

# Environmental and Policy Approaches to Increase Physical Activity: Creation of or Enhanced Access to Places for Physical Activity Combined with Informational Outreach Activities

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## Task Force Finding

### Intervention Definition

These interventions attempt to change the local environment to create opportunities for physical activity. Access to places for physical activity can be created or enhanced both by building trails or facilities and by reducing barriers (e.g., reducing fees or changing operating hours of facilities). Many of these programs also provide training in use of equipment, other health education activities, and incentives such as risk factor screening and counseling. Several programs reviewed were conducted at worksites.

### Task Force Finding (May 2001)

These interventions are strongly recommended because of their effectiveness in increasing physical activity and improving physical fitness among adults. Other positive effects include decreases in adiposity.

### Publications

Kahn EB, Ramsey LT, Brownson R, et al. The effectiveness of interventions to increase physical activity: a systematic review. *Am J Prev Med* 2002;22(4S):73-107.

Task Force on Community Preventive Services. Recommendations to increase physical activity in communities. *Am J Prev Med* 2002;22 (4S):67-72.

CDC. [Increasing physical activity. A report on recommendations of the Task Force on Community Preventive Services](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5018a1.htm) [www.cdc.gov/mmwr/preview/mmwrhtml/rr5018a1.htm]. *MMWR* 2001;50 (RR-18):1-16.

Task Force on Community Preventive Services. Physical activity. In: Zaza S, Briss PA, Harris KW, eds. *The Guide to Community Preventive Services: What Works to Promote Health?* Atlanta (GA): Oxford University Press;2005:80-113 (Out of Print).

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### Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

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