

Physical Activity Policy Research Network

Gaps and Opportunities for Policy Action
on Physical Activity

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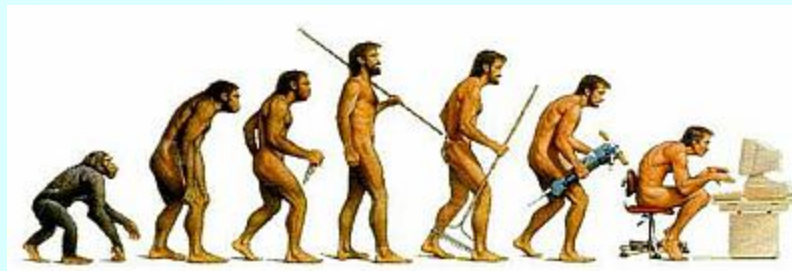
Objectives

To explain PAPRN, background and mission

To discuss past and current projects

To explore gaps and opportunities in physical activity policy research and action

The Burden of Physical Inactivity



▶ The Problem

- 23% of adults are completely sedentary
- 51% do not achieve recommendation

▶ The Outcome

- Obesity, CVD, cancer, diabetes
 - Physical inactivity is a primary factor in over 200,000 deaths annually
 - 2 mil deaths worldwide
- ▶ Small increases could affect 30K to 35K deaths/yr
- ▶ Medical costs exceed \$76 billion annually
- Comparable to tobacco costs

Physical Activity Policy Research Network (PAPRN)



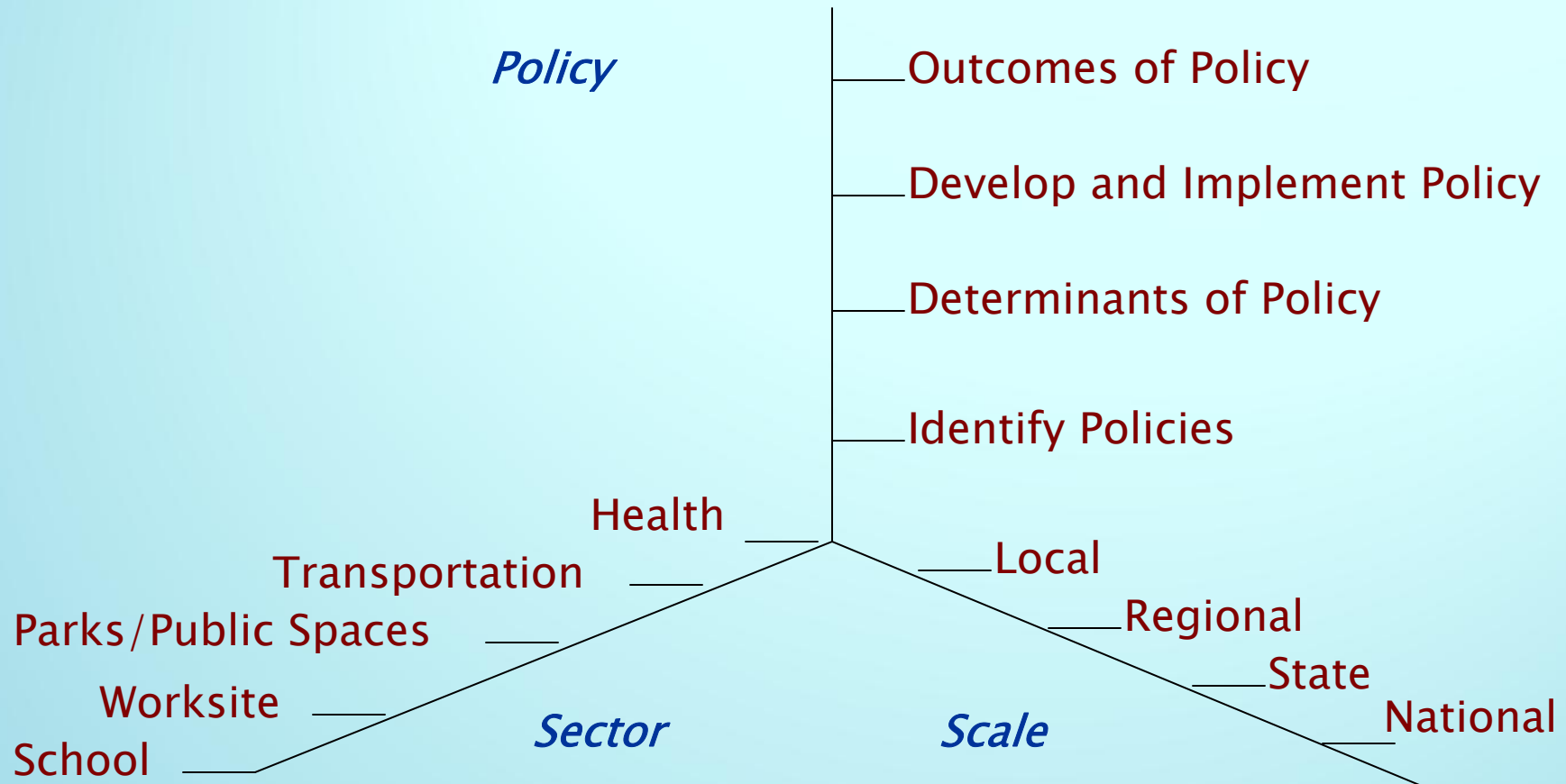
PAPRN

- ▶ The mission is to conduct transdisciplinary policy research by:
 - identifying physical activity policies
 - identifying the determinants of the policies
 - describing the process of implementing policies
 - determining the outcomes of physical activity policies

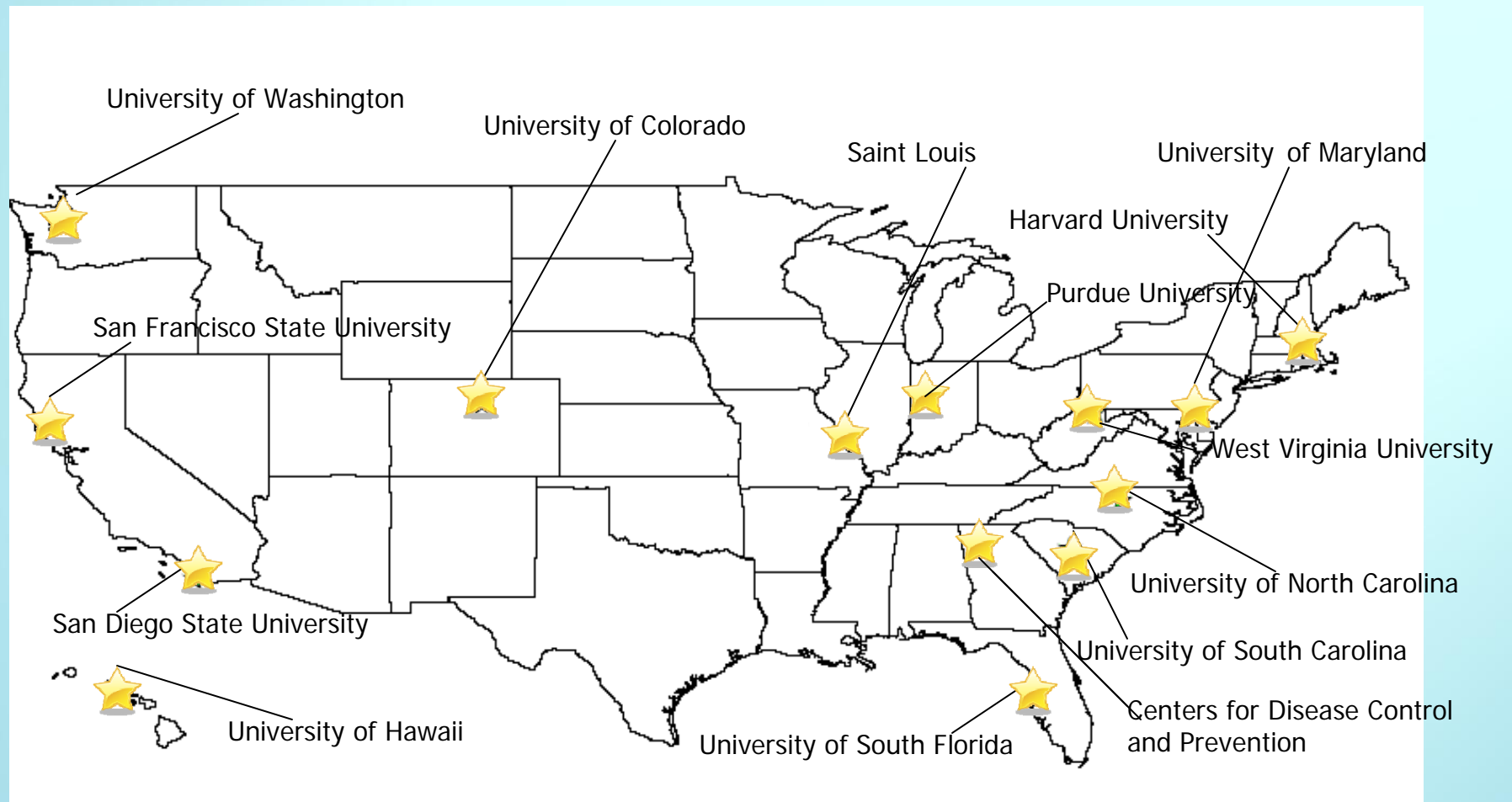


physical activity
policy • research • network

Physical Activity Policy Framework



Sites involved with the Physical Activity Policy Research Network



PAPRN Projects

- ▶ Policies related to active transport to and from school

- ▶ Policy influence on the development of community trails

- ▶ Examination of trends and evidence-based elements in state physical education legislation: A content analysis

- ▶ Environmental and policy approaches for promoting physical activity in the United States: A research agenda

Policies related to active transport to and from school



“Even if you look and there are no sidewalks and there are busy streets and all those different things; you just need to look at the disadvantages that you have and say, ‘Now how are we going to overcome these?’ And get going and do it.”
—City Official, Mayor’s Office

Policies related to active transport to and from school : findings

- ▶ Establishing and implementing policies are a **collaborative effort**.
- ▶ **Safety** is a key component of these policies.
- ▶ Must take into account **existing state and local policies**.
- ▶ Need to look at influences of factors such as infrastructure and conflicting policies and **proactively address** them.

Policies influencing the development of community trails



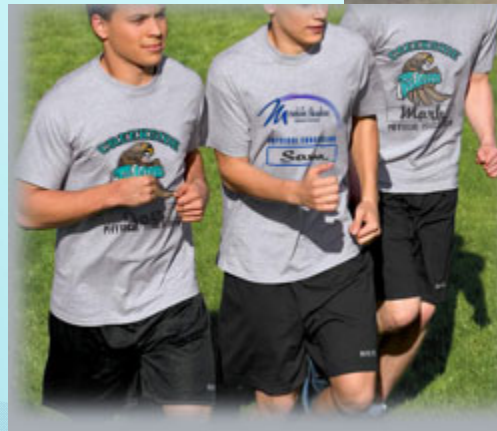
“Trails can encourage physical activity, protect the environment, and improve community living. All types of communities can benefit from a trail.” –Bicycle /Pedestrian Coordinator

Policies influencing the development of community trails

- ▶ Need collaboration.
- ▶ Balance motives.
- ▶ Be patient.
- ▶ Involve community.



Evidence-based State PE Legislation: A content analysis



PE Element by enactment status

PE Element	Percent and number of bills enacted that contained element
Minutes in PE	16.3 (29)
Other class curriculum changes	11.9 (12)
Exemptions	21.6 (16)
Professional Development	16.4 (9)
Inclusions/adaptations	10.4 (5)
Activity in PE	25.6 (11)
Health Related Fitness testing	25.6 (10)
Recess	6.7 (2)
Teacher-Student ratio	28.6 (8)
PE staff on taskforce	14.3 (3)
Specific program	26.7 (4)
Before/After school curriculum	25.0 (3)
Community/Family Education	25.0 (2)
Facilities/Equipment	10.2 (8)

Evidence-based State PE Legislation: A content analysis

- ▶ 781 bills analyzed, 162 enacted
- ▶ 272 contained Evidence-based element, 43 enacted
- ▶ Number of PE bills introduced is promising
- ▶ Percent enacted is similar to other health topic legislation
- ▶ Few bills contain evidence based components
- ▶ There is little funding or evaluation
- ▶ Provides a basis for future policy surveillance work

Environmental and policy approaches for promoting physical activity in the United States: A research agenda

- ▶ Gathered information from researchers and practitioners
- ▶ Answered the question: “One research topic that will best inform policy or environmental approaches to physical activity promotion is”
- ▶ Findings divided by importance and feasibility
- ▶ Came up with 26 statements in 9 clusters with high importance and feasibility
- ▶ Use this document to help form future research

Concept Map

Zone 4
Low Importance
High Feasibility

Zone 1
High Importance
High Feasibility

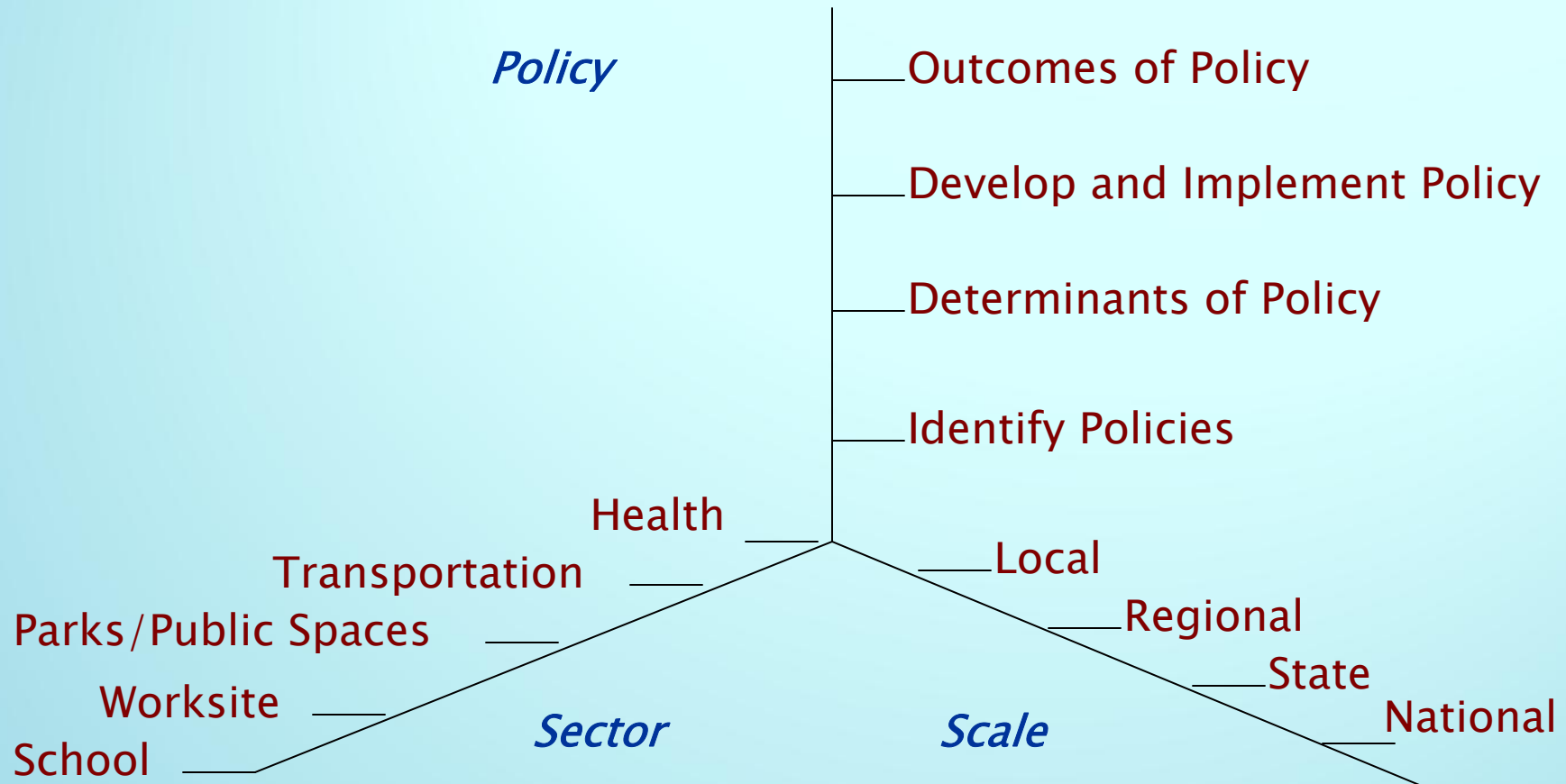
Zone 3
Low Importance
Low Feasibility

Zone 2
High Importance
Low Feasibility

Current PAPRN projects

- ▶ Analysis of Bicycle/Pedestrian Master Plans
- ▶ Analysis of Trail Legislation at the State Level
- ▶ Development of a Physical Activity Policy Supplement in the Journal of Physical Activity and Health
- ▶ Development of International Collaboration on Physical Activity and Policy

PA policy Gaps and Opportunities



PA Policy Gaps and Opportunities

- ▶ **How can we influence policy decisions?**
 - What type of information is most effective for policy makers?
 - What does it take for community groups to activate policy process?
 - How do we form partnerships to work toward common goal? (increased PA)

PA Policy Gaps and Opportunities

- ▶ **How can we assess outcome of policy?**
 - What are the economic impacts of PA policy?
 - What are the health impacts of PA policy?
 - What policies in which sectors are the most effective?

Thank You.

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<http://prc.slu.edu/paprn.htm>