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Welcome!

Ken Rose

Physical Activity and Health Program Lead

**#ActivePeople**



**#ActivePeople**



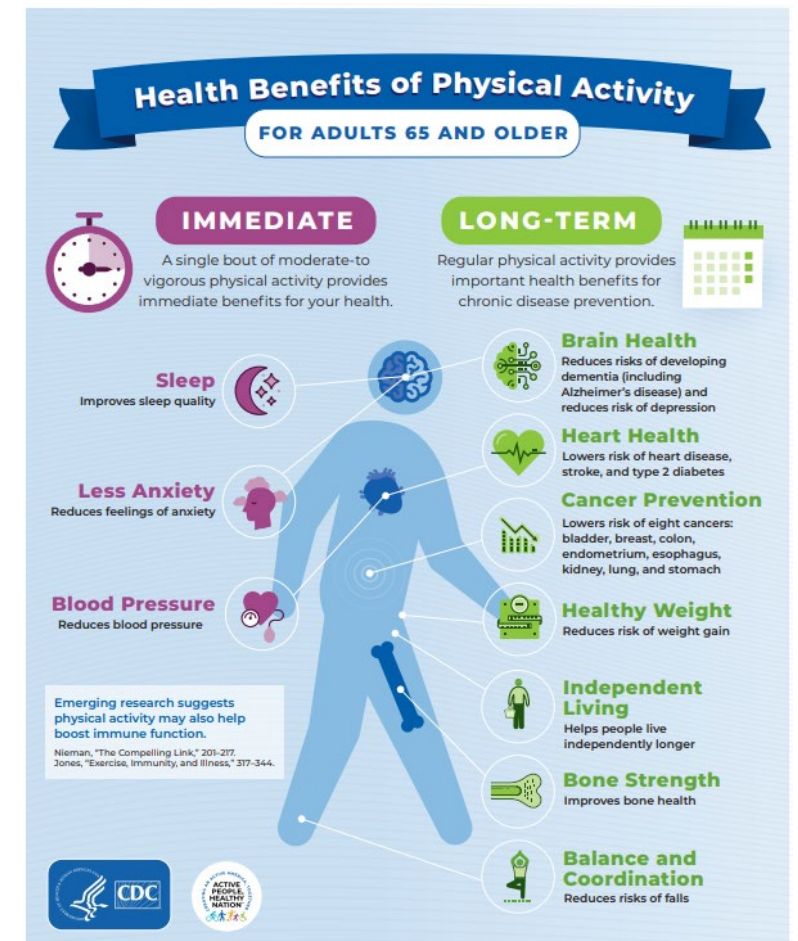
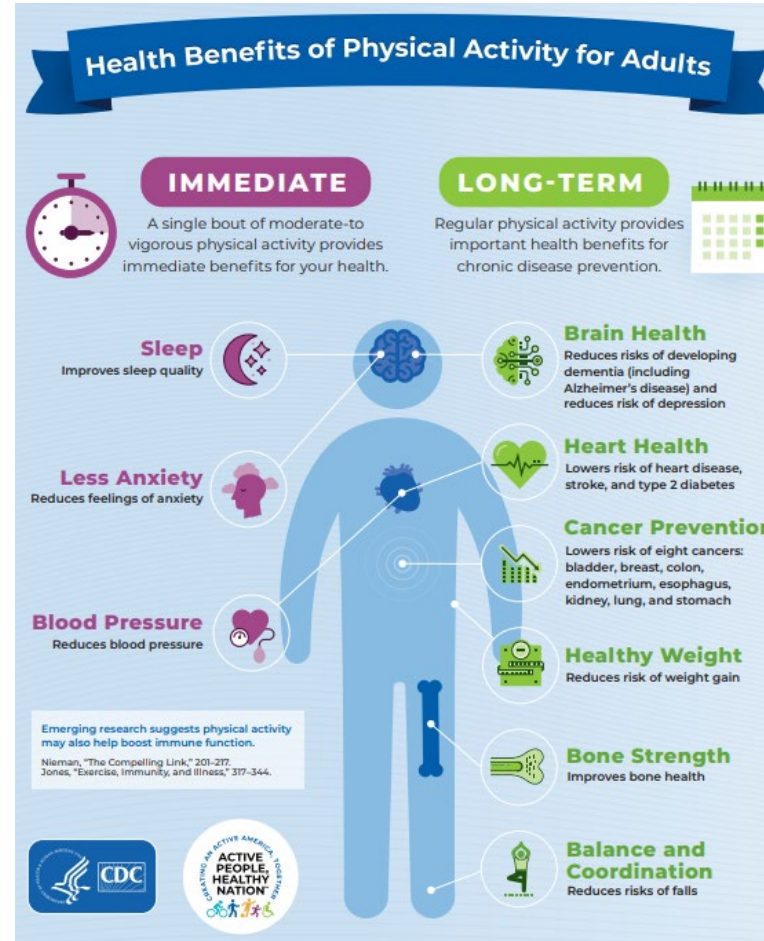
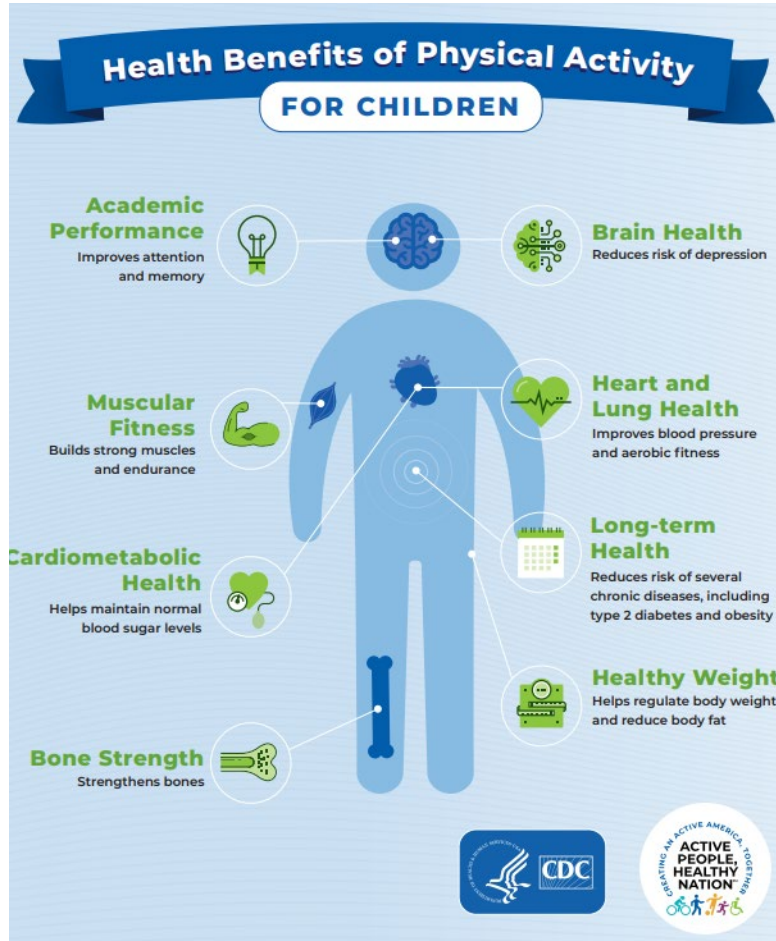
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# Health Benefits of Physical Activity



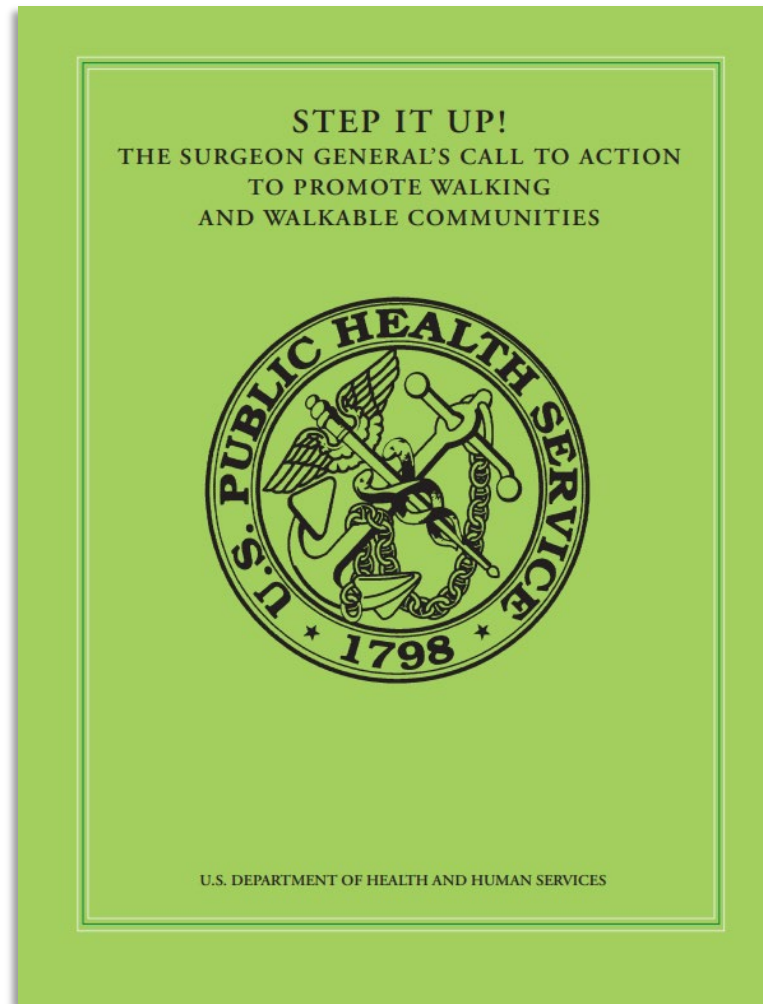








# STEP IT UP! The Surgeon General's Call to Action to Promote Walking and Walkable Communities





# Strategies That Work to Promote Physical Activity

To learn more about the strategies, visit:

- Community Preventive Services Task Force Finding for Physical Activity ([www.thecommunityguide.org](http://www.thecommunityguide.org))
- *Physical Activity Guidelines for Americans, 2<sup>nd</sup> edition* (Chapter 8) Community Strategies, Centers for Disease Control and Prevention, 2018 ([www.cdc.gov/PhysicalActivity](http://www.cdc.gov/PhysicalActivity))





# Increasing Physical Activity Through Community Design

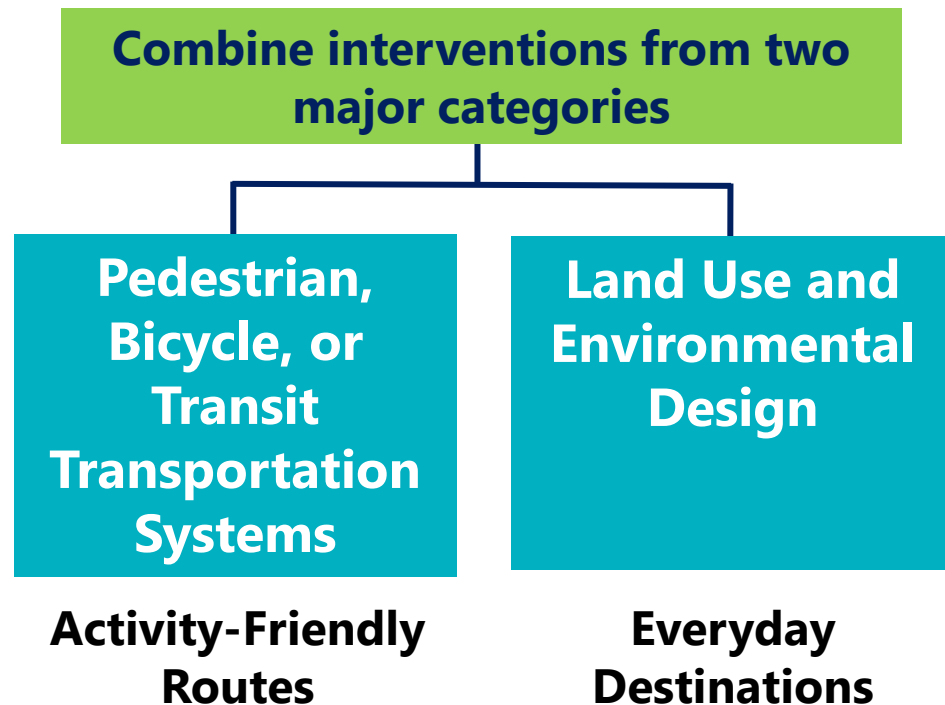


Photo available from the State and Community Health Media Center:  
<https://nccd.cdc.gov/schmc/apps/overview.aspx>



The Community Guide



So back to the image of a  
place you would want to  
walk...



20 Years Ago





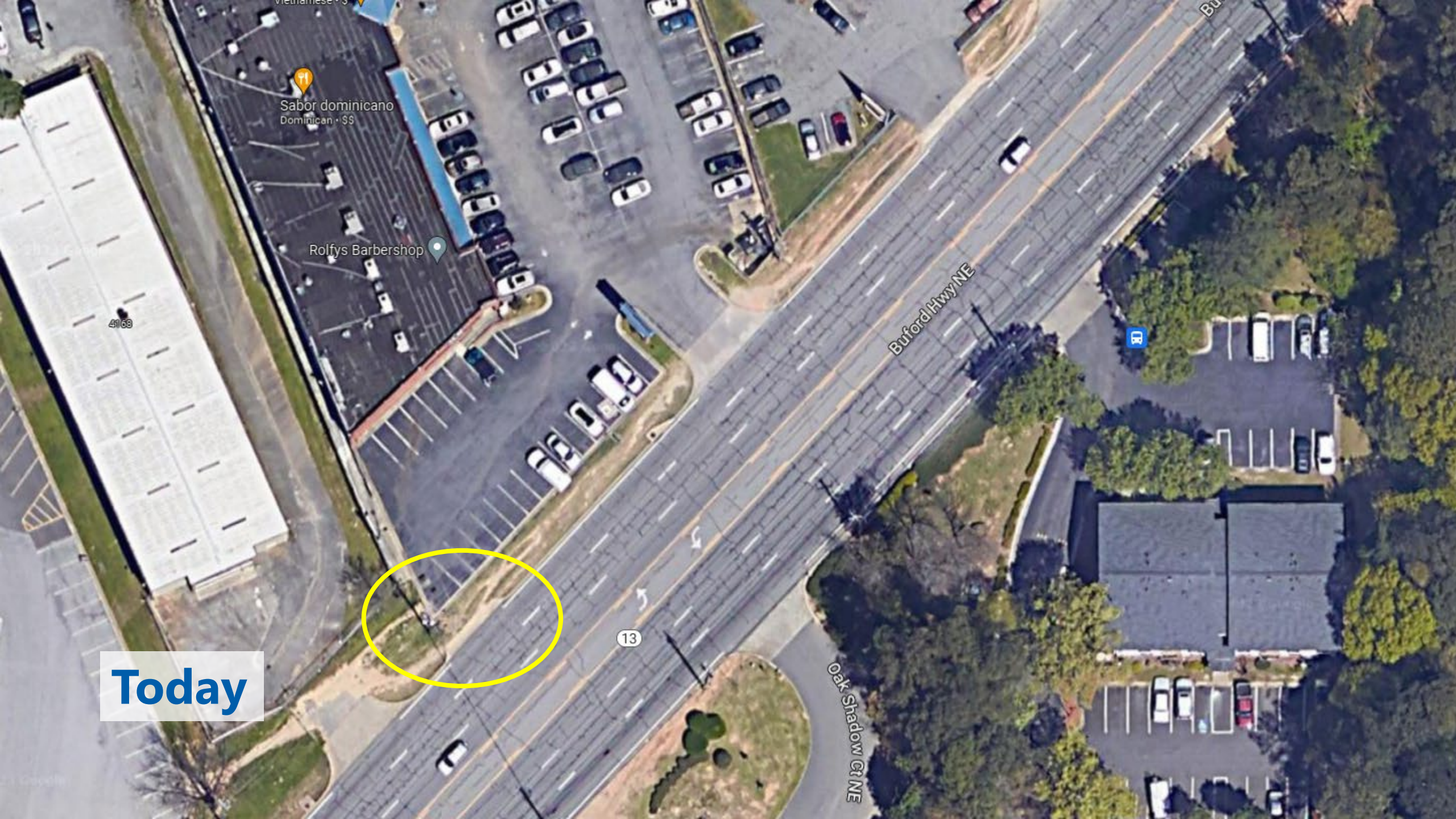






# But what's it look like now?





Sabor dominicano  
Dominican • \$\$

Rolfys Barbershop

Buford Hwy NE

Oak Shadow Ct NE

13

Today





[GDOT: Massive Perimeter interchange project could ease traffic by year's end | Urbanize Atlanta](#)

[New Buford Highway funding could boost pedestrian safety - Axios Atlanta](#)





So back to the image of a  
place you would want to  
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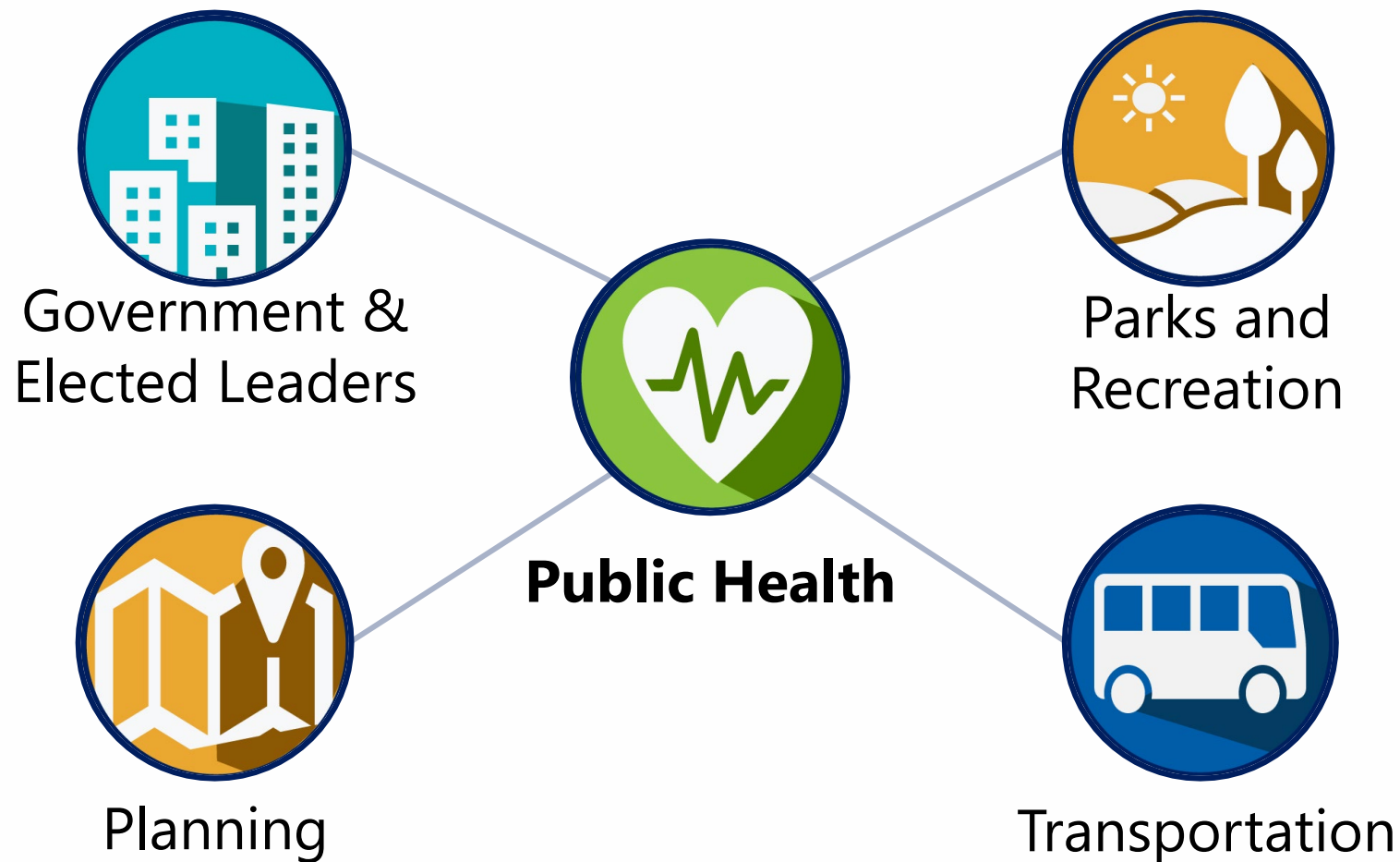








# Public Health Engages Other Sectors







# Support Available to Recipients



**PAPREN**  
PHYSICAL ACTIVITY POLICY RESEARCH  
AND EVALUATION NETWORK



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**Mark Fenton**

Engineering physical activity back into American communities and lives

**SPAN**

**REACH**

**AMERICA  
WALKS**

**HOP**

 **EQUITABLE  
CITIES**

  
**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**  
Promoting Health. Preventing Disease.

  
**Safe Routes  
PARTNERSHIP**

  
**NRPA**

 **Smart Growth America**  
Making Neighborhoods Great Together

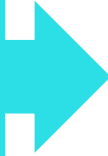






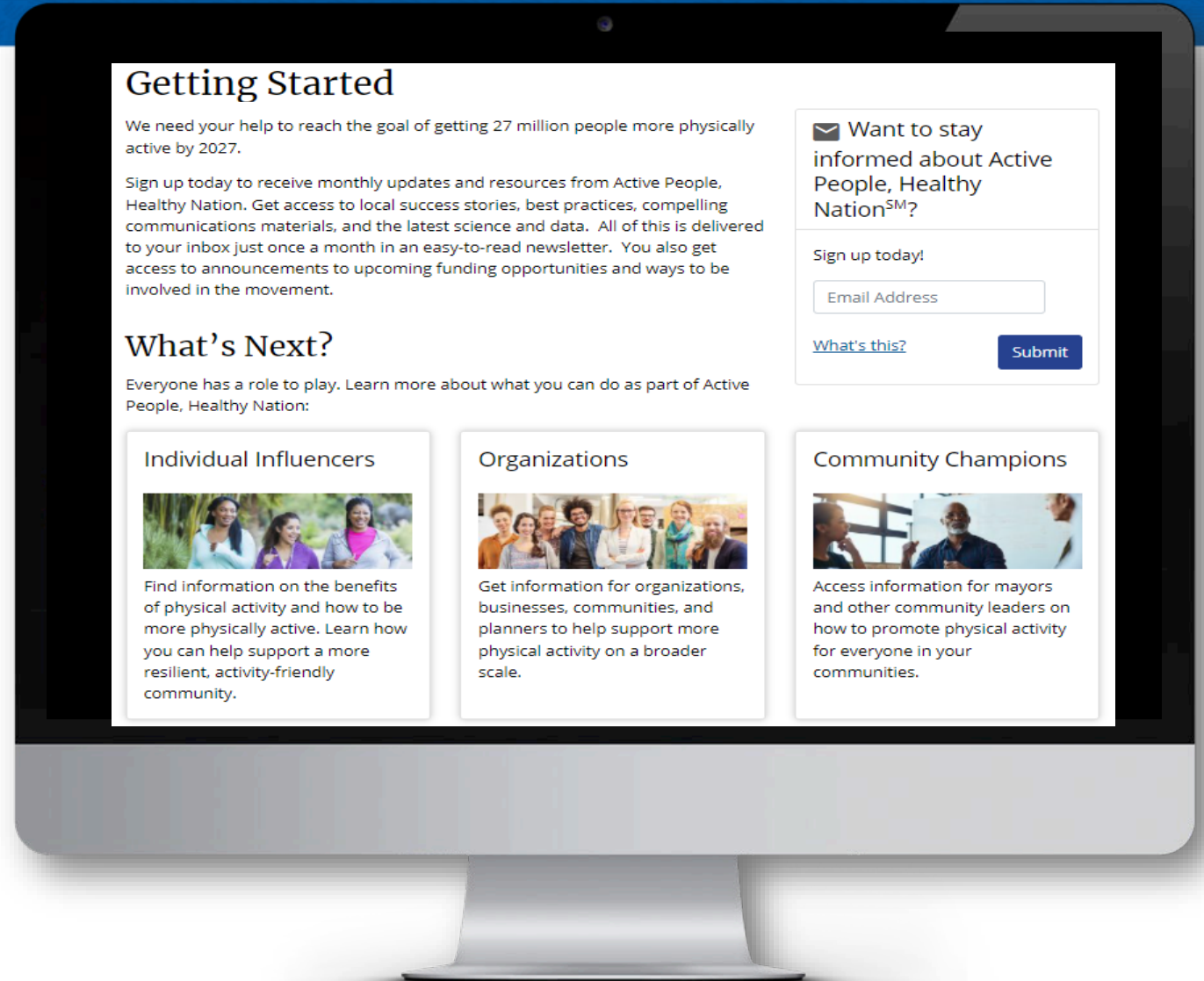


# What Can You Do? Sign Up Today!



SCAN ME

<https://www.cdc.gov/physicalactivity/activepeople/healthynation/getting-started/index.html>







# Let's Stay Connected

Visit us online at:



[cdc.gov/activepeople](https://cdc.gov/activepeople)



@CDCEatWellBeActive  
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