



Physical Activity

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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.
- Almost any amount of physical activity 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. In 2016, 22.7% of Iowa adults reported no leisure-time physical activity in the last month, which was an improvement of almost 4% from 2014. 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.
 - ✓ Almost 70% of Iowa adults are overweight or obese. The 2016 Youth Risk Behavior Survey reports 31.3% of Iowa high school students 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 Block Grant; and 3) Iowa Nutrition Network.

Health Promotion and Chronic Disease Control Partnership

- Making it easier for Iowans to walk and bike.
- Working with metropolitan planning organizations and regional planning affiliates to encourage their member municipalities to pass complete streets policies (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.

- Partnering with Child Care Resource and Referral to assist child care centers to change 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.

State Childhood Obesity Funds

- Provides resources, funding and support to the statewide [5-2-1-0 Healthy Choices Count!](#) Childhood Health 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 30 cities in Iowa with a complete streets policy and 20 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

How are we doing? There have been 46 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. Work with your local school district and childcare providers promote [5-2-1-0 Healthy Choices Count!](#) strategies such as providing opportunities to get physical activity everyday.
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 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 (14.5%). **Iowa Nutrition Network:** intra state receipts* (Dept of Human Services) 0153-1108 (25%).

	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Actual	State Fiscal Year 2018 Estimate
State funds	\$54,385	\$55,998	\$97,497
Federal funds	\$260,960	\$252,180	\$186,787
Other funds*	\$385,389	\$593,143	\$631,394
Total funds	\$700,733	\$901,320	\$915,677
FTEs	1.95	2.01	1.88

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.