



Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends built environment strategies combining one or more intervention approaches to improve pedestrian or bicycle transportation systems with one or more land use and environmental design interventions based on sufficient evidence of effectiveness in increasing physical activity. Their recommendation is based on a systematic review of all available evidence.



Major Findings

- Physical activity increased among individuals in communities with new or improved projects or policies combining transportation (e.g., pedestrian or cycling paths) with land use and design components (e.g., access to public parks).
- Combinations of activity-supportive built environment characteristics were associated with higher levels of transportation-related physical activity, recreational physical activity, and total walking among exposed individuals.

The CPSTF recommendation is based on evidence from a systematic review of 90 studies. These studies used diverse designs, assessed and compared different combinations of interventions or existing built environment characteristics, and evaluated longitudinal changes or cross-sectional differences for a wide range of physical activity outcomes.

What are Built Environment Intervention Approaches?

Built environment intervention approaches to increase physical activity create or modify environmental characteristics in a community to make physical activity easier or more accessible. Intervention approaches must be designed to enhance opportunities for active transportation, leisure-time physical activity, or both. The CPSTF recommends intervention approaches that include one or more components from each of the boxes below.

Built Environment Approaches in Combination by Intervention Type

Pedestrian and Bicycle Transportation System Intervention Component	Land Use and Environment Design Intervention Component
<ul style="list-style-type: none"> ○ Street pattern design and connectivity ○ Pedestrian infrastructure ○ Bicycle infrastructure ○ Public transit infrastructure and access 	<ul style="list-style-type: none"> ○ Mixed land use ○ Increasing residential density ○ Proximity to community or neighborhood destinations ○ Parks and recreational facility access



Facts about Physical Activity

Despite the benefits, less than half of all adults, and 3 in 10 high school students in the United States, get the recommended daily amounts of physical activity.^{1,2}

Regular physical activity is one of the most important things people can do for their health. It can help individuals control weight, reduce risk of cardiovascular disease, reduce risk for type 2 diabetes and metabolic syndrome, reduce risk of some cancers, strengthen bones and muscles, and improve mental health and mood.³

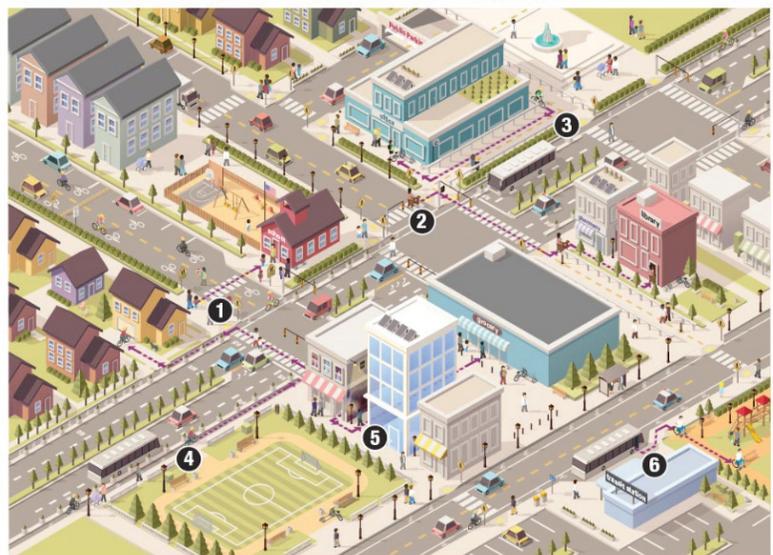


Be Active: Connecting Routes + Destinations

CDC's Division of Nutrition, Physical Activity, and Obesity developed a set of resources and guidelines to help communities implement combined built environment approaches. Materials include Real World Examples, an Implementation Resource Guide, a Visual Guide, and a slideshow that public health professionals can use to talk with others about enhancing the built environment.

www.cdc.gov/physicalactivity/community-strategies/beactive/index.html

Connecting Activity-Friendly Routes to Everyday Destinations



Learn More

Summary of Evidence and Task Force Finding

<https://www.thecommunityguide.org/findings/physical-activity-built-environment-approaches>

CDC, Division of Nutrition, Physical Activity and Obesity

<https://www.cdc.gov/nccdphp/dnpao/index.html>

The Benefits of Physical Activity

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

¹ Carlson SA, Fulton JE, Schoenborn CA, Loustalot F. Trend and prevalence estimates based on the 2008 Physical Activity Guidelines for Americans. *American Journal of Preventive Medicine* 2010;39(4):305–313.

² Centers for Disease Control and Prevention. Facts about physical activity. Atlanta (GA): CDC.gov. Available from URL: <https://www.cdc.gov/physicalactivity/data/facts.htm>

³ Centers for Disease Control and Prevention. Physical activity and health: the benefits of physical activity. Atlanta (GA): CDC.gov. Available from URL: <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at www.thecommunityguide.org.