



## National Physical Activity Plan Alliance

- Mission: to maintain and expand the impact of the National Physical Activity Plan, a comprehensive strategic plan for increasing physical activity in all segments of the U.S. population.

[www.physicalactivityplan.org](http://www.physicalactivityplan.org)



## Goal of the Report Card

- To assess the extent to which the U.S. population and U.S. communities meet selected standards for participating in walking and providing physical and social supports for walking behavior.



## Advisory Panel

### Panel Members

- Amy Eyler, PhD, CHES  
Washington University at St. Louis
- Mark Fenton, MS  
Tufts University
- Myron F. Floyd, PhD  
North Carolina State University
- Dianne Jewell, PT, DPT, PhD  
American Physical Therapy Association
- M. Katherine Kraft, PhD  
America Walks
- Michelle Lieberman, AICP, LEED AP  
Safe Routes to School National Partnership
- Bill Reger-Nash, EdD  
West Virginia University
- Tom Richards, JD  
American Council on Exercise
- Tim Schwantes, MPH, MSW  
Active Living by Design

### Project Management

- Russell R. Pate, PhD  
University of South Carolina
- Jennifer R. O'Neill, PhD, MPH  
University of South Carolina
- Lauren Reid, MPH  
University of South Carolina

## Methodology

- Creation of the Panel
- Selection of Factors
- Definition of the Factors
- Identification of Data Sources
- Specification of Indicators
- Adoption of a Grading System
- Assignment of Grades to Factors



## Grading Rubric

Grades	Percentage of persons who engaged in a specified walking behavior	Percentage of states that met a specified standard
A	90-100%	90-100%
B	70-89%	70-89%
C	50-69%	50-69%
D	30-49%	30-49%
F	< 30%	< 30%
INC	Incomplete. At the present time, there is insufficient information available to assign a grade.	

## Person-level Factors

### Adult Walking Behavior

Adults report walking on a regular basis.

### Children and Youth Walking Behavior

School-age children and youth walk on a regular basis.



## Community-level Factors

### Pedestrian Infrastructure

Communities provide infrastructure that supports walking.

### Safety

Communities create infrastructure and establish policies and practices that support safe walking.

### Pedestrian Policies

Communities have adopted policies that are consistent with a complete streets model.

## Community-level Factors

### Institutional Policies

Workplaces, schools, and other institutions have adopted policies that support walking.

### Public Transportation

Community members have access to a public transportation system.

### Walkable Neighborhoods

Neighborhoods are designed to support walking.

## Community-level Factors

### Walking Programs

Structured, organized activities that promote and enable walking.



## Grades

FACTORS	GRADE
ADULT WALKING BEHAVIOR	C
CHILDREN AND YOUTH WALKING BEHAVIOR	F
PEDESTRIAN INFRASTRUCTURE	F
SAFETY	F
PEDESTRIAN POLICIES	D
INSTITUTIONAL POLICIES	F
PUBLIC TRANSPORTATION	F
WALKABLE NEIGHBORHOODS	D
WALKING PROGRAMS	INC

## Interpretation

- Creates a Comprehensive Surveillance System
- Scores Establish a Baseline
- Standards are Rigorous, but Attainable
- Standards Establish Targets for Policy and Programming
- Some states and many people were close to standards

Download the Walking Report Card:

<http://physicalactivityplan.org/projects/walking-rc.html>



More to Come

- New Plan – *Promoting Walking and Walkable Communities: Cross-Sector Recommendations from the National Physical Activity Plan Alliance*
- Release – Spring 2018

