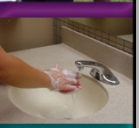
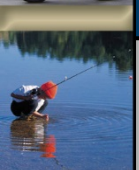




# Physical Activity

Phone: 515-281-6650  
<http://idph.iowa.gov/nutrition-physical-activity>  
[www.i-walk.org](http://www.i-walk.org)

Protecting & Improving  
the Health of Iowans



**Step It Up!** The Surgeon General's Call to Action to Promote Walking and Walkable Communities calls on Americans to be more physically active through walking and calls on the nation to better support walking and walkability. The purpose of the Call to Action is to increase walking across the United States by improving access to safe and convenient places to walk and wheelchair roll and by creating a culture that supports walking and making our communities walkable for people of all ages and abilities.

## Did you know?

Iowa is the only state in the nation that has not adopted national physical education standards. Physical education is a critical component to helping students reach the recommended 60 minutes of daily physical activity. Students with physical education are 2.5 times more likely to be active as adults.

## Why is Physical Activity important to protecting and improving the health of Iowans?

- Adults who are physically active are healthier and less likely to develop many chronic diseases than adults who are not active.
- Some physical activity is better than none — and any amount has health benefits.
- Children who are more active demonstrate higher scholastic achievement, better classroom behavior, greater ability to focus, and less absenteeism compared to their unfit peers.
- People who live in neighborhoods with sidewalks are 50% more likely to meet physical activity guidelines
- Iowans aren't getting enough activity.
  - ✓ According to the 2015 Iowa BRFSS, half of Iowans are meeting physical activity guidelines, and one-quarter of Iowa adults reported no leisure-time physical activity in the last month.
  - ✓ Environments that support physical activity and proper nutrition provide a better quality of life for Iowans.
  - ✓ Obesity is Iowa's top health priority identified by Iowa counties through their community health needs assessment.
  - ✓ Two-thirds of Iowa adults are overweight or obese. Physical activity is both a prevention strategy and solution to the problem.

## Which Iowa Public Health Goals are we working to achieve?

Promote healthy living

## What do we do?

Programs focusing on physical activity include 1) CDC-funded Health Promotion and Chronic Disease Control Partnership (1305); 2) Preventive Health and Health Services Grant; and 3) Iowa Nutrition Network.

### Health Promotion and Chronic Disease Control Partnership

- Making it easier for Iowans to walk and bike to their destinations. The healthy choice should be the easy choice.
- Working with metropolitan planning organizations to encourage their member municipalities to pass complete streets policies. Complete streets are streets designed for all users: pedestrians, cyclists, transit users and motor vehicles.
- Partnering with the Iowa Department of Education to increase physical activity opportunities in Iowa schools.
- Collaborating with the Healthiest State Initiative to advocate for more walkable communities

- Partners with Child Care Resource and Referral to assist child care centers with changes to their nutrition environments

### Iowa Nutrition Network/SNAP-Ed

- Bringing state and local partners together to build networks dedicated to healthy eating and physical activity.
- Promoting one hour of daily physical activity for children through the Play Your Way campaign.

## How do we measure our progress?

### 1 Number of complete streets policies.

Data Source: <https://smartgrowthamerica.org/program/national-complete-streets-coalition/policy-development/policy-atlas/> (2006-2014)

**How are we doing?** There are 29 cities in Iowa with a complete streets policy, and 19 of the largest 58 cities in Iowa (those with a population of >7000) have a policy. Complete Streets are streets for everyone. A complete streets policy ensures that when the city builds and updates their roads they will be designed and operated to enable safe access for all users, including pedestrians, bicyclists, motorists and transit riders of all ages and abilities.

### 2 Number of communities with an I-WALK project

Data Source: I-WALK program data (2010-2014); [www.i-walk.org/participatingSchools.php](http://www.i-walk.org/participatingSchools.php)

**How are we doing?** There have been 45 community I-WALK projects to date in 32 counties. I-WALK is the Iowans Walking and Logistics Toolkit, it is a partnership between the Iowa Department of Public Health and Iowa State University Extension and Outreach to assist communities with assessing their walking and biking infrastructure.

## What can Iowans do to help?

1. Be active 30 minutes, most days of the week. Three, 10-minute increments are just as effective as 30 minutes all at once.
2. Replace one car trip a week with a walking trip. Walk to the library, post office, or to get lunch on foot rather than driving.
3. Encourage your community to make it easier for citizens of all ages and all abilities to walk by passing a complete streets policy.
4. Talk to your local school district about the importance of physical education, recess, and physical activity opportunities before, during and after the school day.
5. Work with your local school district to make it easier and safer for students to walk and bike to school. Visit [www.i-walk.org](http://www.i-walk.org) to see if your local school has been working on Safe Routes to School.

## Expenditures

**Health Promotion:** general fund, federal funds, & private grants\*: K05-0609 (50%); 0153-0728 (13.5%). **Iowa Nutrition Network:** intra state receipts\* (Dept of Human Services) 0153-1108 (25%).

	State Fiscal Year 2015 Actual	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Estimate
State funds	\$81,369	\$54,385	\$55,998
Federal funds	\$1,174,446	\$260,960	\$252,431
Other funds*	\$359,189	\$385,389	\$593,143
<b>Total funds</b>	<b>\$1,615,004</b>	<b>\$700,733</b>	<b>\$901,571</b>
FTEs	2.41	1.95	2.01

**Note:** Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.