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The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to increase physical activity. These findings are compiled in The Guide to Community Preventive Services (The Community Guide) and listed in the table below. Use the findings to identify intervention strategies you could use for your community.

Legend for CPSTF Findings:  Recommended  Insufficient Evidence  Recommended Against (See detailed description on the next page.)

| INTERVENTION  | CPSTF FINDING   |
|---|---|
| <b>BEHAVIORAL AND SOCIAL APPROACHES</b>   |   |
| Classroom-based physical activity break interventions   |    |
| Classroom-based physically active lesson interventions  |    |
| Digital health interventions for adults 55 years and older  |    |
| Enhanced school-based physical education  |    |
| Family-based interventions  |    |
| Individually adapted health behavior change programs  |   |
| Interventions including activity monitors for adults with overweight or obesity                                   |  |
| Social support interventions in community settings  |  |
| Digital health and telephone interventions to increase healthy eating and physical activity                       |   |
| Community-based   |  |
| Students at institution of higher learning  |  |
| Worksite  |  |
| <b>CAMPAIGNS AND INFORMATIONAL APPROACHES</b>   |   |
| Community-wide campaigns  |  |
| Stand-alone mass media campaigns  |  |
| <b>ENVIRONMENTAL AND POLICY APPROACHES</b>  |   |
| Built environment approaches combining transportation system interventions with land use and environmental design |  |
| Creating or improving places for physical activity  |  |
| Interventions to increase active travel to school   |  |
| Point-of-decision prompts to encourage use of stairs  |  |
| Park, trail, and greenway infrastructure interventions  |   |
| When combined with additional interventions   |  |
| When implemented alone  |  |

## UNDERSTANDING THE FINDINGS

CPSTF bases its findings and recommendations on systematic reviews of the scientific literature. With oversight from CPSTF, scientists and subject matter experts from the Centers for Disease Control and Prevention conduct these reviews in collaboration with a wide range of government, academic, policy, and practice-based partners.

| Category                     | Description  | Icon  |
|------------------------------|--|---|
| <b>Recommended</b>           | There is strong or sufficient evidence that the intervention strategy is <b>effective</b> . This finding is based on the number of studies, how well the studies were designed and carried out, and the consistency and strength of the results.   |  |
| <b>Insufficient Evidence</b> | There is <b>not enough evidence</b> to determine whether the intervention strategy is effective. This does not mean the intervention does not work. There is not enough research available or the results are too inconsistent to make a firm conclusion about the intervention strategy's effectiveness. CPSTF encourages those who use interventions with insufficient evidence to evaluate their efforts. |  |
| <b>Recommended Against</b>   | There is strong or sufficient evidence that the intervention strategy is <b>harmful or not effective</b> .   |  |

Visit the [Community Guide Methodology](#) page on The Community Guide website for more information about the methods used to conduct the systematic reviews and the criteria CPSTF uses to make findings and recommendations.

For more information, visit the [physical activity](#) topic page.

