – 97.6%
• 50.0% of youth have parks or playgrounds, community centers, and sidewalks or walking paths available in their neighborhood	24.7% – 71.6%
• 20.3% of census blocks have at least one park located within the block or ½ mile from the block boundary	1.9% – 97.1%
• 16.6% of census blocks have at least one fitness or recreation center located within the block or ½ mile from the block boundary	6.0% – 75.3%

#### Potential Action Items

- Create, maintain, and enhance parks, recreation, sports, and fitness facilities to provide various physical activity options for diverse populations that are safe, appealing, and supervised.
- Form partnerships with organizations for the development of interconnected parks and open space systems.
- Develop guidelines or ordinances that foster the development of parks, recreation, sports, and fitness facilities within walking distance of targeted populations or underserved communities.
- Encourage schools to provide access to their physical activity spaces and facilities for youth outside of normal school hours.



## Enhance Physical Education and Physical Activity in Schools and Physical Activity in Child Care Settings

Schools and child care settings are well-positioned to model and reinforce healthful behaviors by assuring standards, requiring daily physical education (PE) classes and recess, and providing safe routes to schools for active transport.

Key Indicator Results	Range Across States
• 20 states require or recommend regular elementary school recess	NA*
• 37 states require elementary, middle, and high schools to teach PE	NA*
• 46.1% <sup>†</sup> of middle and high schools support or promote walking or biking to and from school	10.3% – 62.9%
• 8 states require moderate- or vigorous-intensity physical activity in licensed, regulated child care centers	NA*

### Potential Action Items

- Work with local school districts to incorporate evidence-based curricula to improve the quality of PE and increase the amount of moderate to vigorous physical activity in PE classes.
- Require at least one daily period of recess for at least 20 minutes in length; and provide facilities that are attractive and enjoyable for students.
- Adopt time requirements for PE in elementary, middle, and high schools which require daily PE for students in kindergarten through grade 12 (150 minutes per week for elementary schools and 225 minutes per week for middle and high schools); and create systems to monitor district compliance with meeting the requirements.
- Implement and promote safe walk and bicycle to school programs; develop programs to support safe walk-to-school events and programs and to teach youth and parents about the benefits of walkable communities; and encourage building schools in more central and walkable areas.
- Develop moderate to vigorous physical activity policies and regulations in child care settings by collaborating with policy makers, health professionals, child care practitioners, and licensing offices.

## Support Urban Design, Land Use, and Transportation Policies

The design of communities and neighborhoods can encourage or discourage physical activity among residents. Safe, walkable neighborhoods can promote routine physical activity, regardless of an individual's fitness level.

Key Indicator Results	Range Across States
• 27 states have at least one state-level enacted community-scale urban design/land use policy	NA*
• 23 states have at least one state-level enacted street-scale urban design/land use policy	NA*
• 36 states have at least one state-level enacted transportation and travel policy	NA*

### Potential Action Items

- Develop and encourage the use of local bicycle and pedestrian project funding criteria to increase efforts in areas with higher concentrations of youth, elderly, low-income, and ethnic minority populations.
- Adopt and support "Complete Streets" ordinances, which ensure that streets are designed and operated to enable safe access for all users.
- Collaborate with transportation planning agencies in the development of short and long-range master plans.
- Plan, build, and retrofit residential and mixed-used streets to reduce speeds, accommodate bicyclists, and improve the walkability of the environment.
- Plan, build, and maintain a well-connected network of off-street trails and paths for pedestrians and bicyclists.

## Develop and Maintain a Public Health Workforce Competent in Physical Activity

Full-time equivalent (FTE) personnel in state health departments dedicated to physical activity promotion are necessary to develop, implement, monitor, and maintain physical activity interventions and programs as well as foster partnerships that advocate for physical activity policies.

Key Indicator Results	Range Across States
• 1.0 is the median number <sup>‡</sup> of state health department full-time equivalent personnel primarily focused on physical activity in each state	0.0 – 15.0

### Potential Action Items

- Support a physical activity and health unit in state public health departments that function as part of an integrated and coordinated approach to chronic disease prevention.
- Support the hiring of physical activity credentialed health professionals and the physical activity credentialing activities of existing staff members at state health departments.
- Provide continuing education opportunities where appropriate from credentialing organizations, member associations, academic institutions, and other groups.

#### Data Sources for Policy and Environmental Indicators

School Health Profiles, 2006; National Survey of Children's Health, 2007; Geographic Data Technology Database, 2007; Info USA Database, 2010; School Health Policies and Programs Study, 2006; Kaphingst, K.M., & Story, M. (2009). Childcare as an untapped setting for obesity prevention: State childcare licensing regulations related to nutrition, physical activity, and media use for preschool-aged children in the United States. *Preventing Chronic Disease*, 6(1), 1-13.; CDC Nutrition, Physical Activity, and Obesity Legislative Database; National Conference of State Legislatures Healthy Community Design and Access to Healthy Food Legislative Database.

#### Key

NA = Not Available  
 \* Data presented are categorical  
 † Median  
 ‡ Among 42 states

