

STEP 4: Determining Interventions and Developing an Action Plan

– by population, setting, and resources

Task Force Guide to Community Preventive Services Recommendations for Physical Activity*

In 2001, The Task Force on Community Preventive Services published recommendations on evidence-based interventions to promote physical activity. Based on systematic reviews of the literature, these recommendations provide guidance to organizations and agencies that are planning or conducting programs to increase physical activity. However, the recommendations are based on a limited number of well-controlled interventions in specific settings with selected populations. Therefore, the implementation and effectiveness of a program in your specific environment should still be evaluated. Some interventions reviewed by the *Community Guide* revealed insufficient evidence to support a recommendation, but only recommended or strongly recommended interventions are presented here.

Intervention	Intervention Description	Task Force Recommendation for Use	Indicators Measured in Reviewed Studies
Informational Approaches			
Community-wide campaigns	Large-scale, high-intensity, community-wide campaigns with sustained high visibility. Messages regarding physical activity behavior are promoted through television, radio, newspaper columns and inserts, trailers in movie theaters, and mailings.	Strongly Recommended	Percentage of persons active. Estimated energy expenditure. Time spent in physical activity. Scaled activity scores.
Point-of-decision prompts	Motivational signs placed close to elevators and escalators encouraging use of nearby stairs for health benefits of weight loss.	Recommended	Percentage of persons taking stairs instead of elevators or escalators (settings included train, subway, and bus stations; shopping malls; and university libraries).
Behavioral and Social Approaches			
Individually adapted health behavior change programs	Programs tailored to the person's readiness for change or specific interests. Designed to help participants incorporate physical activity into their daily routines by teaching them behavioral skills, including goal-setting and self-monitoring, building social support, behavioral reinforcement (self-reward and positive self-talk), structured problem-solving	Strongly Recommended	Minutes spent in physical activity. Energy expenditure.
School-based physical education (PE)	Modified curricula and policies to increase the amount of moderate or vigorous activity, the amount of time spent in PE class, or the amount of time students are active during PE class. Interventions included changing the activities taught or modifying the rules of the game so that students are more active.	Strongly Recommended	Minutes spent in activity. Frequency of exercise episodes.

<p>Social support interventions in community settings (does not include family settings)</p>	<p>Focus is on changing physical activity behavior through building, strengthening, and maintaining social networks that provide supportive relationships for behavior change. Strategies include creating new social networks or working within preexisting networks in a social setting (e.g., the workplace), setting up a buddy system, contracting with another person to complete specified levels of physical activity, or establishing walking groups or other groups to provide friendship and support</p>	<p>Strongly Recommended</p>	<p>Minutes spent in activity. Frequency of exercise episodes.</p>
<p>Environmental and Policy Approaches</p>			
<p>Creation of or enhanced access to places for physical activity combined with informational outreach activities</p>	<p>Access to places for physical activity can be created or enhanced by building trails or facilities or by reducing barriers to such places. Certain programs also provide training in using equipment and incentives (e.g., risk factor screening and counseling or other health education activities). Work site programs were also included in this category</p>	<p>Strongly Recommended</p>	<p>Percentage of persons exercising on X days per week. Self-reported exercise scores. Energy expenditure</p>

*Centers for Disease Control and Prevention. Increasing Physical Activity: A Report on Recommendations of the Task Force on Community Preventive Services. MMWR 2001; 50(No. RR-18):1-6. Also see the *Guide to Community Preventive Services* Web site at <http://www.thecommunityguide.org>