

#36 CHARTING AND CHANGING THE POLICY LANDSCAPE: PROMOTING PHYSICAL ACTIVITY & REVERSING PHYSICAL INACTIVITY THROUGH POLICY SOLUTIONS

AMERICAN COLLEGE OF SPORTS MEDICINE

Executive Summary, 2006

Topic for advocacy HEPA - Physical Activity and Health and Local Clubs / Obesity and behaviour change / Education and Active Schools

<https://www.acsm.org/docs/publications/Charting%20and%20Changing%20the%20Policy%20Landscape.pdf?sfvrsn=0>

Description of the good example

The executive summary was developed by the American College of Sports Medicine in 2006. It presents the framework for a new era in American health policy, and an important part of the solution to health care economics and delivery in the 21st century. This is a call for a different health policy paradigm, a new national effort. It embraces the reality that on the governmental and private sector level, good policies can lead to a fundamental reduction and prevention of chronic diseases. Furthermore, this call focuses on the powerful potential of lifestyle and behavior changes, stimulated and supported by policy measures.

Target - Who can best use this example or document?

Policymakers, national governments , department of health.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

It points out the importance of developing national guidelines for physical activity through cross-sector collaboration to improve the health and physical activity levels of all Americans.

Learning points - What can we learn from it?

The impact that policy changes at the governmental and private sector levels can reduce and prevent chronic diseases. How to combine leadership alignment involving governmental and private sector efforts to produce more coordinated and sustained series of science-based common strategies for key populations.

Further information

American College of Sports Medicine
<http://acsm.org/membership/get-involved>
<http://acsm.org/>