

CENTER FOR ADVANCING
HEALTHY
COMMUNITIES



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS

Promoting Health. Preventing Disease.

National Strategy on Hunger, Nutrition, & Health *Learning & Discussion Series*

Session 5:

Pillar 4 - Supporting Physical Activity for All

August 17, 2023

2:00 – 3:00 p.m. ET

3:00 – 3:15 pm ET Optional Peer-to-
Peer Small Group Discussion



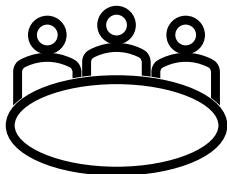
Welcome!



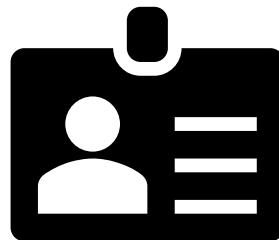
A few reminders...



This meeting will **be recorded**



We **encourage you to share**



Please use the same **display name** as the one you used to register. Display your **pronouns** if you wish.



Please take a moment to complete the **survey, at end of today's meeting**



Use **Chat** for, questions, comments and reactions



Meeting Norms

- Encourage each other to be emotionally, intellectually, and socially engaged
- Feel free to speak *your* truth, while knowing it's only *part of* the truth, and empathizing with the truth *of others*
- Listen to understand
- Practice being vulnerable. It's ok to speak in rough draft.
- Be mindful of the impact of what you say, not just your intention
- Understand that we are all learning
- Be ok with not having all of the answers and be honest about your capacity
- Communicate positive, reflective, constructive feedback for collective solutions



Reminder - Purpose of Discussion Series

- **Support dialogue and discussion** around the *National Strategy*
- **Share information and resources** around the implementation of chronic disease prevention and health promotion activities that align with the *National Strategy*
- **Create a space** to share how your work aligns with the *National Strategy*



Today's Objectives

1. Provide an overview of Pillar 4.
2. Discuss state/territorial- and community-level activities that align with Pillar 4.
3. Identify one action that you can take in your state or community to support implementation of Pillar 4.

Today's Agenda

2:00-2:05 pm	Welcome & Housekeeping
2:05-2:10 pm	Opener
2:10-2:15 pm	Progress on National Strategy at Federal Level
2:15-2:20 pm	Pillar 4 Overview and Implementation Strategies
2:20-2:45 pm	Pillar 4 in Action – Center for Advancing Healthy Communities, NACDD and Lakeshore Foundation
2:45 – 2:55 PM	Audience Q & A
2:55-2:57 pm	What's Next/Transition to Breakouts/Survey
3:00-3:15 pm	Small Peer-to-Peer Group Discussion



Peer to Peer Discussion Poll

Will you be staying for the peer-to-peer discussion today from 3:00-3:15 PM ET?

- a. Yes
- b. No
- c. Unsure



Opener



Opener: Poll

Which of the following Pillar 4 strategies are you addressing in your work?



Opener: Mentimeter Activity

Using 1-2 words

1. What excites you about supporting physical activity for all?
2. What do you see as a major challenge to consider in this work?

Visit menti.com and enter code: 5379 0766 to respond to the questions.





What excites you about supporting physical activity for all?

36 Responses





What do you see as a major challenge in doing this work?

20 Responses





Federal Government Progress



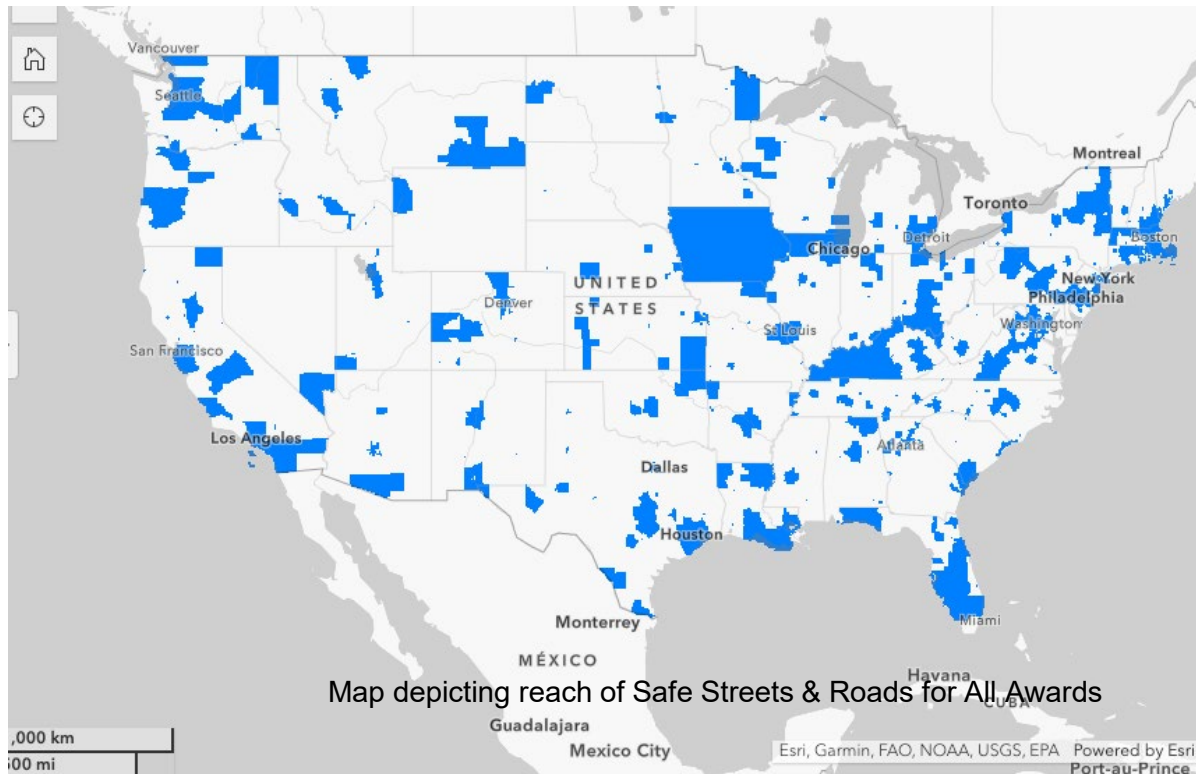
Department of Transportation (DOT): Complete Streets Webpage

- What are Complete Streets?
- Resources include training, tools, and examples for transportation professionals, the public, and other stakeholders
- Complete Streets Training course for agencies in areas with high pedestrian and bicycle fatalities.



Safe Streets and Roads for All (SS4A) Discretionary Grant Program

- 800 million in grant awards for 511 projects
- Activities will reach over half of the nation's population



- Provides guidance on how to apply for DOT grants
- Includes information on technical assistance resources that support safe active transport and critical community and transportation topics.





About Pillar 4



Pillar 4: Support Physical Activity for All | **FEDERAL GOV'T ROLE**

A. Build environments that promote physical activity.

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



Pillar 4: Support Physical Activity for All | **FEDERAL GOV'T ROLE**

A. *Build environments that promote physical activity.*

- *Expand State Physical Activity and Nutrition Programs (SPAN) to all states and territories to implement successful state and community-level policies and activities for physical activity.*
- *Sign a Nature-Deprived MOU to collaborate on work to reduce the number of people without access to parks and nature in their communities.*

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

- *Support regular updates to the Physical Activity Guidelines for Americans and increase awareness of the importance of physical activity.*
- *Tailor physical activity messages to resonate with specific demographic groups. (i.e., Older adults, Indigenous populations, incarcerated individuals, individuals with physical and mental disabilities)*



Pillar 4: Support Physical Activity for All– Call to Action Strategies

- *State, local, and territory governments should adopt jurisdiction-wide plans and proclamations to promote CDC's Active People, Healthy Nation as well as adopt and implement Complete Streets policies and Safe Routes to School programs*
- *State governments should offer free passes for children and/or families to state parks.*
- *State, local, and territory governments should increase accessibility for community members with disabilities to exercise at local parks or workout facilities.*
- *State governments should consider establishing and monitoring implementation of more rigorous physical education requirements in schools to meet or exceed the Physical Activity Guidelines for Americans' recommendations for children and adolescents.*



Pillar 4: Support Physical Activity for All– Call to Action Strategies

- *Correctional facilities should provide opportunities for exercise for persons in custody.*
- *Employers should encourage physical activity in the workplace, including by promoting the use of stairs instead of elevators and active modes of transportation to work, and by providing access to spaces to be physically active at work.*
- *City bike share companies should subsidize their membership costs for individuals with lower incomes.*
- *The private sector should invest in building parks and safe sidewalks in underserved neighborhoods.*
- *The private sector, non-profits, and local governments should work together to create shared use agreements to make open spaces, sports facilities, and fields open to schools.*



Pillar 4: Supporting Physical Activity for All



Lead walking club for recreation and senior centers. (Arizona)

Conducting walkability assessments. (Michigan)

Working with local health departments to integrate physical activity strategies at workplaces across the state. (Montana)



We Want to Hear From you!

Please go to [Jamboard](#) to share about your work that aligns with Pillar 4.

The link will be dropped in the chat.





Pillar 4 in Action

Meet Today's Speakers



Karma Edwards

Public Health Consultant

National Association of Chronic Disease
Directors



Chris Mackey

Senior Project Coordinator

Lakeshore Foundation

The National Center on Health, Physical
Activity & Disability



WHNS Pillar 4 - Physical Activity

Karma Edwards, MSPH

Public Health Consultant,
Center for Advancing Healthy Communities,
National Association of Chronic Disease
Directors





What Is Pillar 4???

Pillar 4 = Support Physical Activity for ALL

“Make it easier for **(ALL)** people to be more physically active ... in part by ensuring that **everyone** has **access** to **safe** places to be active ... increased awareness of the benefits of physical activity ... conduct research on and measure physical activity.”

→ Jurisdiction-wide **plans** and **proclamations** to promote CDC **APHN**, as well as adopt and implement **Complete Streets** policies and **Safe Routes to School** programs (**Safe Routes to Everyday Destinations**)

→ **Increase accessibility for PWD** to (access) and exercise at local parks or workout facilities

→ Building **accessible** and **safe parks** and **sidewalks** in underserved neighborhoods

→ Create **shared use agreements** to make open spaces, sports facilities, and fields open to community members, etc.



EVERYBODY Deserves Safe and Accessible Physical Activity





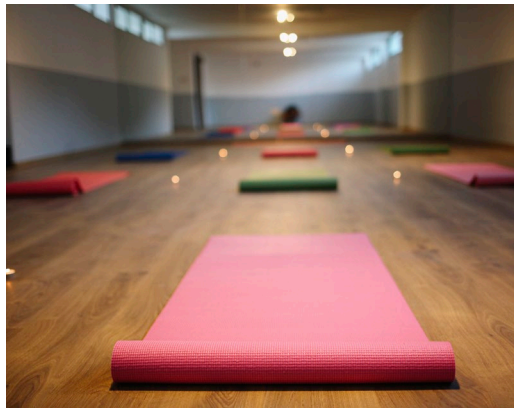
EIGHT POINTS to Set Up Our Work ...

- (1) Americans should be more physically active
- (2) But we're not
- (3) Simply telling people isn't enough
- (4) **Four elements** for active settings
- (5) This **MUST** involve new **policy**, **systems**, and **environmental** changes (PSE)
- (6) To help people **safely** access what they need to **survive** and **thrive**
- (7) Things like doctor's appointments, schools, places of work, places of worship, grocery stores, etc.
- (8) With **TRULY inclusive** and **interdisciplinary** involvement



Courtesy of Mark Fenton

How We **USED** to Think about Physical Activity ...



Courtesy of Mark Fenton

Routine Activity, Active Travel, **NOT** Just Exercise!!!

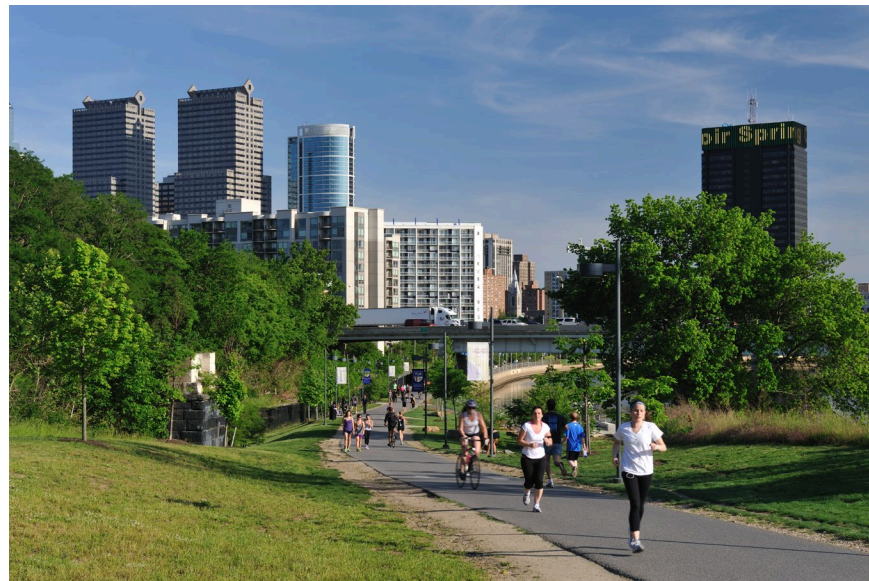


Courtesy of Mark Fenton

FOUR Elements of Active Design ...



FOUR Elements of Active Design ...



(4) Active Networks





We Believe ...



States/Territories, regions, and communities everywhere should be designed such that active transportation, physical activity, and places of interest can be universally accessible for **ALL** people.

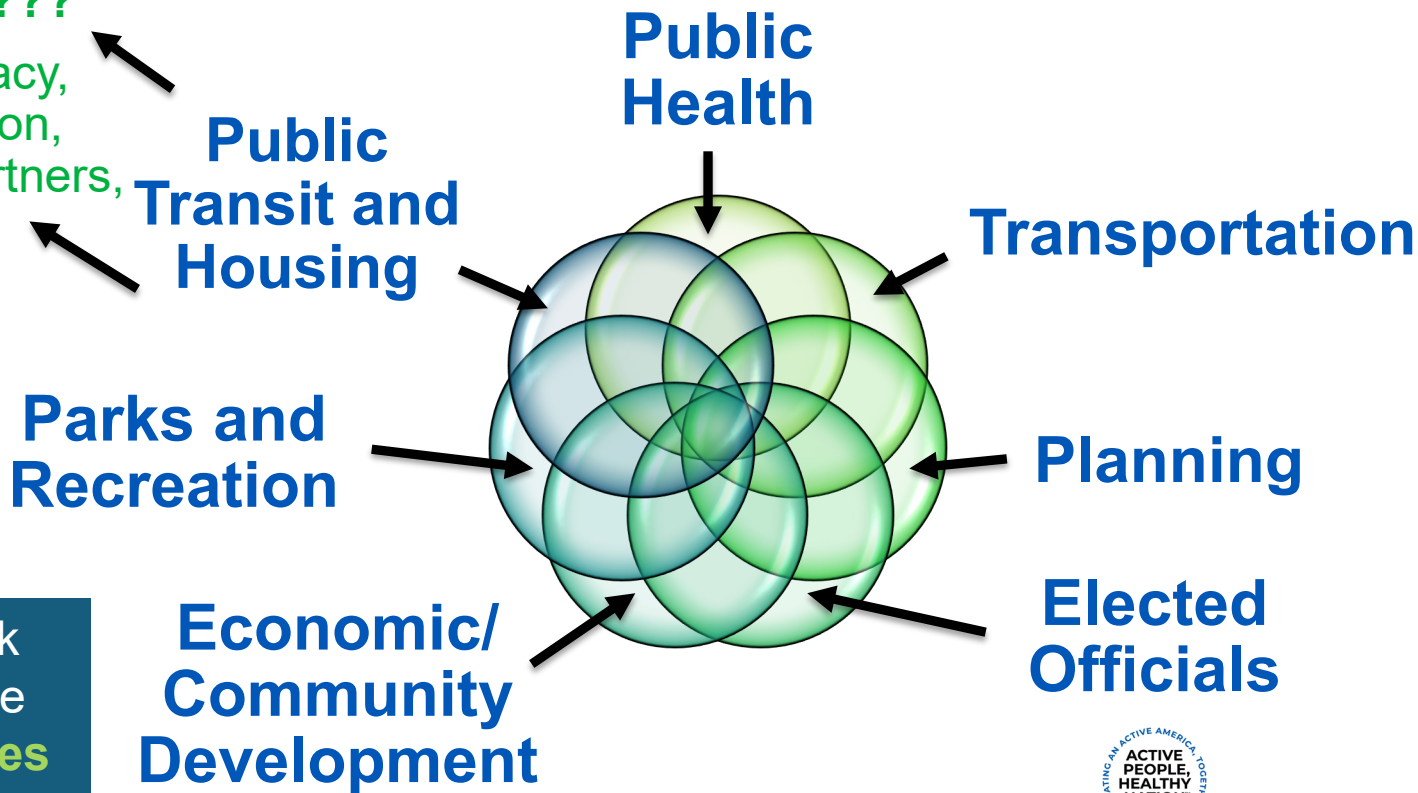


Making states and communities more healthy, walkable, and active is NOT just a public health problem. It involves our friends in transportation, engineering, planning, elected officials, and other diverse groups and sectors.

Physical Activity **MUST** Be Interdisciplinary ...

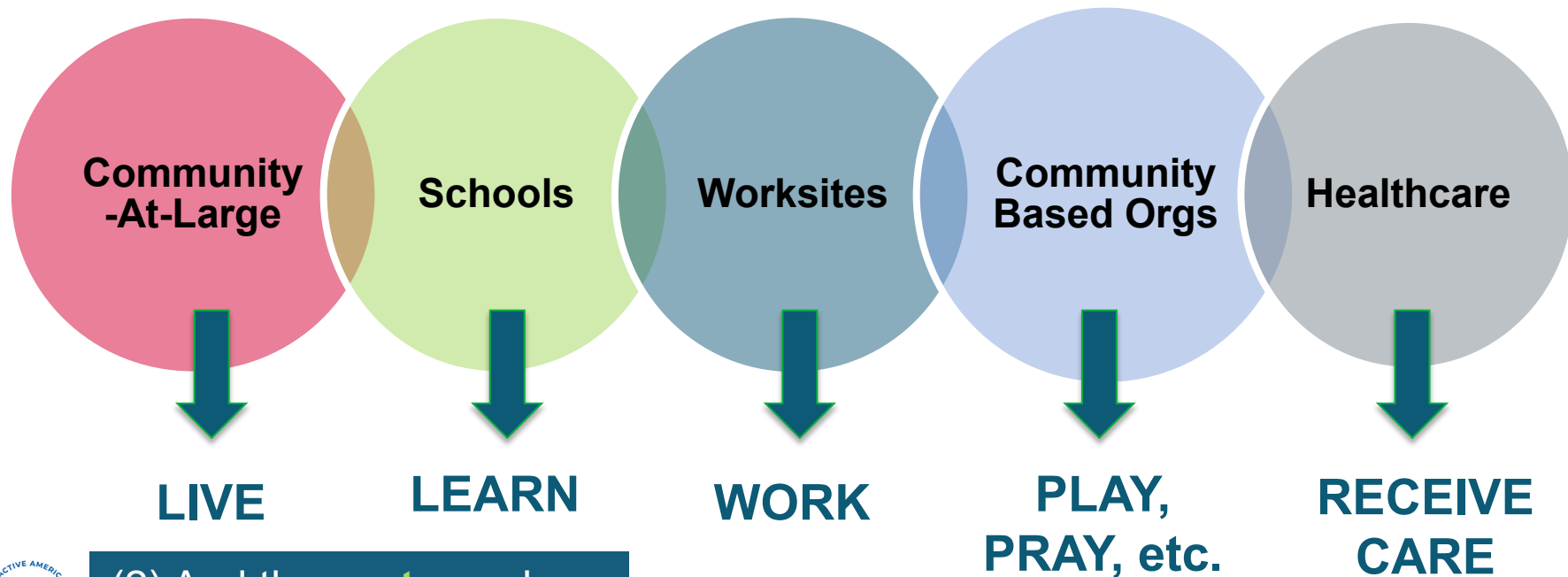
Others???

(Advocacy,
education,
DEIBA partners,
etc.)



(1) Think
about the
disciplines
of work ...

Physical Activity **MUST** Be Interdisciplinary ...



(2) And the **sectors** where the work occurs ...

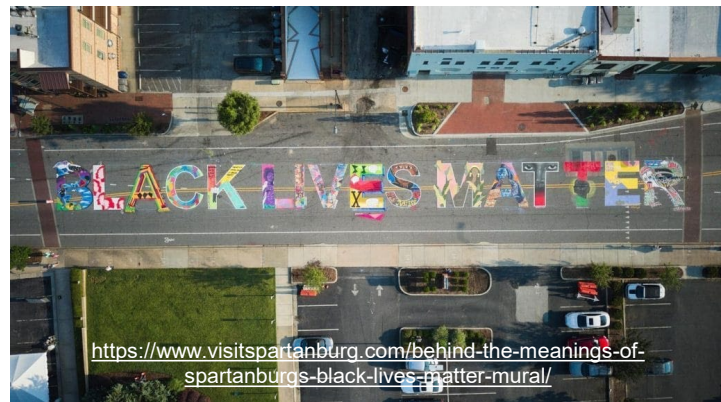
PSE Examples – Physically Active Routes to Everyday Destinations

Policy Change	Systems Change	Environmental Change
Comprehensive, Master, Growth Plans	Interdisciplinary Partner MOAs/MOUs	Tactical Urbanism, Pop-Ups, Demonstration Projects
Mixed-Use Zoning Ordinances and Overlay Districts	Development of Shared Performance Measures	Lighter, Quicker, Cheaper; Low-Cost Quick-Build Projects
Affordable Housing Plans and Policies	MPO/regional Project Prioritization and Scoring Criteria	Routine Accommodation – e.g., during paving and maintenance, utility work.
Bike/Ped, Transit, and Long-Range Transportation Plans	New Staff Positions; Staff and Board Training Efforts	Mixed-use Development and Affordable Housing Models
Complete Streets Policies	Permitting practices and negotiations	Multimodal Corridor and Network Projects, e.g., road diets, traffic calming, bike/ped facilities, bike boulevards, roundabouts
Trails/Parks Plans and Policies	Walk Audit Facilitator Programs (formalized for public input)	
Shared Use Agreements		



Physical Activity **MUST** Influence **Equity** ...

- Placemaking, social connection, and belonging
- Racial/ethnic and disability inclusion
- Social/environmental justice





Physical Activity **MUST** Influence **Equity** ...

- Walkability/Movability
- Place-Based Approaches
- Gentrification
- Disenfranchisement
- Equality vs Equity
- Universal Design
- ADA Transition
- Crime Prevention through Environmental Design
- Age-Friendly Communities
- COVID-19/Long Covid
- Racism
- Redlining
- Routine Accommodations in Built Design



**Embrace
Discomfort**

**Connect to Food
System**



My GO-TO Resources ...

The Community Preventive Services Task Force's Built Environment Recommendation to Increase Physical Activity



REAL-WORLD EXAMPLES

What is the recommendation from the Community Preventive Services Task Force?

The Community Preventive Services Task Force recommends built environment approaches that combine one or more interventions to improve transportation systems, including:

What are combined built environment intervention approaches?

Combined approaches that connect activity-friendly routes to everyday destinations make it safe and convenient for people of all abilities to walk, bicycle, and use public transit.

Activity-Friendly Routes Pedestrian, Bicycle, and Transit Transportation Systems

- ◆ An activity-friendly route is one that is a direct and convenient connection with everyday destinations, offering physical protection from cars, and making it easy to cross the street.
- ◆ Components to consider for intervention include:
 - » Street pattern design and connectivity
 - » Pedestrian infrastructure
 - » Bicycle infrastructure
 - » Public transit infrastructure and access

Everyday Destinations Land Use and Environmental Design

- ◆ Everyday destinations are places people can get to from where they live by walking, bicycling, or public transit. This can include grocery stores, schools, workplaces, libraries, parks, restaurants, cultural and natural landmarks, or healthcare facilities. They are often desirable, useful, and attractive.
- ◆ Components to consider for intervention include:
 - » Mixed land use
 - » Increased residential density
 - » Community or neighborhood proximity
 - » Parks and recreational facility access

How do...

There are many ways to implement this recommendation. The following pages show several real-world examples of combined built environment approaches. These examples illustrate how activity-friendly routes have been linked with everyday destinations in communities across the nation.

Why were these examples selected?

The following chart includes examples from urban and rural locations in diverse parts of the country. Examples range from very simple, small-scale, low-cost built environment changes to more complex, large-scale, resource-intensive changes spanning entire communities. The green arrow to the left of the chart depicts this range. The chart illustrates how each example aligns with the new recommendation, but some have not been evaluated for their impact on physical activity, and none were included in the 90 studies that the Task Force reviewed to develop the new recommendation. The range of these examples offers every community ideas for how it can start implementing combined approaches according to their setting, budget, and scale of work.

How much change in the built environment is enough to increase physical activity?

The recommendation includes a small number of studies (12 out of 90) showing increases in physical activity associated with very small-scale interventions, such as crosswalks, traffic signals, or bike racks. However, the Task Force did not specify a minimum threshold for the scale of change required to increase physical activity. Communities are encouraged to start where they can and then build toward larger scale improvements to increase physical activity.



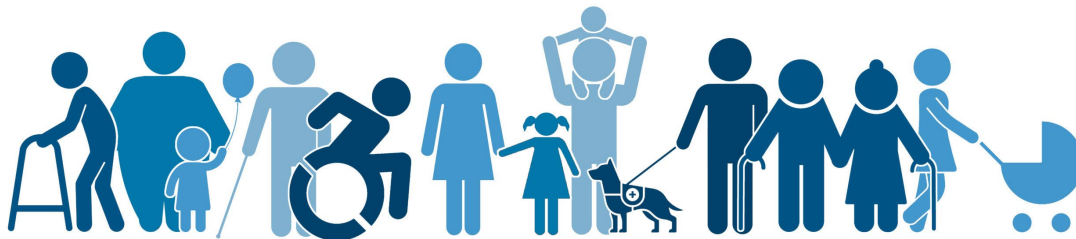
Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

For more information about the Community Preventive Services Task Force recommendation, visit www.thecommunityguide.org/findings/physical-activity-built-environment-approaches and www.cdc.gov/physicalactivity/community-strategies

When We Design for **EVERYONE** ...



We **ALL** Win!





Thank You!!!

Karma Edwards

kedwards_ic@chronicdisease.org

START



THANK YOU!!!

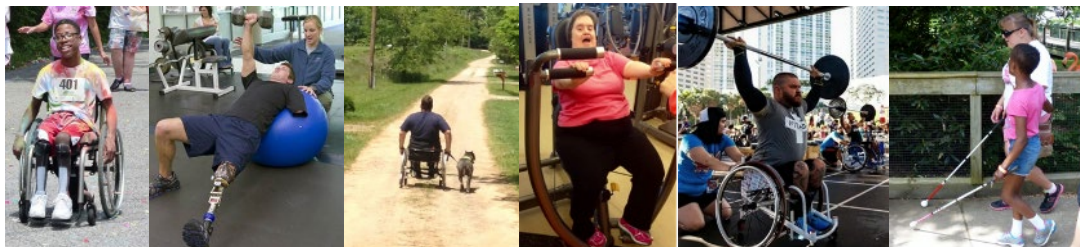
Promoting Physical Activity for People of All Abilities: An Introduction

**Chris Mackey, Senior Project Coordinator
Lakeshore Foundation &
The National Center on Health, Physical Activity & Disability**



Building Healthy, Inclusive Communities

- Founded in 1999, **The National Center on Health, Physical Activity & Disability (NCHPAD)** is a public health practice and resource center for information on physical activity, health promotion, and disability, serving persons with physical, sensory and cognitive disability across the lifespan.
- Funded National Center on Disability from the Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities (NCBDDD)
- www.nchpad.org features a variety of resources and services which can benefit all ages and populations





WE ARE LAKESHORE

Our vision is a world in which every person has the opportunity to achieve a healthy, active, independent life.

Our mission is to provide opportunity for individuals with a disability to live a healthy lifestyle through physical activity, research, advocacy and health promotion.



LAKESHORE

The Largest Minority Group



More likely to have diabetes, heart disease, obesity and smoke and get NO aerobic physical activity

Source: Centers for Disease Control and Prevention. "Disability Impacts All of Us Infographic." Online. [Disability Impacts All of Us Infographic | CDC](#)



81%

**of people with
disabilities say they
do not feel welcome
in fitness spaces!**

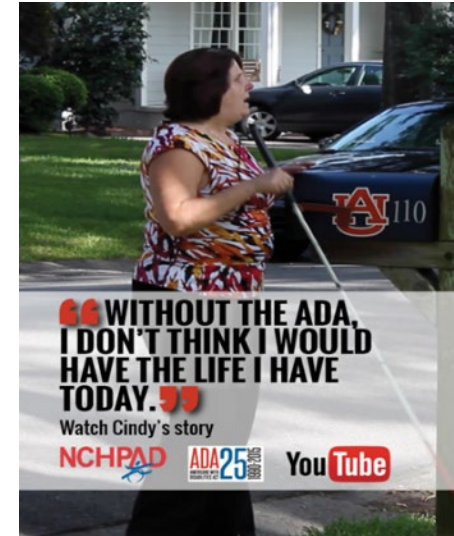
Wilroy J, Tubbs A, Rauworth A. Bonner K, (2021).
Fitness Industry and Disability Access and Acceptance
Survey Report. Birmingham, AL: Lakeshore
Foundation and National Center on Health, Physical
Activity and Disability.

Typical View: The Medical Model of Disability

Medical Model: Disability is a problem within the individual.

Social Model: The “problem” of disability is located within society, not the individual.

Focus on the **Social Model!**



Inclusion Means . . .

To transform communities based on social justice principles in which all community members:

1. Are presumed competent;
2. Are recruited and welcome as valued members of their community;
3. Fully participate and learn with their peers; and
4. Experience reciprocal social relationships.

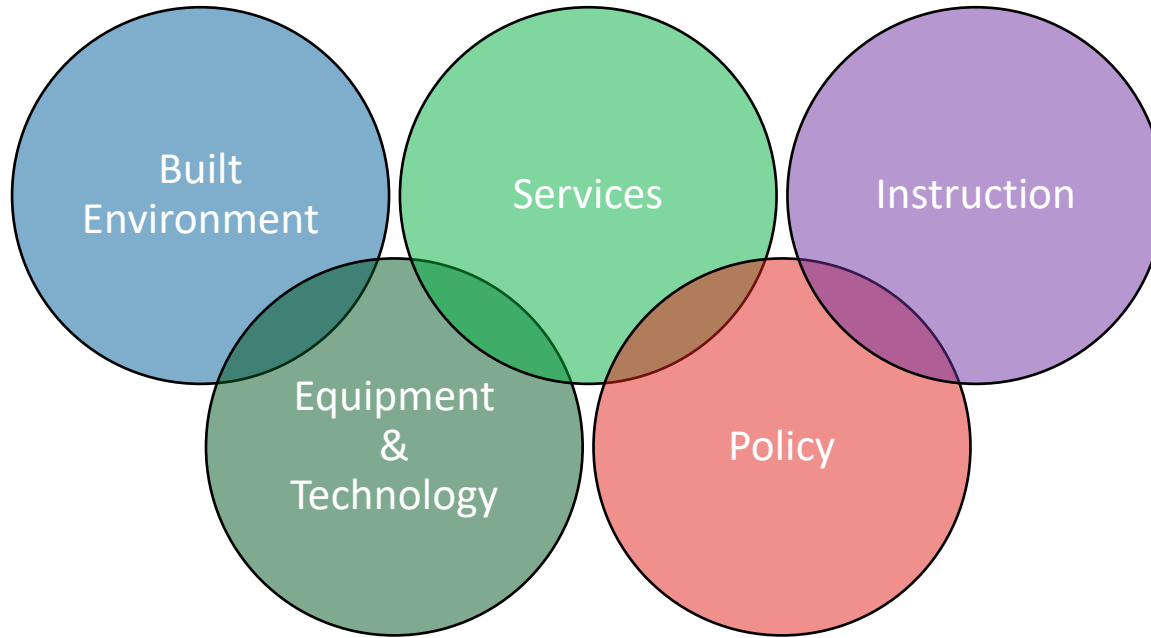
9 Guidelines for Including People with Disabilities

1. Objectives Include People with Disabilities
2. Involvement of People with Disabilities
3. Program Accessibility
4. Accommodations
5. Outreach and Communication
6. Cost Considerations & Feasibility
7. Affordability
8. Inclusive Process Evaluation
9. Inclusive Outcomes Evaluation



www.committoinclusion.org

Program Inclusion Domains



Inclusion only happens through partnership!

➤ Disability Organization/Individuals

- Condition-specific (e.g. Autism society or Spina Bifida chapter)
- Cross Disability (e.g. Easter Seals, Centers for Independent Living)
- Paralympic sport orgs or Special Olympic chapters
- State disability service agencies (e.g. State School for the Blind, Vocational Rehabilitation)

➤ Disability Expertise

- Allied Health in rehab centers or hospitals (OT, PT, Rec Therapy)
- Adapted PE or Special Ed in Schools
- Adapted Recreation specialists



Other Resources

➤ From NCHPAD

- The Community Health Inclusion Index (CHII)

<https://www.nchpad.org/1273/6359/Community~Health~Inclusion~Index>

- The Community Health Sustainability Planning Guide (CHISP)

<https://www.nchpad.org/CHISP.pdf>

Outside of NCHPAD

- The National Center on Disability in Public Health

www.nationalcenterdph.org



National Center on Disability in Public Health
Public health is for everyone.



Thank you!

800.900.8086

Online Live Chat

chrism@lakeshore.org

email@nchpad.org

www.nchpad.org





Audience Q&A



What's Next?



What's Next?

Session 6

Pillar 5: Enhance Nutrition and Food Security Research

September 21 | 2:00 – 3:15 PM ET

**Interested in sharing your organization's
work related to Pillar 5**

Please contact

Mara (mgalic@chronicdisease.org) and
Charita (cjames_ic@chronicdisease.org)

Visit the [NACDD In Action-National Strategy Webpage](#)



White House National Strategy on Hunger, Nutrition, and Health

NACDD In Action



Ending Hunger and Reducing Diet-Related Diseases and Disparities

On September 28, 2022, the Biden-Harris Administration hosted the [**White House Conference on Hunger, Nutrition, and Health**](#) with a bold goal of ending hunger in America and increasing healthy eating and physical activity by 2030 so fewer Americans experience diet-related diseases and disparities. The Administration also released a [**National Strategy**](#), outlining actions the federal government will take and a call to action for partners across all levels and sectors to

Reminder!

Please take a moment
to complete the survey
at the end of this
meeting!





Thank you!!



Small Group Activity – Peer to Peer Discussions



Peer-to-Peer Discussion Groups

- Select a breakout room
- Once in the group, you will be able to ask the speaker any follow-up questions and share about your work with other peers
- Each group will include a facilitator from the NACDD team who will help guide the conversation
- We will close out the session from the breakout groups
- Please include feedback on the survey about the peer-to-peer discussion