

## Active Living/Physical Activity

**About Technical Assistance Briefs.** The MCH Evidence Center provides ongoing technical assistance (TA) to Title V agencies related to the emerging evidence base, strategies, and measures related to many topics interconnected with National Performance Measures and other critical topics in MCH. *Technical Assistance Briefs* are an outcome of these TA sessions that are designed to act as *conversation starters* in thinking about programs that can be developed to address issues that affect women, infants, children, adolescents, youth, families, and communities. These briefs are not meant to be comprehensive; full analyses of the NPM topic areas are provided in [Evidence Analysis Reports](#).

The Center makes these customized briefs available during TA and on the program website to identify evidence-based/informed strategies, promising practices, examples of ESMs from the field and peer-reviewed resources. Please [contact us](#) if you would like us to develop a similar report for topics that you are working on.

**Initial Query for this Brief.** Identify measures and best practices around Active Living/Physical Health.

### Evidence-Based Strategy Measures

**ESM: Program Integration.** These ESMs have been chosen by other states. You can review the ESMs to see if any resonate with your goals. Evidence Center staff are available to talk through how you could modify select ESMs to serve your needs.

State	ESMs
AR	ESM 8.1.2 Percent of school personnel who participated in Coordinated School Health training with increased knowledge of evidenced-based physical activity practices and curriculum and physical activity services provided by School Health Services
FSM	ESM 3.1 Percent of children ages 6 – 11 years who are doing physical activities in schools at least 60 minutes daily before, during, and after the school day
FL	ESM 8.1.1 The cumulative total of Florida school districts that have ever been awarded the evidence-based Florida Healthy School District recognition.
ID	ESM 8.1.1 Number of child care professionals trained on healthy behaviors for young children and creating health environments with focus on nutrition and physical activity.
IN	ESM 8.1.1 Number of schools participating in an activity (training, professional development, policy development, technical assistance, PA in-school programming, PA before and after school programming) to improve physical activity among children, ages 6-11.
KY	ESM 8.1.1 Number of early care and education professionals or providers completing training modules on nutrition, physical activity, or other obesity related opportunities.
KY	ESM 8.2.1 Number of districts receiving training or technical assistance for strategies to create a healthy school nutrition environment, or evaluation of recess and multi-component education policies.
ME	ESM 8.1.1 Number of SAUs, ECEs and Afterschool/Out of School Programs that meet best practices and highest standards for physical activity.

<b>NY</b>	ESM 8.1.1 Percent of children and youth enrolled in School Based Health Centers (SBHCs) who have documentation of anticipatory guidance that includes physical activity and nutrition during a visit to a SBHC within the past year.
<b>ND</b>	ESM 8.1.1 Number of partners actively involved with the physical activity steering committee work.
<b>TN</b>	ESM 8.1.1 Percent of physical education teachers receiving professional development related to 50% of PE class time spent in moderate to vigorous physical activity
<b>TN</b>	ESM 8.1.5 Number of Healthy Parks Healthy Person prescriptions written
<b>VT</b>	ESM 8.1.1 Number of classrooms or schools that sign on to 3-4-50, including a commitment to daily recess
<b>WY</b>	ESM 8.1.1 Number of childcare providers receiving training and technical assistance on Wyoming Healthy Policies Toolkit

## Evidence-Based Strategies – What Works for Health

The following programs have been identified as effective models related to Physical Health

<b>Title</b>	<b>Link</b>	<b>Category</b>
<b>Multi-component school-based obesity prevention interventions</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/multi-component-school-based-obesity-prevention-interventions">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/multi-component-school-based-obesity-prevention-interventions</a>	Scientifically Supported
<b>Active recess</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/active-recess">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/active-recess</a>	Scientifically Supported
<b>Individually adapted physical activity programs</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/individually-adapted-physical-activity-programs">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/individually-adapted-physical-activity-programs</a>	Scientifically Supported
<b>Nutrition and physical activity interventions in preschool &amp; childcare</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/nutrition-and-physical-activity-interventions-in-preschool-child-care">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/nutrition-and-physical-activity-interventions-in-preschool-child-care</a>	Scientifically Supported
<b>Physically active classrooms</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/physically-active-classrooms">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/physically-active-classrooms</a>	Scientifically Supported
<b>Screen time interventions for children</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/screen-time-interventions-for-children">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/screen-time-interventions-for-children</a>	Scientifically Supported
<b>Green space &amp; parks</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/green-space-parks">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/green-space-parks</a>	Some Evidence
<b>Extracurricular activities for physical activity</b>	<a href="https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/extracurricular-activities-for-physical-activity">https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/extracurricular-activities-for-physical-activity</a>	Some Evidence

## Evidence-Based Strategies – Innovation Hub

The following programs have been identified as effective models related to Childhood Obesity

Title	Link	Category
<b>The Empower Program</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/The-Empower-Program_Practice-Handout_Best.pdf">https://amchp.org/wp-content/uploads/2021/05/The-Empower-Program_Practice-Handout_Best.pdf</a>	Best
<b>Urban Lotus Project: Trauma-Informed Yoga for Youth</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/Urban-Lotus-Project-Trauma-Informed-Yoga-for-Youth_Practice-Handout_Promising.pdf">https://amchp.org/wp-content/uploads/2021/05/Urban-Lotus-Project-Trauma-Informed-Yoga-for-Youth_Practice-Handout_Promising.pdf</a>	Promising
<b>Get Healthy Together</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/Get-Healthy-Together_2015.pdf">https://amchp.org/wp-content/uploads/2021/05/Get-Healthy-Together_2015.pdf</a>	Promising
<b>Women Together for Health</b>	<a href="https://amchp.org/wp-content/uploads/2021/05/Women-Together-for-Health_2015.pdf">https://amchp.org/wp-content/uploads/2021/05/Women-Together-for-Health_2015.pdf</a>	Emerging

### Physical Health: Technical Assistance Brief

Last Updated: July, 2022

Access other resources at <https://www.mchevidence.org>

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U02MC31613, Strengthen the Evidence for Maternal and Child Health Programs, \$3.5 M. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.