



Promoting physical activity through policy: An overview

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Why policy?



How might policy affect physical activity?

- Policies can
 - Improve access
 - Regulate
 - Promote
 - Provide funding
 - Coordinate efforts

What is physical activity policy?

- Physical activity policy is a legislative action, organized guidance, or rule that may affect the physical activity environment or lifestyle behavior.
- These policies can be in the form of formal written codes, written standards that guide choices, or common practices.

2014 MO HB 1063

- The exercise commonly known and referred to as "jumping jacks", which was invented by Missouri-born General John J. Pershing as a drill exercise for cadets when he was a tactical officer at West Point in the late 1800s, is selected for and shall be known as the official exercise of the state of Missouri.



ENROLLED SENATE
BILL NO. 1876

By: Coates and Johnson
(Constance) of the Senate

and

Hickman and ~~Shumate~~ of the
House

An Act relating to schools; amending Section 1, Chapter 29, O.S.L. 2005, as last amended by Section 1, Chapter 83, O.S.L. 2009 (70 O.S. ~~Supp.~~ 2009, Section 11-103.9), which relates to physical education programs; specifying certain components to be included in physical education curriculum; requiring State Board of Education to include certain knowledge and skills in Priority Academic Student Skills for physical education; and providing an effective date.

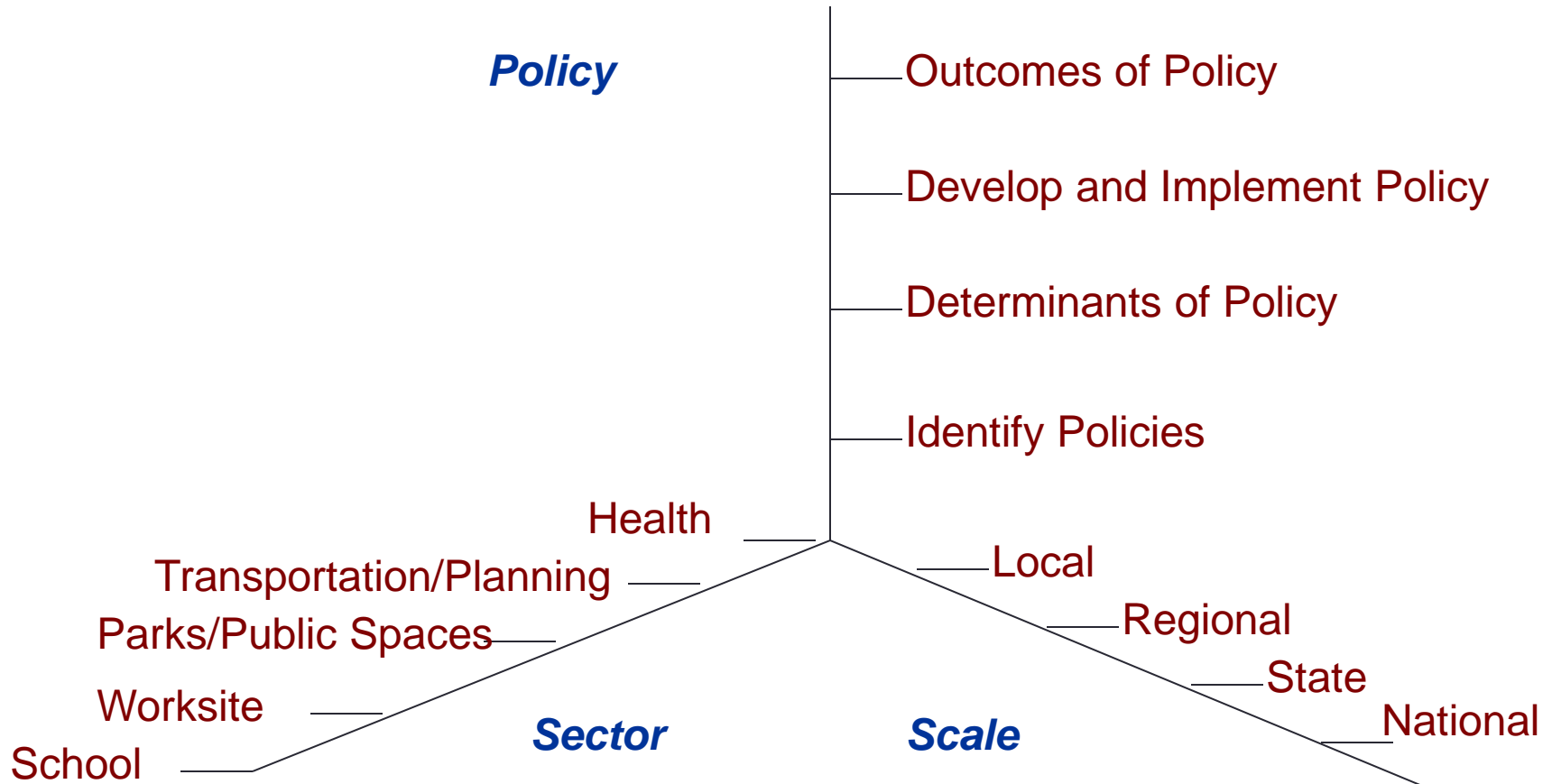
BE IT ENACTED BY THE PEOPLE OF THE STATE OF OKLAHOMA:

SECTION 1. AMENDATORY Section 1, Chapter 29, O.S.L. 2005, as last amended by Section 1, Chapter 83, O.S.L. 2009 (70 O.S. ~~Supp.~~ 2009, Section 11-103.9), is amended to read as follows:

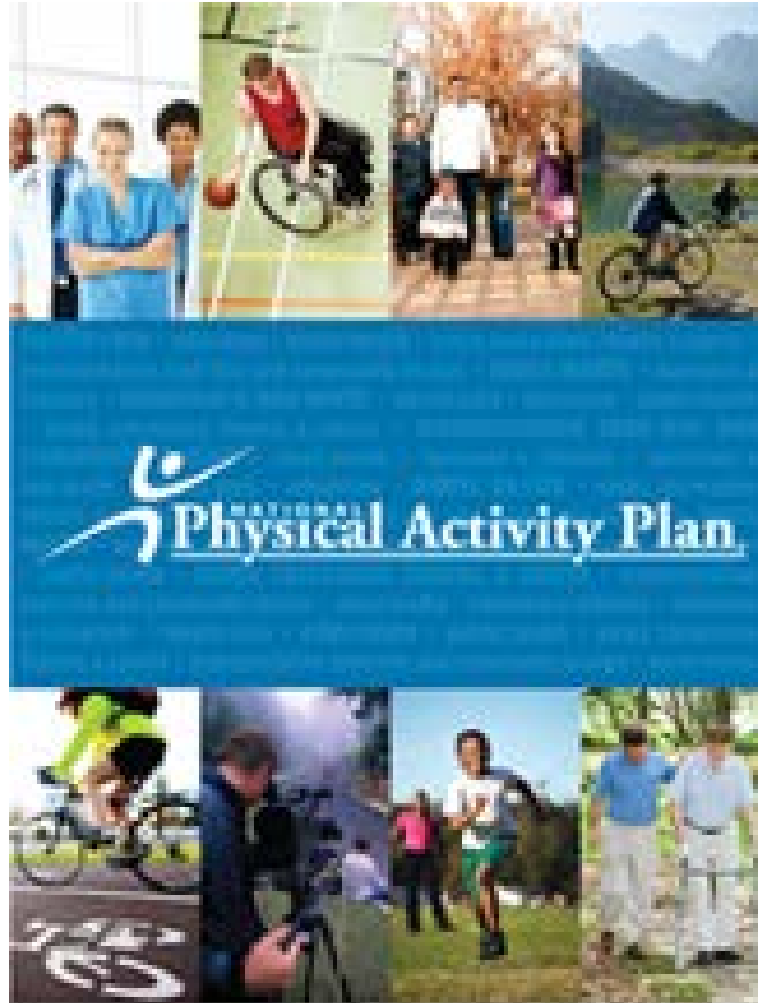
Section 11-103.9 A. Except as otherwise provided for in this section, the State Board of Education shall require, as a condition of accreditation, that school districts provide to all students physical education programs which may include athletics.

B. The Board shall require, as a condition of accreditation, that public elementary schools provide instruction, for students in full-day kindergarten and grades one through five, in physical education or exercise programs for a minimum of an average of sixty

Physical Activity Policy Framework



National Physical Activity Plan



PA Policy in Health Care Sector

- Physician Counseling
 - Reimbursement
- System of referral
- Provider training



“Physicians need to change their paradigm and start considering physical activity evaluation and exercise prescription as essential parts of patient care. Exercise prescription needs to be as equally important as medication prescription.”

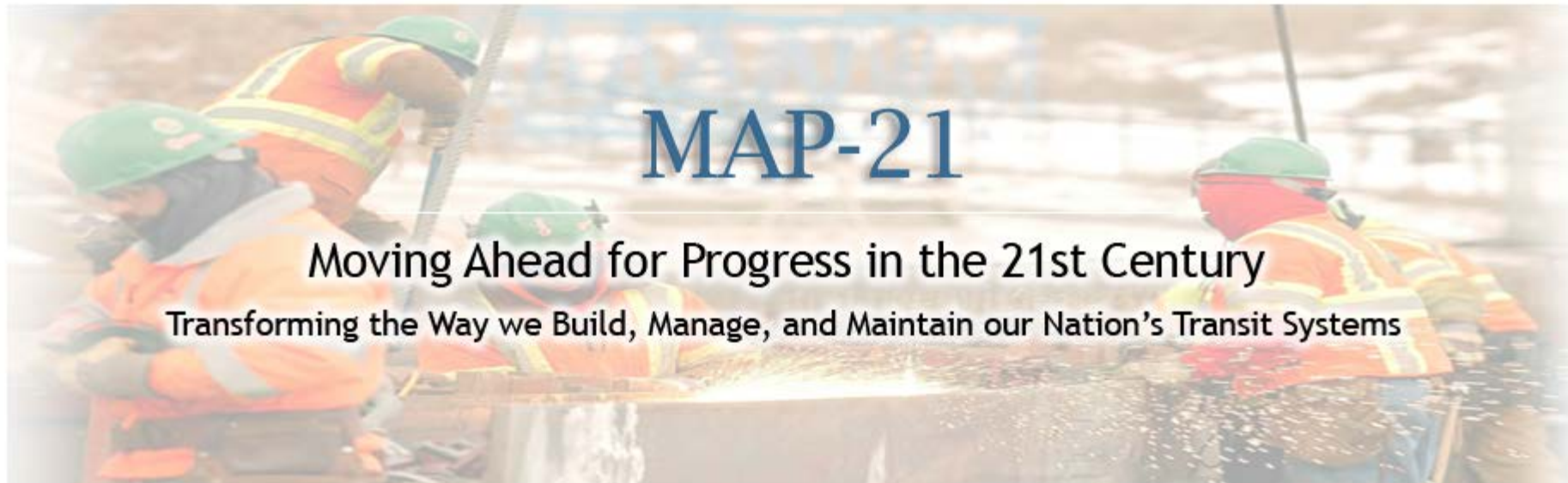
Chen et al. Exercise is medicine. (2013) Curr Phys med Rehabil Rep. 1.1:48-56

PA Policy in Health Care Sector

- Barriers:
 - Lack of Support for initiatives
 - Personal interest/knowledge
 - Time
 - Cost
 - Integrating Services

Policies in Transportation-Federal

- **SAFETEA-LU** Safe, Affordable, flexible, efficient, transportation equity act—A legacy for all users
 - Non-motorized Transportation Policy Program
- **MAP 21** Moving Ahead for Progress
 - Funding for “transportation alternatives”



PA Policy in Transportation

- Safe Routes to School
 - Transdisciplinary initiatives at the federal, state, and local level to promote active transportation to school.
 - Infrastructure
 - Programs
 - Evaluation
 - More PA
 - BMI?
 - Awareness?



Planning and Zoning



Guide to Community Preventive Services:

Task Force Recommendations & Findings

Community-scale urban design and land use policies	Recommended
Creation of or enhanced access to places for physical activity combined with informational outreach activities	Recommended
Street-scale urban design and land use policies	Recommended
Transportation and travel policies and practices	Insufficient Evidence

Americans want choices

66% of Americans want more transportation options so they have the freedom to choose how to get where they need to go.

73% currently feel they have no choice but to drive as much as they do.

57% would like to spend less time in the car.

Future of Transportation National Survey (2010)



Smart Growth America
Making Neighborhoods Great Together



**National Complete
Streets Coalition**

Complete Streets

- a **complete streets policy** ensures that transportation planners and engineers consistently design and operate the entire roadway with **all users** in mind - including bicyclists, public transportation vehicles and riders, and pedestrians of all ages and abilities.
- **In total, 495+ regional and local jurisdictions, 27 states, the Commonwealth of Puerto Rico, and the District of Columbia have adopted policies or have made written commitment to do so.**

Public Transportation

Americans who use transit:

- Have the opportunity to walk to and from transit stops and add activity to the recommended 30 minutes per day total



Streets are inadequate

- Uninviting for bus riders



Smart Growth America
Making Neighborhoods Great Together



**National Complete
Streets Coalition**

	YES	NO	DK
Do you think your city should allocate funds for building or maintaining public transit?	788 (64.8)	383 (31.4)	47 (3.9)
Would you support a tax increase in your city for building or maintaining public transit in your community?	615 (50.5)	559 (45.9)	44 (3.7)

PA Policy in Parks/Open Spaces

- “creation of or enhanced access to places for physical activity combined with informational outreach” is an evidence-based strategy to increase physical activity

Access and Maintenance



Trails

- People who live near trails and parks are more likely to be physically active.
- Policies to build, maintain, connect, update, or promote can facilitate this.



Connectivity

- Connecting neighborhoods, or destinations can increase PA.
- Connectivity is seen as an emerging best practice.



Open Streets



Joint Use Policies

- Agreements between schools and communities to make use of school facilities when school is not in session.
 - Benefits: low cost, already built, in community
 - Barriers: maintenance, liability, facilities

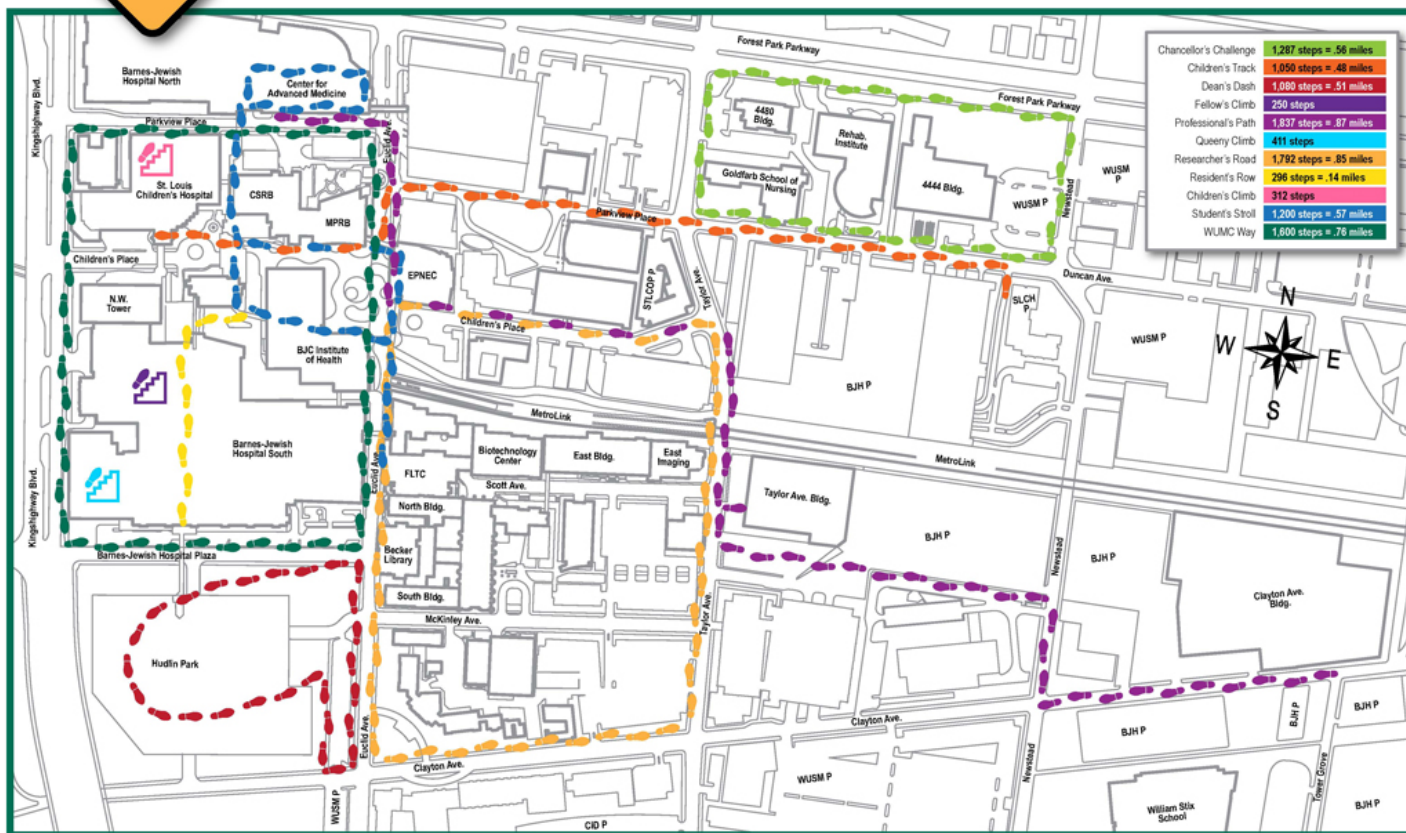


PA Policy in Worksites

- Flextime
- Facilities
- Active Transportation Incentives
- Other PA opportunities



MEDPATHS



BARNES-JEWISH
Hospital
BJC HealthCare

Washington
University in St. Louis
SCHOOL OF MEDICINE

Children's
HOSPITAL • ST. LOUIS
BJC HealthCare

Other Worksite PA Policies

- Gym subsidies
- Treadmill / Standing Desks
- Encouraging Breaks
- Walking Meetings



PA Policies in Schools

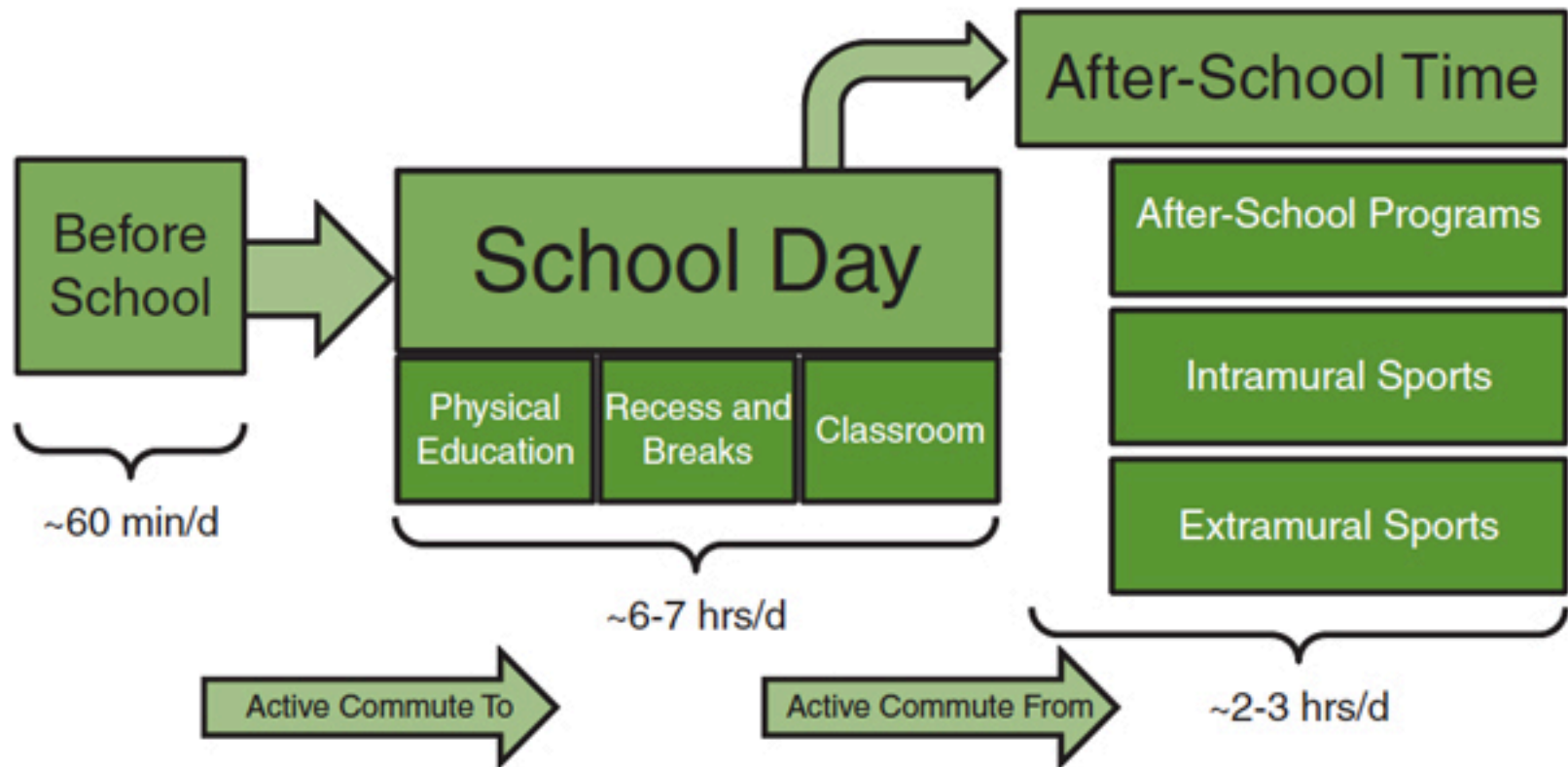


FIGURE 1-5 Comprehensive approach to school-wide physical activity promotion.

SOURCE: Beets, 2012. Reprinted with permission from Michael Beets.

From: Institute of Medicine, 2013. Educating the Student Body: Taking Physical Activity and Physical Education to School, National Academies Press, Washington DC, page 30.

Physical Education

- Many schools cutting PE due to funding or pressure of standardized testing
- MO passed a bill in 2008 to require 30 minutes daily PA but no enforcement
- Need quantity, quality, certified teachers, and proper environment (evidence-based criteria)
- Competing policies
- Policies at the state level make a difference at the district and school level

Recess

- **Promotes physical activity breaks or recess throughout the school day**
- **Recess is important for providing PA, social and psychological benefits to school children**
- **Recess is being eliminated to make more time for academics**

NY state Law in 1895

- “No school house shall be considered in the city of New York without an open-air playground attached”



Before/After School Activity

- These programs serve many children whose parents work early or late.
- Some states/districts/schools are promoting policies for healthy after school nutrition and physical activity.
- Connect with community programs YMCA, GOTR.

Final Thoughts

- Policies can affect population PA
- “culture change” comes with time
- Convergence of “top down” and “bottom up” policies

