**NACDD in Action!  
Learning and Discussion Series on the   
White House National Strategy on Hunger, Nutrition, and Health**

**Pillar 4: Support Physical Activity for All | Session 5: August 17, 2023**

**Resource Round Up**

**National Center on Health, Physical Activity and Disability**: [www.nchpad.org](http://www.nchpad.org)

**NACDD Walkability Action Institute** <https://chronicdisease.org/page/wai/>

**Complete Streets** **Resources**: streets that support safe mobility for all users (bike/pedestrian/transit/vehicles) to get from one place to another.

* **DOT Complete Streets Webpage:** <https://highways.dot.gov/complete-streets>
* **Complete Streets Framework:** <https://smartgrowthamerica.org/resources/elements-complete-streets-policy/>

**Award Announcements for Safe Streets and Roads for All (SS4A) Discretionary Grant Program:** $800 million in grant awards for 511 communities through the first round of funding for SS4A <https://www.transportation.gov/grants/ss4a/2022-awards>

**DOT Navigator:** a resource to help communities understand how to apply for grants, and plan/implement infrastructure projects and services**.**<https://www.transportation.gov/dot-navigator>

**CDC Evidence-based PA Strategies** <https://www.cdc.gov/physicalactivity/community-strategies/index.htm>

**CDC Active People Healthy Nation PA Strategy Tree**: [Strategies That Work](https://www.dropbox.com/scl/fi/9un8nnzgzkww0v99eirgv/APHN-Strategy-Tree.pdf?rlkey=newhyncjsumn4ap07icao0dwj&dl=0)

**CDC| Community Preventive Services Task Force’s, Built Environment Recommendation to Increase Physical Activity** [Real World Examples](https://www.cdc.gov/physicalactivity/downloads/built-environment-recommendation.pdf)

**Move Your Way Toolkit**: <https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/partner-promotion-toolkit>

**National Physical Activity Plan** a great resource for strategies and tactics to increase PA across the population: <https://paamovewithus.org/national-physical-activity-plan/>

[Physical Activity "It's Time to Move" Initiative](https://paamovewithus.org/its-time-to-move/#:~:text=%E2%80%9CIt%E2%80%99s%20Time%20to%20Move%E2%80%9D%20is%20a%20multi-year%20project,make%20physical%20activity%20prescriptions%20a%20standard%20of%20care.) - a multi-pronged, multi-year effort lead by the Physical Activity Alliance, to integrate physical activity assessment, prescription, and referral into healthcare delivery and create clinical-community linkages to support people on their journey toward active living.