

Oregon MCH Priority Area: Physical Activity

| Inputs | Strategies | Sample Activities | Outputs | Short term Outcomes | Intermediate Outcomes | Long term outcomes |
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| <p>Staffing & expertise</p> <ul style="list-style-type: none"> • Programs • Assessment, Evaluation, Epi • Managers • Community Health Workers <p>Funding / resources</p> <ul style="list-style-type: none"> • Title V • Other <p>Partnerships within agency</p> <ul style="list-style-type: none"> • Healthy Communities • SBHC <p>Community partnerships</p> <ul style="list-style-type: none"> • Schools • Districts • EI/ECSE/SpEd • County planning • County transportation • Police • Safe Kids Coalitions <p>Data</p> <ul style="list-style-type: none"> • State and national performance measures • Community Health Assessments | <p>1. Support physical activity in child care settings through policy, training and workforce development</p> <p>2. Support physical activity before, during and after school, for all children, including those with special needs</p> <p>3. Improve the physical environment for physical activity</p> <p>4. Increase safe and active transportation options</p> <p>5. Promote policies and programs for healthy worksites, with a focus on physical activity</p> | <ul style="list-style-type: none"> - Provide TA and training to ECE providers - Provide coaching for implementation - Provide TA and support for policy development and implementation <ul style="list-style-type: none"> - Participate in School Wellness committees to strengthen policies - Develop and support SRTS programs - Develop and support joint use agreements - Partner with education partners on training for staff and inclusion of physical activity goals in IEPs and 504 plans <ul style="list-style-type: none"> - Participate in land use, planning, and transportation meetings - Inventory and map community to identify needed improvements <ul style="list-style-type: none"> - Promote and grow active transportation options for all ages - Participate in land use, planning, and transportation meetings - Be the voice of “health at all tables” <ul style="list-style-type: none"> - Provide TA and support in healthy worksite policy development and implementation | <p>1.1 Number of policies or policy briefs developed, promoted, or implemented</p> <p>1.2 Number of providers trained</p> <p>2.1 Number of new partnerships developed with schools/districts</p> <p>2.2 Number of schools/districts that have adopted physical activity policies</p> <p>2.3 Number of joint use agreements</p> <p>3.1 Number of completed maps, inventories, or assessments</p> <p>3.2 Number of new partnerships developed</p> <p>4.1 Number of opportunities to inform strategic direction in community, or to convene and influence decisions</p> <p>4.2 Number of schools/districts that have increased safe and active transportation options</p> <p>5.1 Number of presentations re: policy change</p> <p>5.2 Number of sites w/ policy change</p> <p>5.3 Number of new policies in place</p> | <ul style="list-style-type: none"> - Increased knowledge about importance of physical activity - Improved attitudes about physical activity - Increased community engagement and partnerships for physical activity - Increased and/or improved policies supportive of physical activity - Increased access to physical activity choices - Increased resources for the promotion of physical activity | <ul style="list-style-type: none"> - National Performance Measure 8: Percent of children ages 6-11 who are physically active at least 60 minutes per day - More opportunities for age-appropriate, enjoyable, varied physical activity - More safe and active transportation options | <ul style="list-style-type: none"> - Decreased overweight and obesity among children - Improved emotional health - Healthier bones, muscles, joints - Better brain development - Better grades in school - Better classroom behaviors - Strengthened social skills - Lifelong improved health |

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| <ul style="list-style-type: none"> • Community Health Improvement Plans • Census <p>Evidence base / best practice</p> <ul style="list-style-type: none"> • Community Guide • AAP | <p>6. Promote partnerships with clinical care providers to support anticipatory guidance and implementation of AAP guidelines for physical activity for children</p> | <ul style="list-style-type: none"> - Promote Rx to Play, or similar - Engage medical providers in community campaigns - Engage providers in promoting AAP guidelines for physical activity for children with special health needs | <p>6.1 Number of partnerships developed</p> <p>6.2 Number of providers engaged in promoting and implementing physical activity guidelines for children</p> | |
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