

Physical Activity – Pillar Workgroup

SOS 2017 – Atlanta, GA



What are your successes? Time to brag

- FL-instituting mandatory recess hours
- GA-3 year plan to implement PA hours K-12 through a legislative roadmap
- OK-grants given through successful school policy implementation
- TX-successful grants including existing and new initiatives, community gardens, educators and nonprofits involved. Successful mentorship program
- OK-nonprofits funding park improvements
- GA Walkability requirements for low-income areas “complete streets policies”
- TN-bought and improved 17 playgrounds, funded 180 schools since 2011 to provide PA equipment, program support, etc. All ES have access to GoNoodle.
- TN-89 communities were given \$ to build environmental changes and plan. State hired environmental coordinators to support efforts to increase PA and improve built environment
- OK-17 businesses and organizations implemented PA worksite and tobacco free policies. New walkability trail in rural county
- TX-Faith based PA program (instead of “yoga” is a “stretching” program). Tobacco reduction by introducing PA. Increased PA in parents and children by providing equipment, partnered with 14 schools, 700-800 children and 270 parents—Hispanic population
- GA-supporting communities to adopt and implement complete streets policies, creation of parent health ambassador program that can be replicated

What keeps you up at night? Challenges

- TX-weather damage, environmental cleanup
- OK-political climate, economic climate, getting stakeholders to see value in healthy policy and initiatives
- GA-buy in of policy and government involvement, weather damage
- Social cohesion-communities divided physically and culturally
- Community and resident engagement
- Building relationships with target populations
- Hyper focused on nutrition-PA on back burner
- Barriers with low-income populations (no time, transportation)
- Safety and crime
- Funding restrictions
- Difficulty reporting PA objectively-evidence!
- Weather constraints-hot in TX
- Liability issues—shared spaces
- Accessing “programs” or built environment
- Addressing screen time
- Getting education on how to use the health behaviors in everyday life