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

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

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• 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
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• Jennifer R. O’Neill, PhD, MPH
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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

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

<table>
<thead>
<tr>
<th>FACTORS</th>
<th>GRADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Walking Behavior</td>
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<tr>
<td>Children and Youth Walking Behavior</td>
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<td>Public Transportation</td>
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<td>Walkable Neighborhoods</td>
<td>D</td>
</tr>
<tr>
<td>Walking Programs</td>
<td>INC</td>
</tr>
</tbody>
</table>

**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