



# NCSL/ASTHO Winnable Battles State Meeting

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Promotion

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# PHYSICAL ACTIVITY SAVES LIVES AND PROTECTS HEALTH

**1 IN 10** premature deaths could be prevented through sufficient physical activity.

IT COULD ALSO PREVENT:



**1 IN 8**

cases of  
breast cancer



**1 IN 8**

cases of  
colorectal cancer



**1 IN 12**

cases of  
diabetes



**1 IN 15**

cases of  
heart disease

*Physical activity is the closest thing we have to a wonder drug.*

**Dr. Tom Frieden, CDC Director**



## BENEFITS FOR CHILDREN

- Improves aerobic fitness
- Improves muscular fitness
- Improves bone health
- Promotes favorable body composition
- Improves attention and some measures of academic performance (with school physical activity programs)



## BENEFITS FOR ADULTS

- Lowers risk of high blood pressure
- Lowers risk of stroke
- Improves aerobic fitness
- Improves mental health
- Improves cognitive function
- Reduces arthritis symptoms
- Prevents weight gain



## BENEFITS FOR HEALTHY AGING

- Reduces risk of falling
- Improves balance
- Improves joint mobility
- Extends years of active life
- Helps prevent weak bones and muscle loss
- Delays onset of cognitive decline

“We do not stop exercising because we age, we age because we stop exercising . . . **We are under-exercised as a nation. We look, instead of play. We ride, instead of walk. Our existence deprives us of the minimum of healthy activity essential for healthy living”**





We've engineered physical activity out of our daily lives.



“National No Walk Campaign”



Make everything car friendly!



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

[www.surgeongeneral.gov/stepitup](http://www.surgeongeneral.gov/stepitup)





# 1

## Make walking a national priority

- Encourage people to promote walking and make their communities more walkable.
- Create a walking movement to make walking and walkability a national priority.





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# 2

## **Design communities that make it safe and easy to walk for people of all ages and abilities**

- Design and maintain streets and sidewalks so that walking is safe and easy.
- Design communities that support safe and easy places for people to walk.



# Examples of Actions

- Improve traffic safety
- Keep places to walk free from hazards
- Adopt supportive community planning, land use, development, and zoning policies & plans
- Locate places within walkable distance of each other
- Support safe and easy-to-use public transit systems





# 3

## Promote programs and policies to support walking where people live, learn, work, and play

- Promote programs and policies that make it easy for students to walk before, during, and after school.
- Promote worksite programs and policies that support walking and walkability.
- Promote community programs and policies that make it safe and easy for residents to walk.



# 4

## Provide information to encourage walking and improve walkability

- Educate people about the benefits of safe walking and places to walk.
- Develop effective and consistent messages and engage the media to promote walking and walkability.
- Educate relevant professionals on how to promote walking and walkability through their profession.



## Examples of State Actions

- ❑ **Cross sectoral work**
  - Education: Shared Use, PE, Recess, School Siting
  - Transportation: Complete Streets, Safe Routes to Schools
- ❑ **Promote worksite Physical Activity in State Government**
  - Showers, workout facilities
  - Discounts on health insurance
  - Paid time off for Physical Activity
- ❑ **Raise visibility of Physical Activity**
  - Host walkability audits with state leaders in their communities
  - State walking summits to chart plans to improve walkability

# Examples of Actions

## ☐ Tennessee

- TN Health Department working closely with TN Dept of Transportation
- TN Health Department supporting regional staff to support active living (Safe Routes to Schools Programming, Walk Audits, Complete Streets)

## ☐ North Carolina

- Formed the Healthy Environments Collaborative between the NC Dept of Transportation and Health Department at the regional level
- Supporting walkable communities (through planning), complete streets and safe routes to schools

## ☐ South Carolina

- Steps competition in between House and Senate
- SC Health Dept supported master planning at regional level



# Thank You

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention or the Agency for Toxic Substances and Disease Registry



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