CREATING ACTIVITY-FRIENDLY COMMUNITIES: DEVELOPING AN ACTION PLAN THROUGH COLLABORATION, DATA AND DISCUSSION
Creating Activity-Friendly Communities: Developing an Action Plan through Collaboration, Data and Discussion
(a/k/a “the Active Communities Tool or ACT”)

Action Planning Guide

Assessment Modules
- Routes
- Destinations
A planning and assessment tool designed to help multidisciplinary teams create an action plan to improve their community’s plans and policies to create built environments that support physical activity.
WHY USE IT?

• Can help your community
  • Engage cross-sectoral partners
  • Collect information for decision-making
  • Select and plan actions
  • Monitor changes over time

• Aligns with current scientific evidence

• Use(s) can be tailored to your community’s needs
IT IS NOT INTENDED TO BE USED TO...

• Assess street level built environments
• Compare one community to another
• Address physical activity programs
• Assess the quality of community facilities
WHO SHOULD USE IT?

• Communities that want to create sustainable ways to promote physical activity through their built environments
  • Designed for use by a multidisciplinary team at the municipality level
• States and counties can use it to work with municipalities within their jurisdictions
WHAT’S INSIDE THE ACTION PLANNING GUIDE?

• Making the case for activity-friendly routes to everyday destinations
• Identifying actionable areas to increase physical activity thru built environment
  • Routes
  • Destinations
• Building commitment
• Gathering information
• Developing a strategy
• Digging deeper
  • Assessment modules
    • Routes
    • Destinations
• Identifying opportunities
• Developing the community action plan
• Appendices
WHAT’S INSIDE?

• Assessment modules
  • Activity Friendly Routes
    • Module 1: Street Design and Connectivity
    • Module 2: Infrastructure to Accommodate Pedestrians and Bicyclists
    • Module 3: Public Transportation
  • Everyday Destinations
    • Module 4: Land Use
    • Module 5: Park and Recreation Facilities
    • Module 6: Schools

• Each module includes sections on:
  • Policies
  • Plans
  • Environment
  • Resources
HERE’S AN EXAMPLE…

Module 2: Infrastructure to Support Pedestrians and Bicyclists

• Plans
  • What plans exist?
  • For existing plans:
    • Where are they in the planning cycle?
    • What do they include?
    • How often are they consulted?
HERE’S AN EXAMPLE…

Module 2: Infrastructure to Support Pedestrians and Bicyclists

- Policies
  - What policies exist?
  - What do they include?
Module 2: Infrastructure to Support Pedestrians and Bicyclists

- Environment
  - Aspects addressed
- Resources
  - Availability
HOW DOES IT FIT INTO WHAT I AM DOING NOW?
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If you are...

**Just getting started**
- Making the case
- Identifying actionable areas
- Building commitment

**Farther along**
- Gathering information
- Developing a strategy

Consider using the tool for...
- Educating and engaging stakeholders
- Guiding strategy discussions
HOW DOES IT FIT INTO WHAT I AM DOING NOW?

If you are...

Ready to dig deeper
• Identifying opportunities

Ready to take action
• Developing the action plan

Consider using the tool for...

• Assessing your community’s plans, policies, environments and resources

• Identifying and prioritizing opportunities
CREATING AN ACTIVE AMERICA, TOGETHER

ACTIVE PEOPLE, HEALTHY NATION
WHEN WILL IT BE AVAILABLE?

Anticipated release in
late June/ early July 2019
Questions?
Thank you

For more information, contact: Kristine Day, kday@cdc.gov

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