

#40 INCREASING PHYSICAL ACTIVITY THROUGH COMMUNITY DESIGN: A GUIDE FOR PUBLIC HEALTH PRACTICIONERS

THE CENTER FOR DISEASE CONTROL AND PREVENTION (CDC)

Guide, 2002

Topic for advocacy Advocacy / HEPA - Physical Activity and Health and Local Clubs / Sport facility management and urban planning / Cycling, transportation and active travel / Education and Active Schools / Obesity and behavioural change

http://www.bikewalk.org/pdfs/IPA_full.pdf

Description of the good example

The guide was developed by the Center for Disease Control and Prevention (CDC) in 2002. It recognises that provision for active living through community design is a health issue. This guide presents an active community environment (ACE) plan to help creating active community environments that allow people to walk and bicycle safely.

Target - Who can best use this example or document?

Public Health practitioners, community leaders, local planners and transportation agency officials, citizens.

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

The guide illustrates the work that has been done by the National Center for Bicycling and Walking on the field of promoting physical activity across the United States.

Learning points - What can we learn from it?

This guide provides information about health, physical activity and community design, it also presents the key achievements and milestones of how to improve conditions for walking and bicycling, as well as many practical explanations on how to get funded, how to find resources for advocacy, public health facts, planning land usage, etc.

Further information

The Center for Disease Control and Prevention (CDC)

<https://wwwn.cdc.gov/dcs/ContactUs/Form>

<https://www.cdc.gov/>

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