

**NATIONAL STRATEGY ON HUNGER,
NUTRITION, AND HEALTH**

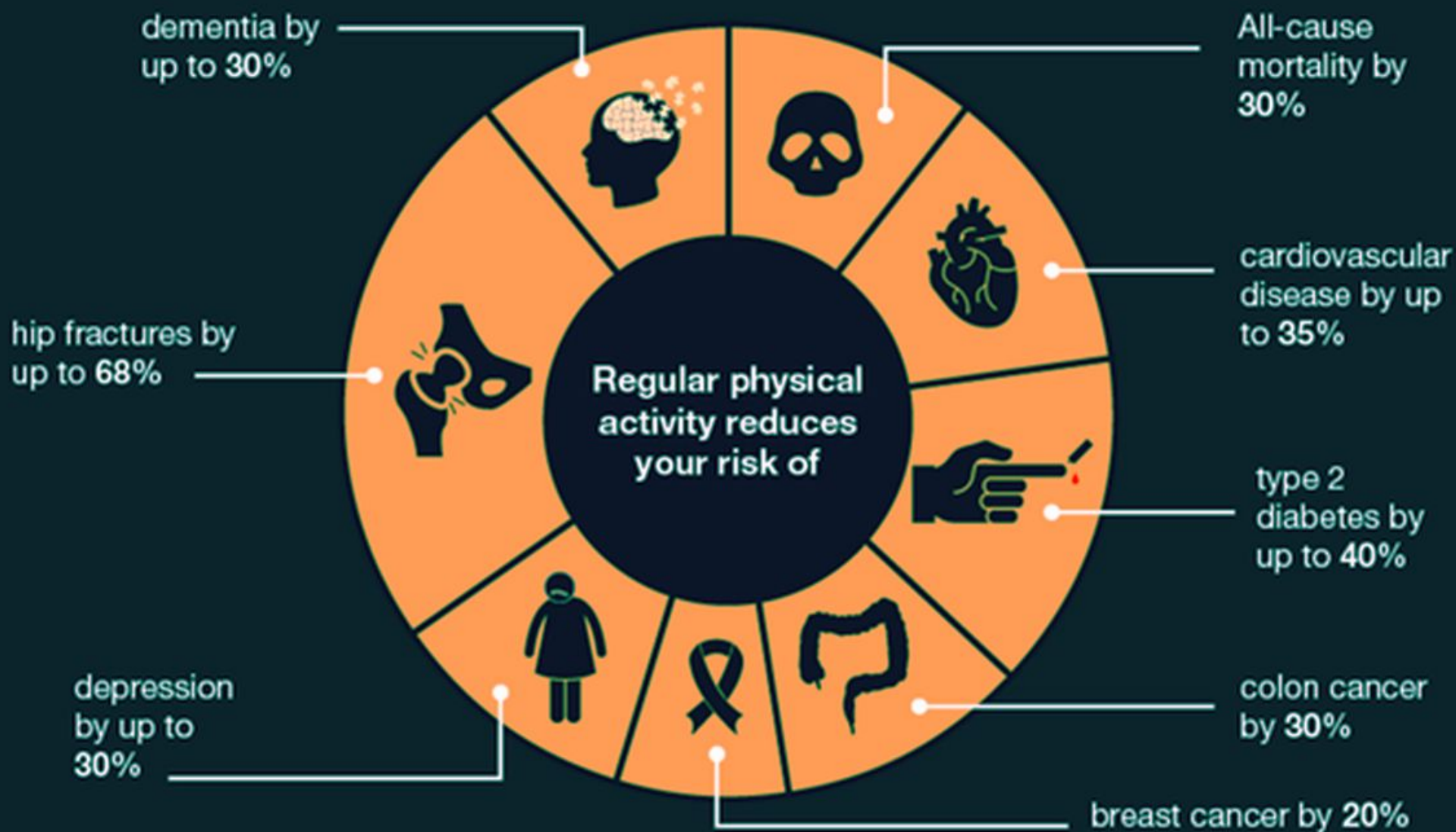
**Pillar 4 - Support Physical
Activity for All**

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University of Texas at Arlington



What are the health benefits of physical activity?



Exercise and Mental Health



Brains and Gut Link



EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



LIMIT
sedentary time



REPLACE
with some
physical activity



ANY
IS BETTER
THAN NONE



150
minutes
PER WEEK



150
to **300**
minutes
PER WEEK

60
minutes
PER DAY



On at least
2 days
a week
muscle
strengthening
activities

On at least
3 days
a week
multicomponent
activities for
balance and
strength



more than
300
minutes
PER WEEK

PREGNANT &
POSTPARTUM
WOMEN

ADULTS &
OLDER ADULTS

CHILDREN &
ADOLESCENTS

ADULTS

OLDER ADULTS

EVERYONE WHO CAN

Physical Activity Guidelines for Americans

2nd edition



MOVE YOUR WAY

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.

at least **150** minutes a week

AND

at least **2** days a week



Muscle-strengthening activity

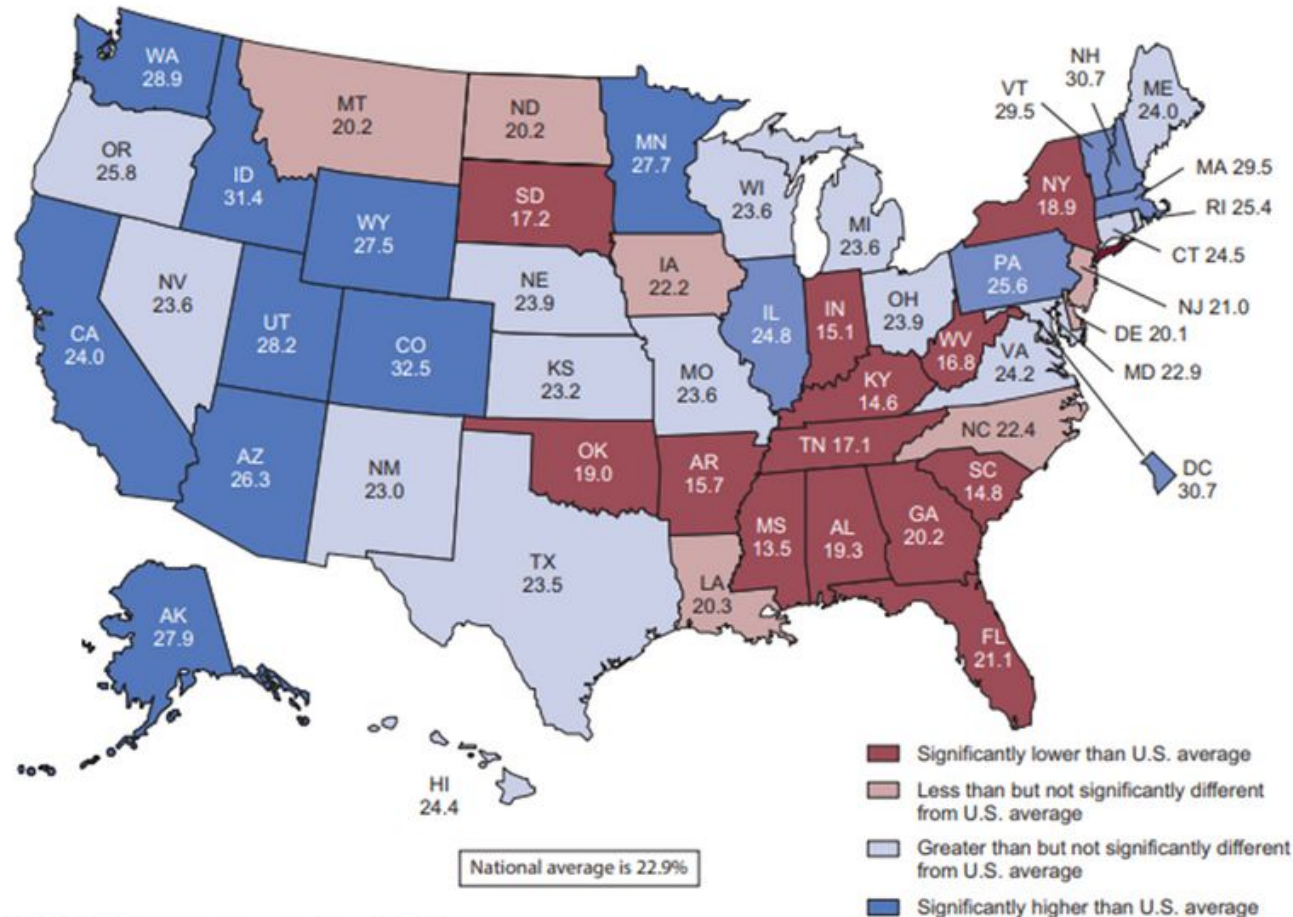
Do activities that make your muscles work harder than usual.

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

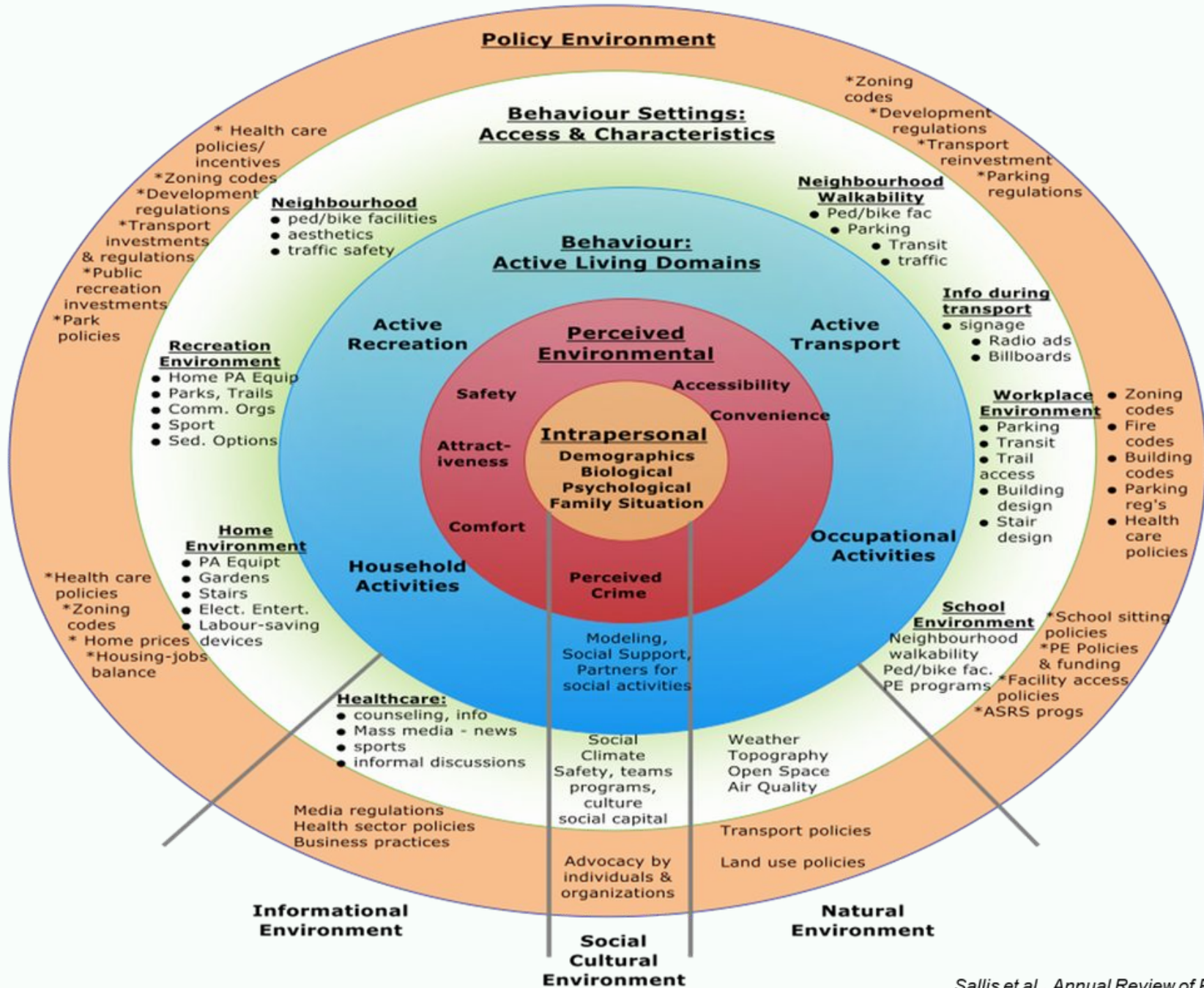
Walk. Run. Dance. Play. **What's your move?**

Percent of adults who met physical activity guidelines



SOURCE: NCHS, National Health Interview Survey, 2010–2015.

Illustration of the Socioecological Framework for Physical Activity





Make it easier for people to be more physically active - in part by ensuring that everyone **has access** to safe places to be active - **increase awareness** of the benefits of physical activity, and conduct research on and **measure** physical activity

**PILLAR 4 -
SUPPORT
PHYSICAL
ACTIVITY
FOR ALL**

White House National Strategy on Hunger, Nutrition, and Health

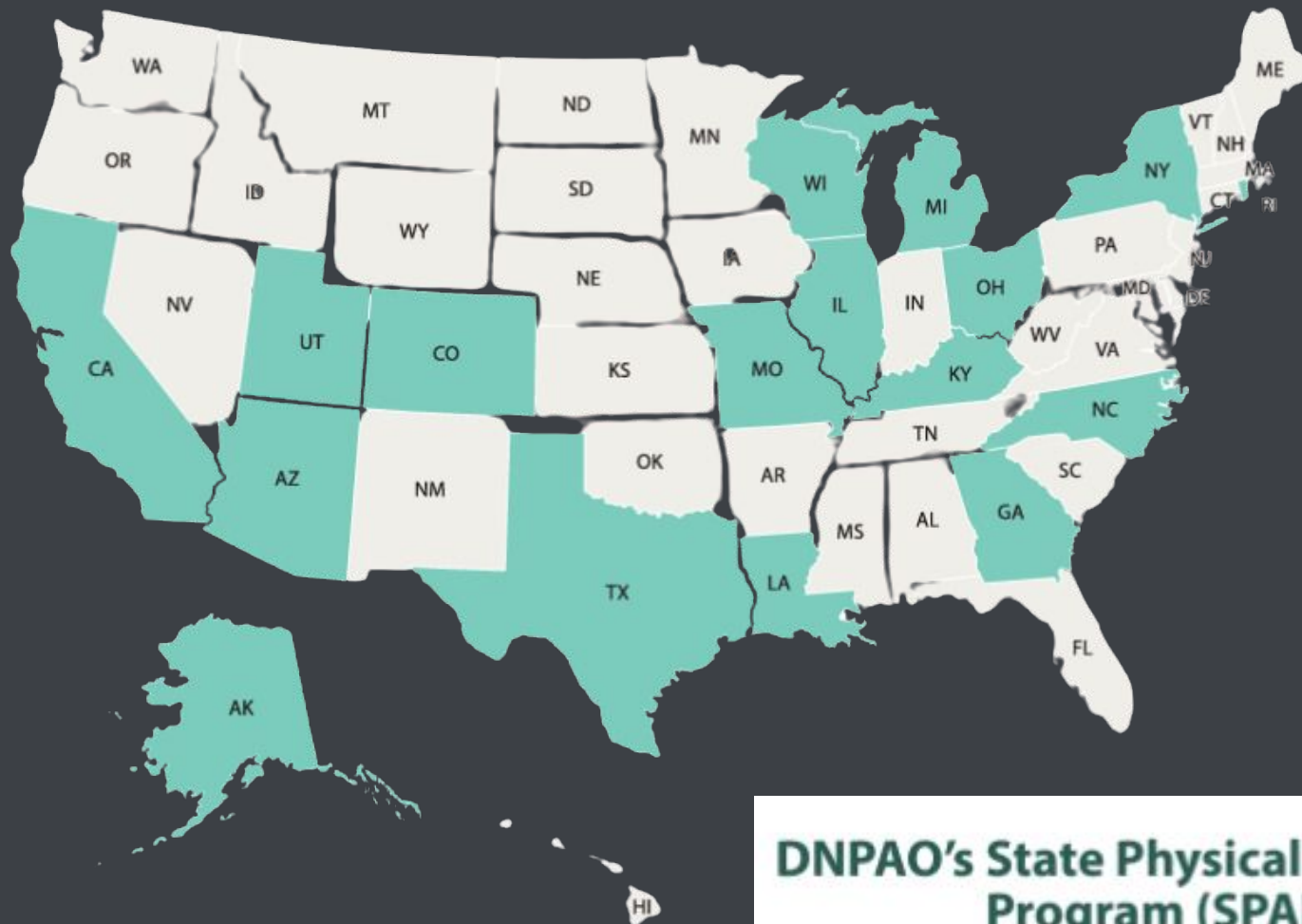


A. Build environments that promote physical activity.

Personal efforts to be physically active can be made easier or harder by the surrounding environment.

For example, individuals may not know about or have access to, safe places to be physically active, or have chronic conditions or physical limitations that create additional barriers.

1. Expand HHS CDC's State Physical Activity and Nutrition Programs (SPAN) to implement successful state and community-level policies and activities for physical activity.



DNPAA's State Physical Activity and Nutrition Program (SPAN) Recipients

(Fiscal Year 2023)

2. Connect more people to parks, particularly in nature-deprived communities.



Improve trip planning and convenient connections to promote car-free travel to parks, with a focus on lower-income, diverse, and underserved communities.



Federal agencies will sign a Nature-Deprived MOU to collaborate on work to reduce the number of people without access to parks and nature in their communities.



The Federal Interagency Council on Outdoor Recreation will work to increase access to national public lands, including through the Every Kid Outdoors (EKO) program. EKO provides fourth-grade students and their families, free one-year admission passes to over 2,000 federal lands and waters.

3. Promote active transportation and land use policies to support physical activity.

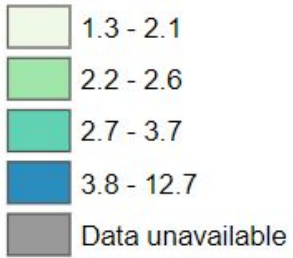
[Link to DOT's Active Transportation Page](#)



ACTIVE TRANSPORTATION such as walking and biking is one of the leading strategies to increase physical activity.

- DOT will provide additional technical support and guidance for projects focused on prioritizing active transportation safety for all people using streets.
- DOT will develop guidance and/or process changes that will help recipients of federal aid prioritize the safety of all people using streets in transportation network planning, design, construction, and operations.
- DOT will issue guidance clarifying how modes other than motor vehicles should be considered in the planning and design process of roadways.

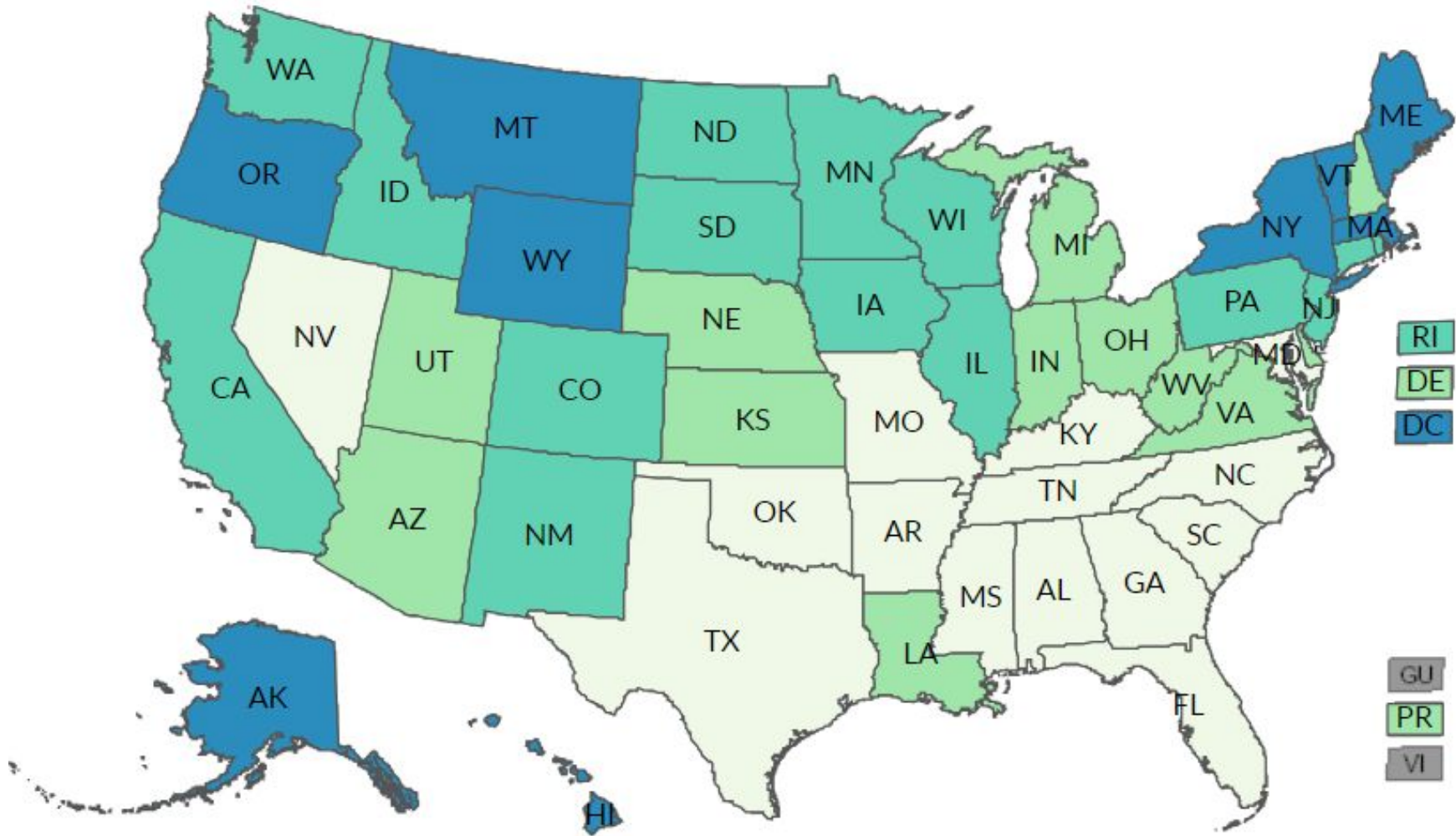
Value



2022

Percent of adults in the state who usually biked or walked to work in the last week †

View by: Total



4. Support physical activity among children both in and out of school.

Physical activity and nutrition are parts of comprehensive whole-child approaches to education that build healthy children and supportive learning environments.



ED will provide guidance on how to use funds under the Bipartisan Safer Communities Act grants and ARP funds to support physical activity for children.



ED will promote strategies for increasing participation in physical fitness programs and incorporating physical activity in summer and after-school programs.

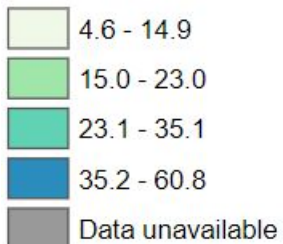


CDC and ED will support districts in implementing a framework for planning and organizing activities for physical education and activities in schools.



ACF will scale efforts to help educators add activities tailored for children to their daily routine that increase quality physical movement and teach children about healthy food choices.

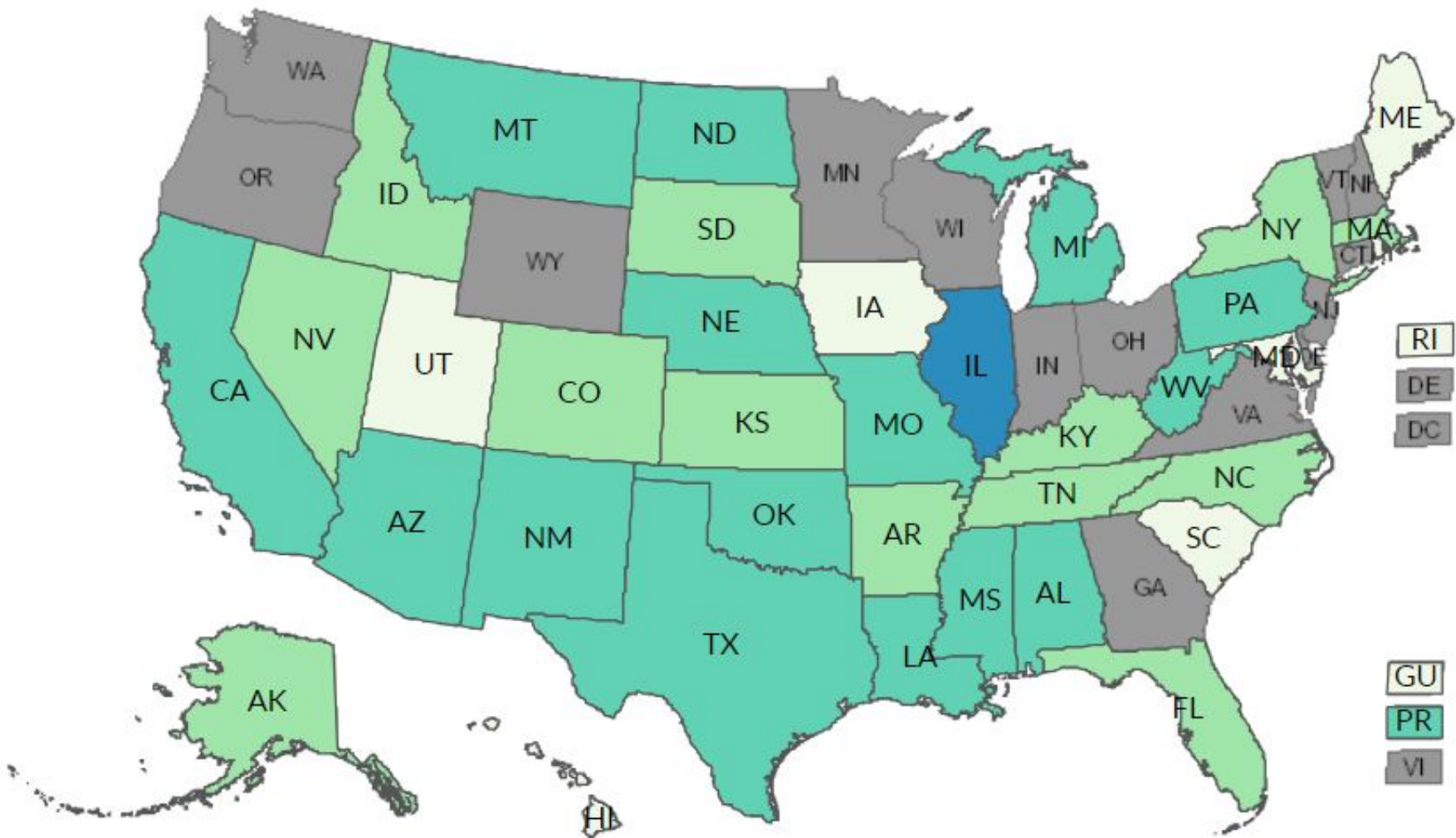
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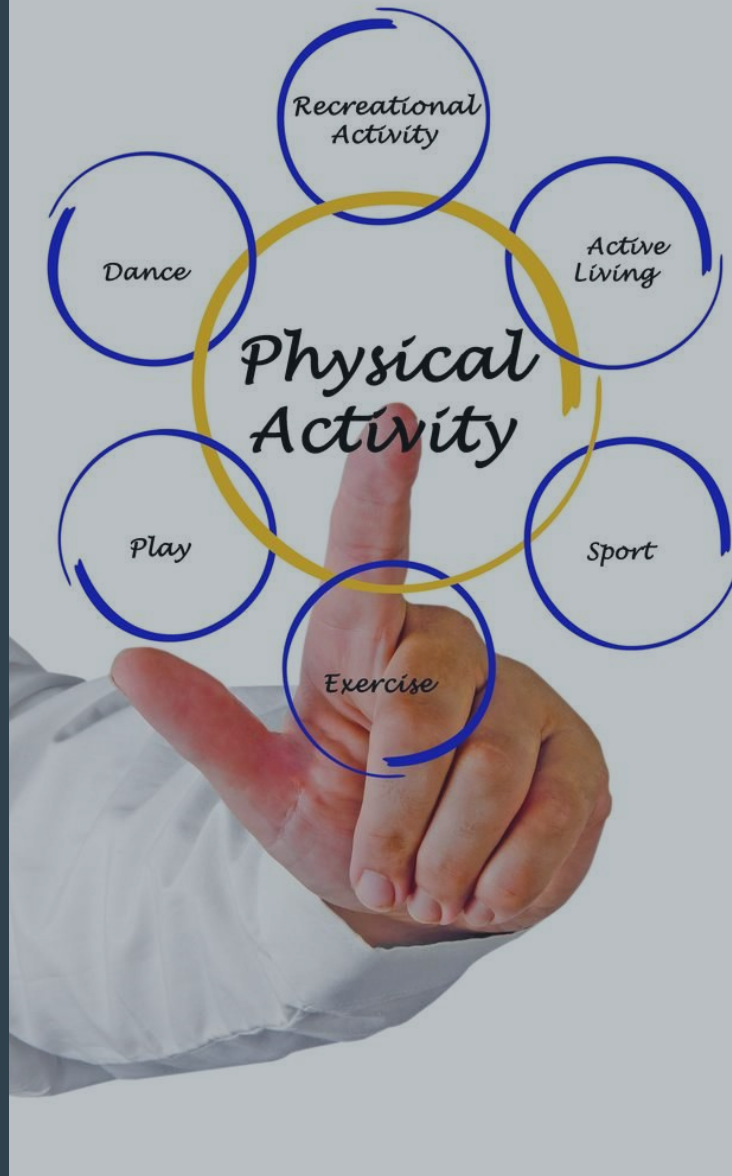


2019

Percent of students in grades 9-12 who participate in daily physical education †

View by: Total





B. Support robust and tailored physical activity education and promotion.

It is important to increase awareness of the benefits of physical activity and offer tips to help people move more to empower Americans to be more active.

1. Support regular updates to the Physical Activity Guidelines for Americans and increase awareness of the importance of physical activity.

These guidelines provide information on the amounts and types of physical activity necessary to become and stay healthy.

Consistent funding is needed to support regular updates to the guidelines and the Move Your Way campaign.



[Link to Move Your Way®
Community Resources:](#)



2. Tailor physical activity messages to resonate with specific demographic groups.

Education is most effective when messages and tactics are tailored to specific audiences.

Yet, most physical activity campaigns fail to target specific demographic groups.



Older Adults

HHS will release evidence-based strategies to increase physical activity.

Indigenous People

HHS IHS will update Physical Activity Toolkit and re-ignite the Just Move It program.

Vulnerable Population

BOP will enhance its vocational training program to teach inmates to develop individualized exercise and nutrition plans.

Women Inmate Programs

BOP will launch a new program, “Women’s Life Skills.”

- Nutrition and physical activity sessions designed for women who may have limited experience with independent living or a physical or mental disability.

3. Facilitate physical activity in federal facilities.



GSA WILL SERVE AS A ROLE MODEL EMPLOYER

Reinvigorate the Consider the Stairs campaign in all federal facilities.

Post best practices to GSA's website

Call to Action for a Whole-of-Society Response

State, local, and territory

Promote CDC's
Active People,
Healthy Nation

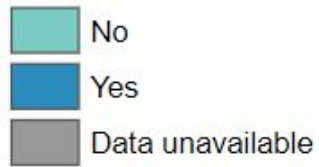
Adopt and
implement
Complete Streets
policies and Safe
Routes to Schools
programs

State

Offer free passes
for children and
families to state
park



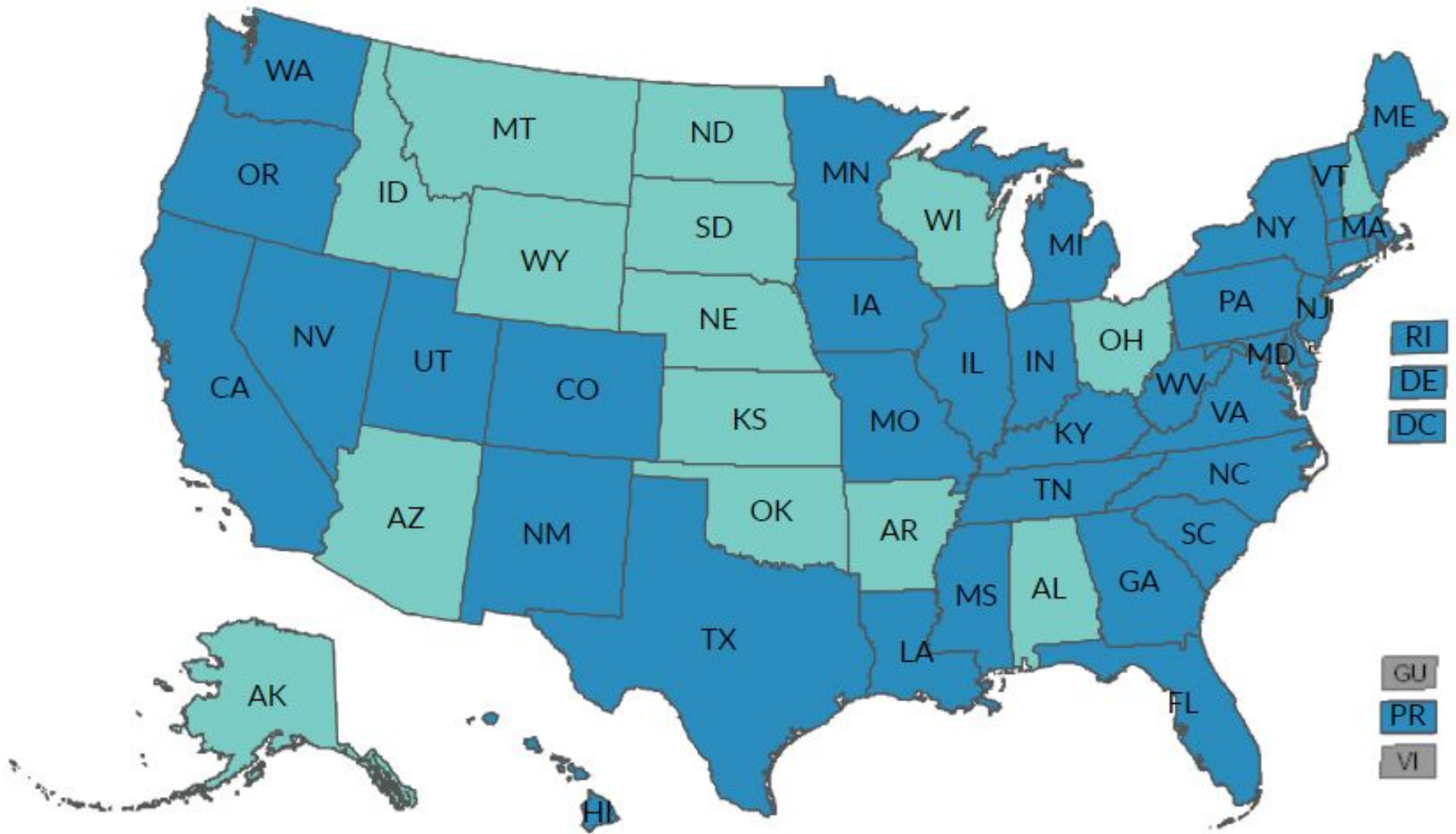
Value



2020

State has adopted some form of a Complete Streets policy †

View by: Total



**Call to
Action for
a
Whole-of-
Society
Response**

**State, local,
and territory**

Increase
accessibility for
individuals with
disabilities to
exercise at local
parks or workout
facilities

State

Establish and
monitor
implementation of
more rigorous PE
requirements in
schools to meet or
exceed the
recommended
guidelines for
children and
adolescents

**Correctional
facilities**

Provide
opportunities for
exercise for
persons in custody

**Call to
Action for
a
Whole-of-
Society
Response**

Employers

Encourage physical activity in the workplace

- Promote the use of stairs
- Active transportation to work
- Provide access to spaces to be active at work

City

Bike share companies should subsidize membership costs for lower incomes individuals

Private sector

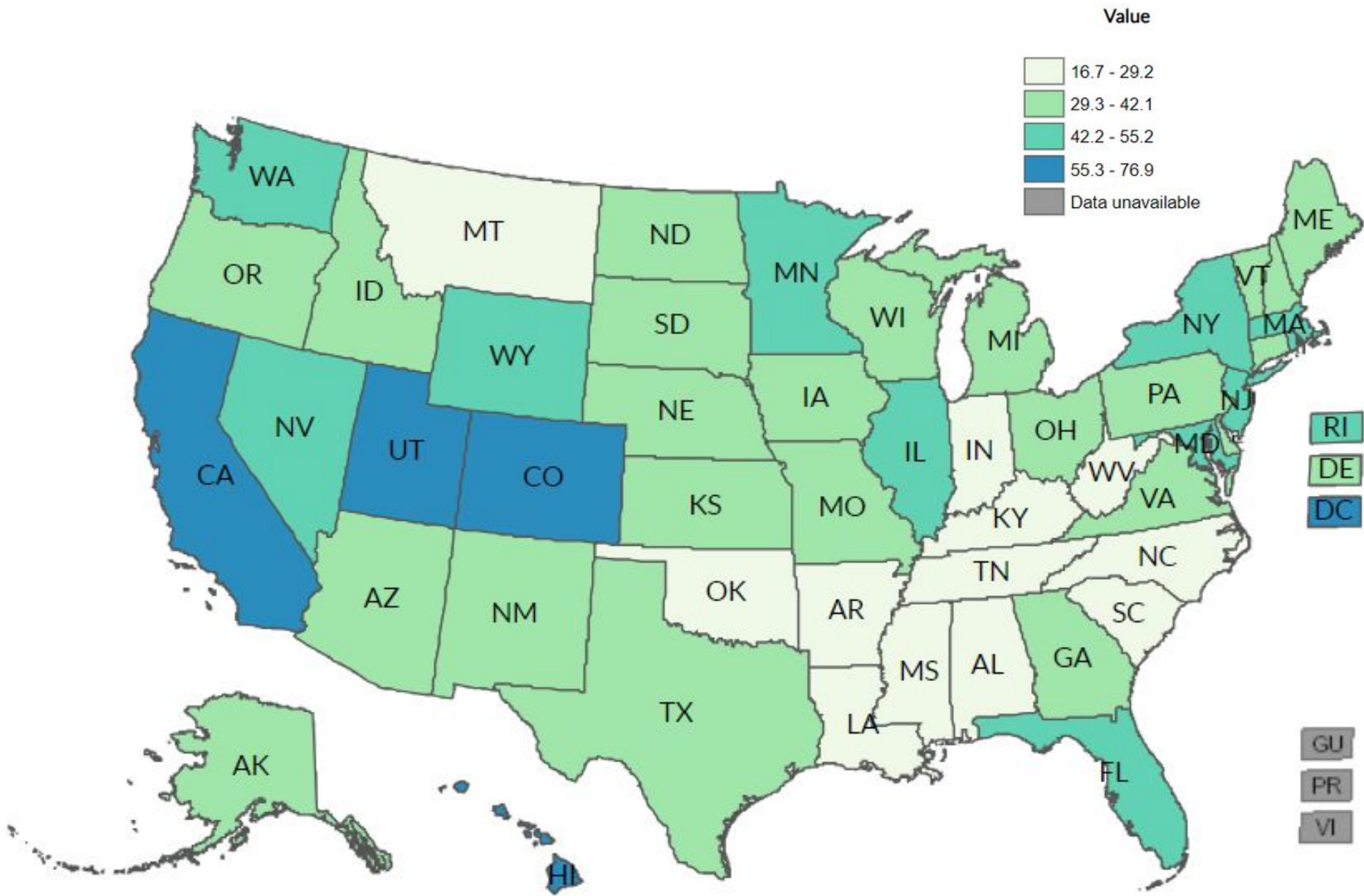
Invest in building parks and safe sidewalks in underserved neighborhoods

Private sector, non-profits, local

Create shared-use agreements to make open spaces, sports facilities, and fields open to schools

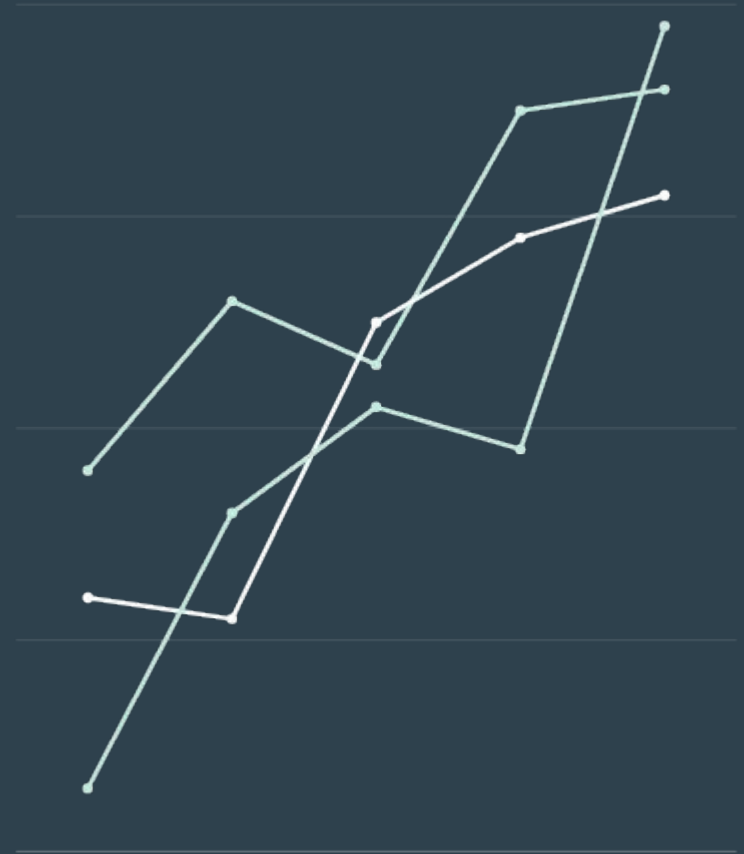
2016

Percent of youth with parks or playground areas, community centers and sidewalks or walking paths available in their neighborhood †



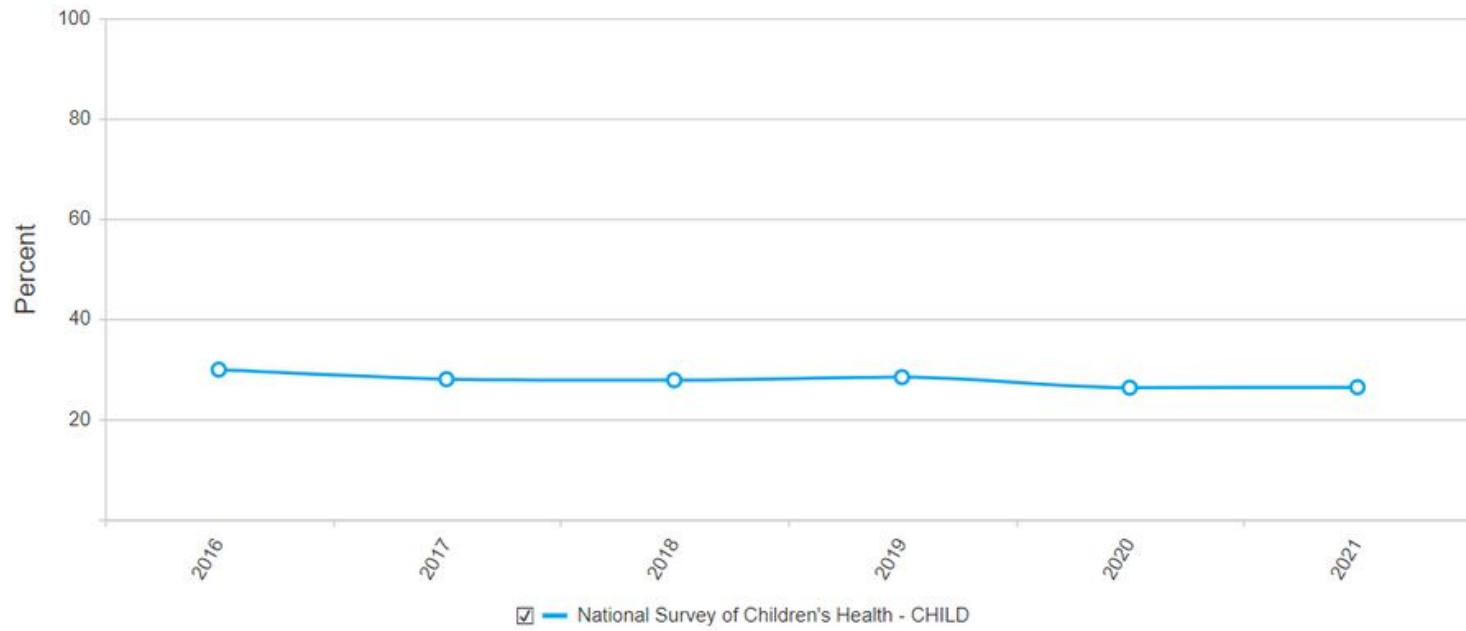
National/State Performance Measures

WHAT SHOULD/CAN BE
TRACKED?

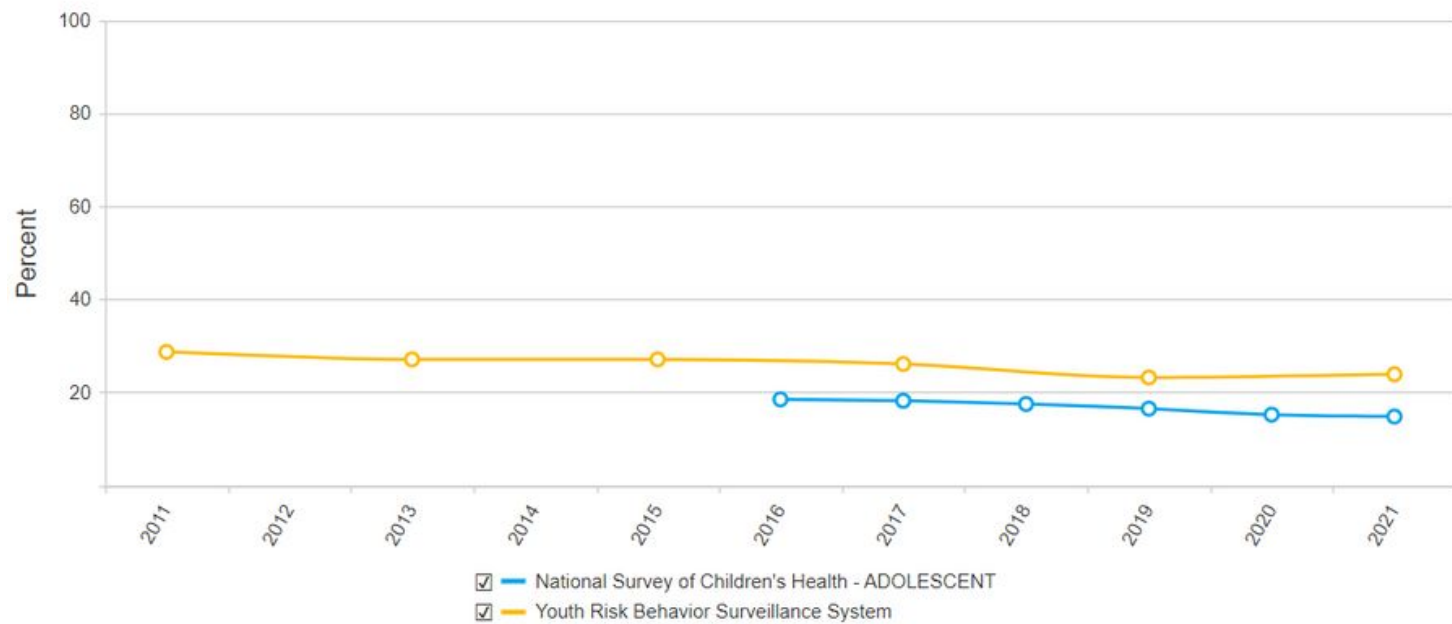


"We can't improve when we can't measure".

NPM 8.1: Physical Activity - Ages 6 through 11
Total



NPM 8.2: Physical Activity - Ages 12 through 17
Total



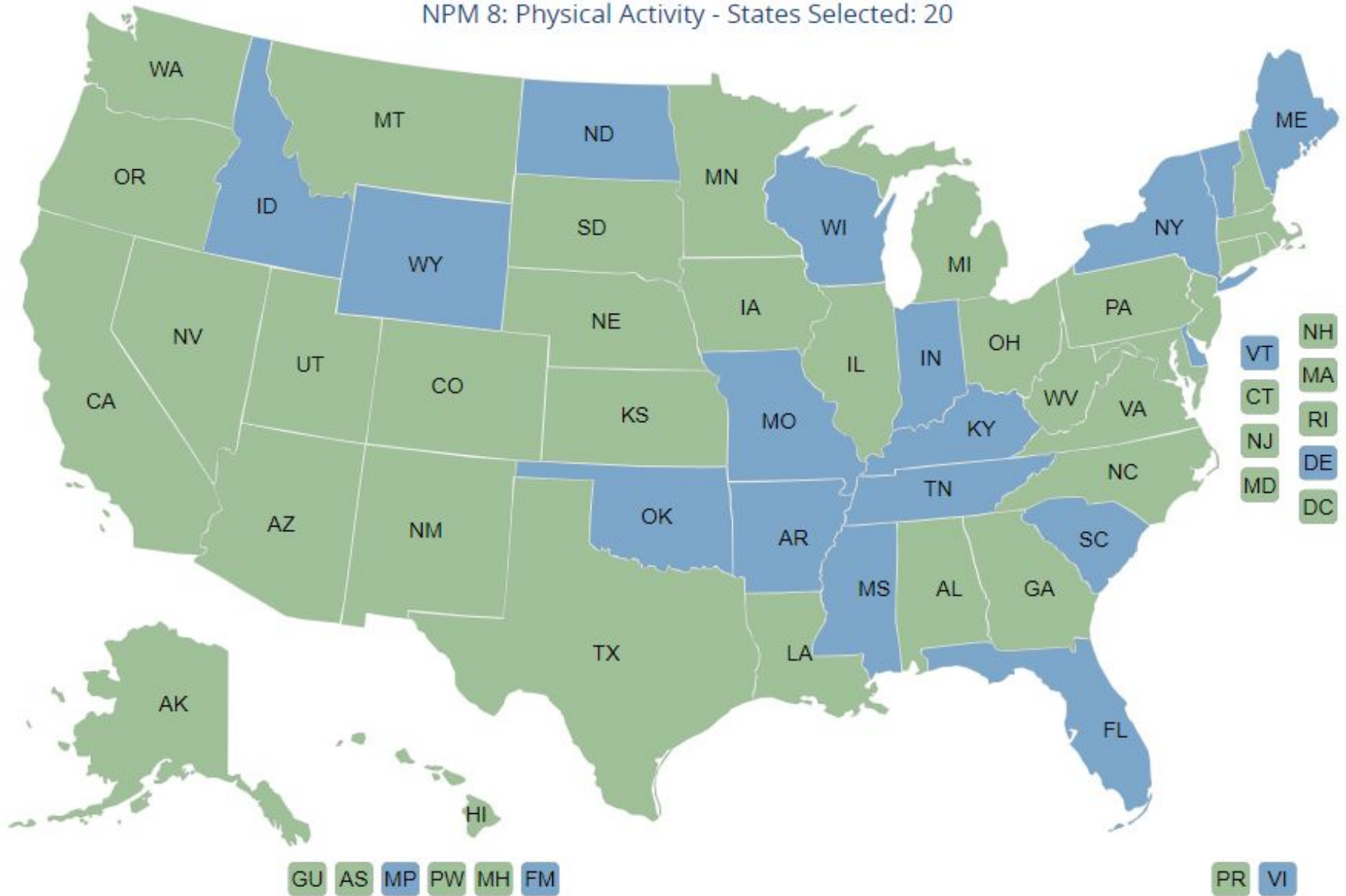
NPM 8

NPM 8.1

NPM 8.2

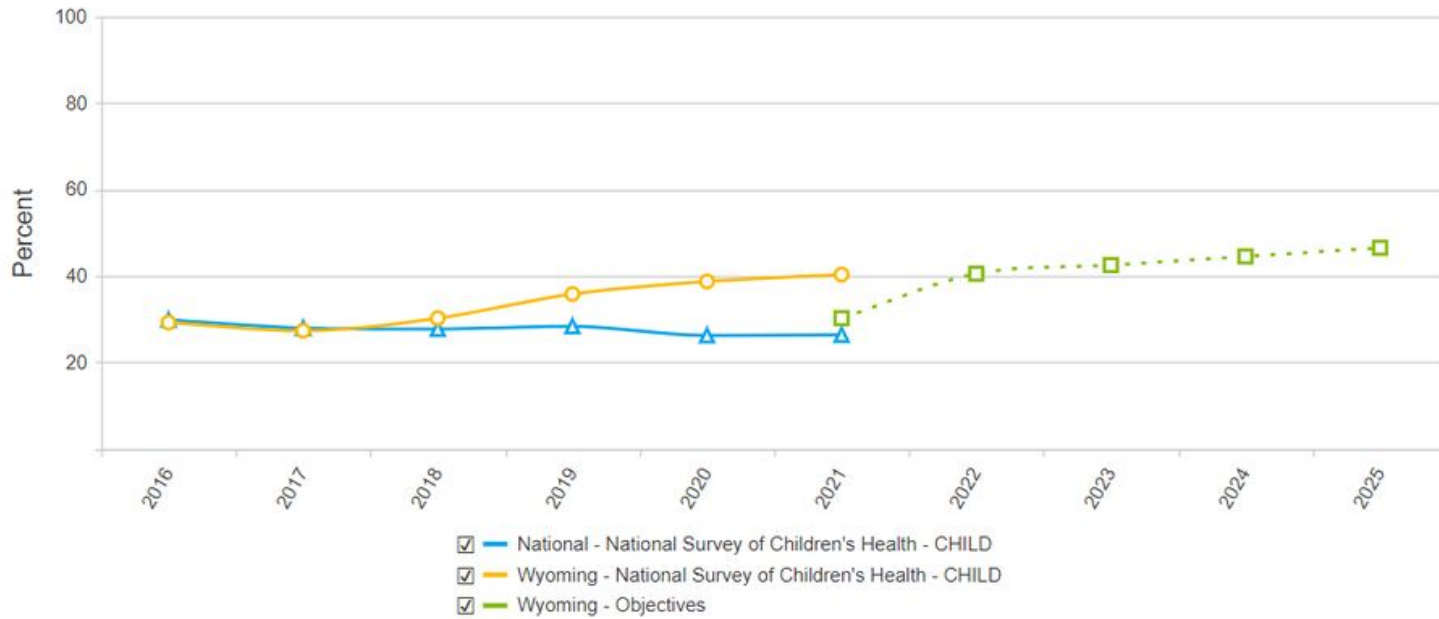
Both NPM 8.1 and NPM 8.2

NPM 8: Physical Activity - States Selected: 20

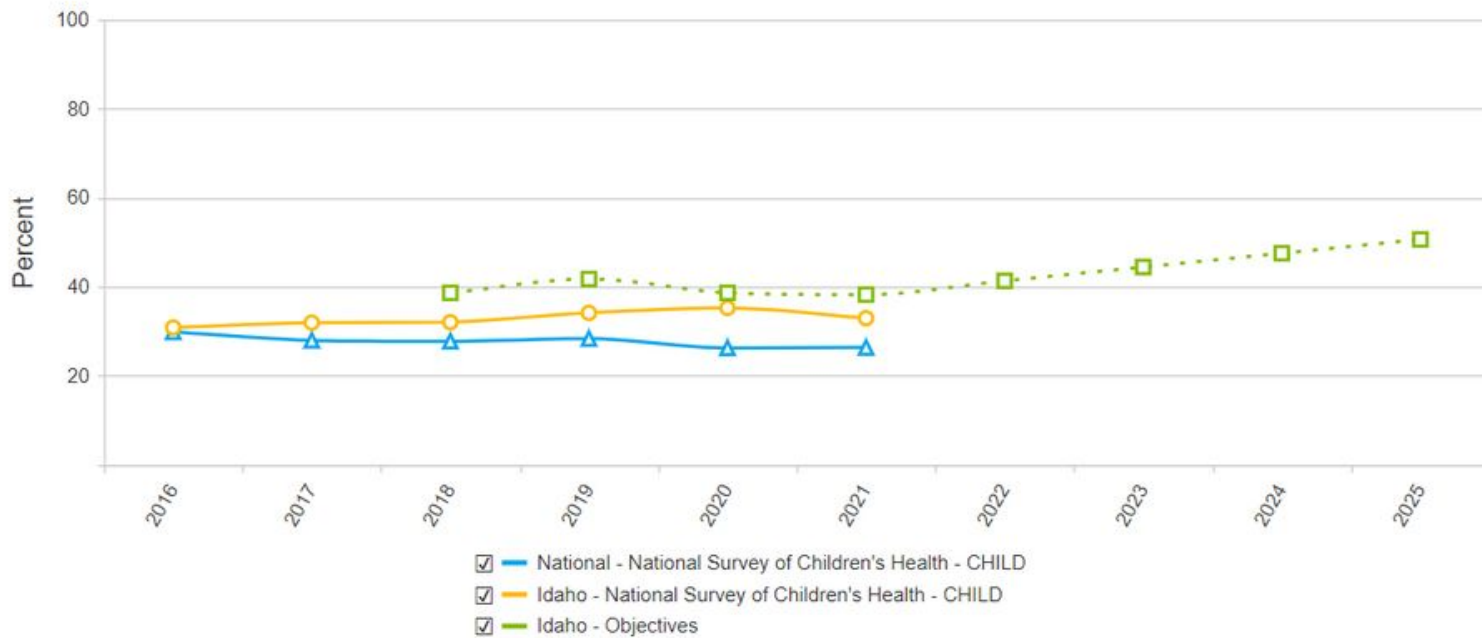


States that selected the specified measure are highlighted in blue.

NPM 8.1: Physical Activity - Ages 6 through 11
Total and Annual Objectives

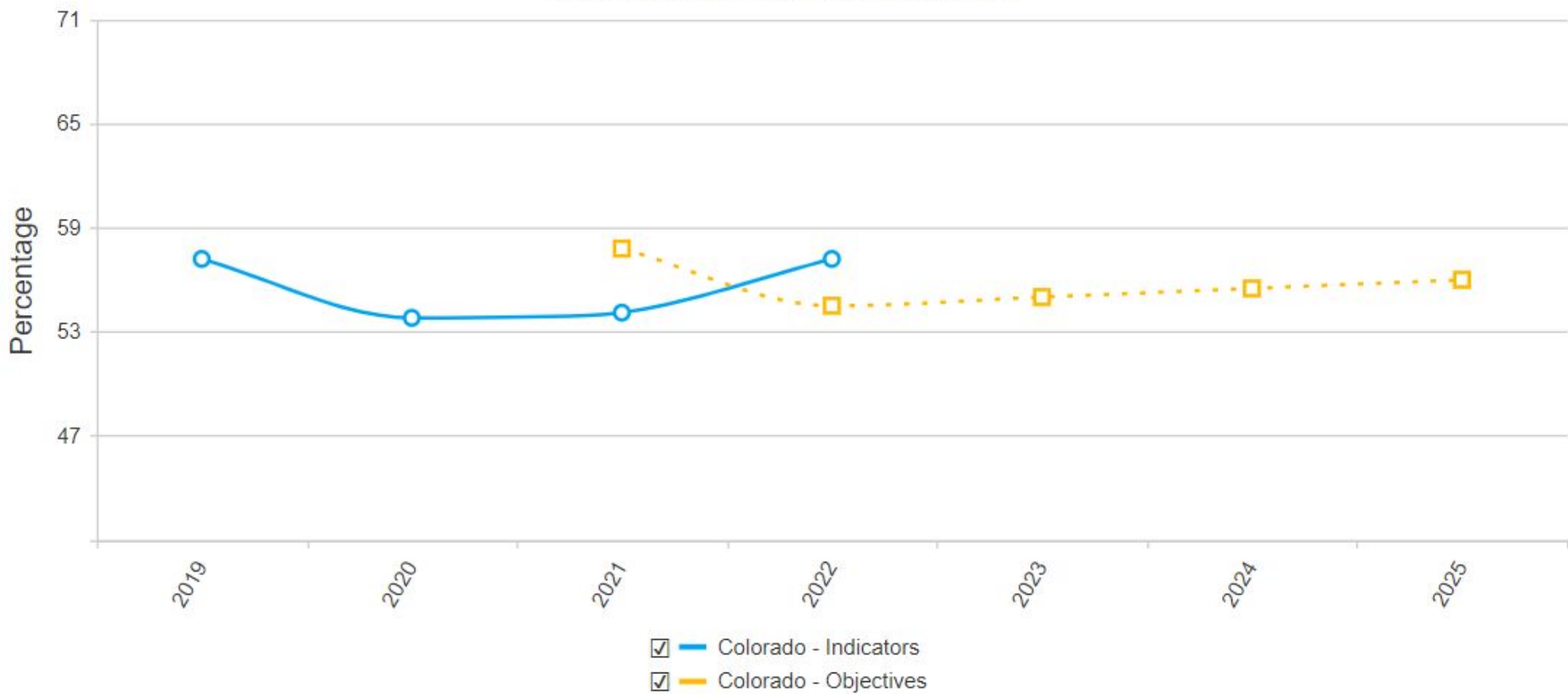


NPM 8.1: Physical Activity - Ages 6 through 11
Total and Annual Objectives



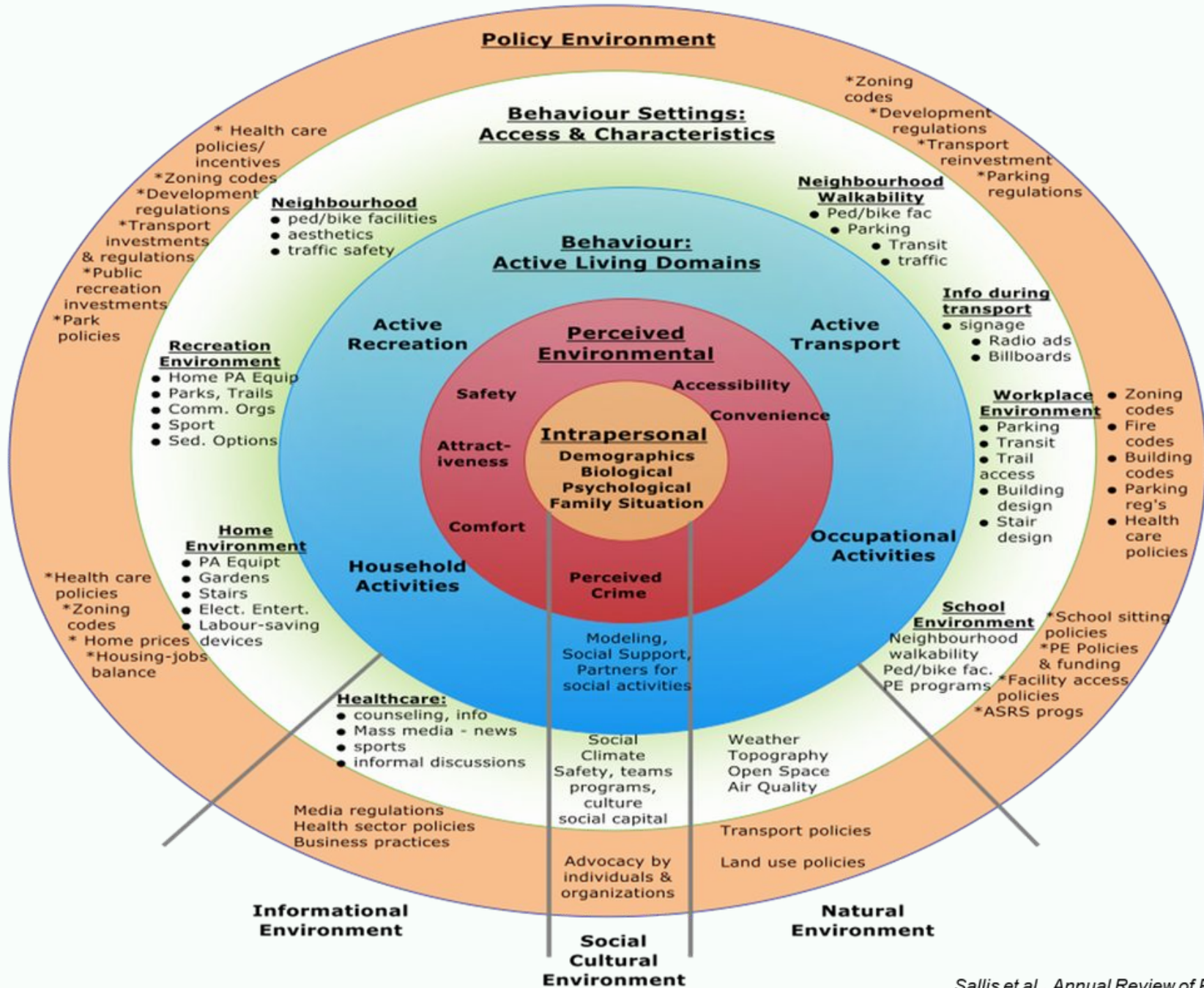
Current SPM Example

SPM 1: Percent of children ages 0-17 years who live in a supportive neighborhood
State Indicators and Annual Objectives



Measure Status	Active								
Goal	Increase the percent of children ages 0-17 years who live in a supportive neighborhood to 56.0% (2025). (2025 objective was adjusted down after a decline in the indicator.)								
Definition	<table border="1"> <tr> <td>Unit Type</td> <td>Percentage</td> </tr> <tr> <td>Unit Number</td> <td>100</td> </tr> <tr> <td>Numerator</td> <td>Number of children, ages 0 through 17, who are reported by their parents to live in a supportive neighborhood</td> </tr> <tr> <td>Denominator</td> <td>Number of children ages 0 through 17</td> </tr> </table>	Unit Type	Percentage	Unit Number	100	Numerator	Number of children, ages 0 through 17, who are reported by their parents to live in a supportive neighborhood	Denominator	Number of children ages 0 through 17
	Unit Type	Percentage							
	Unit Number	100							
	Numerator	Number of children, ages 0 through 17, who are reported by their parents to live in a supportive neighborhood							
Denominator	Number of children ages 0 through 17								
Healthy People 2030 Objective	<p>PA-10 Increase the proportion of adults who walk or bike to get places</p> <p>PA-11 Increase the proportion of adolescents who walk or bike to get places</p> <p>IVP-06 Reduce deaths from motor vehicle crashes</p> <p>AH-10 Reduce the rate of minors and young adults committing violent crimes</p> <p>AH-R11 Reduce the rate of adolescent and young adult victimization from violent crimes</p>								
Data Sources and Data Issues	National Survey of Children's Health (NSCH)								
MCH Population Domain	Cross-Cutting/Systems Building								
Significance	This measure indicates availability of support via neighbors and places to go for help. This measure indicates perception of safety and connection to community and may indicate availability of safe places to walk, bicycle, and wheelchair roll.								

Illustration of the Socioecological Framework for Physical Activity



**Talk to each
other.**

**Learn from
each other!**

E-mail Address

yue.liao@uta.edu

Social Media

X [@yueliao](https://twitter.com/yueliao)

[in](https://www.linkedin.com/in/yueliao) [in/yueliao](https://www.linkedin.com/in/yueliao)