

Proposed Healthy People 2020 Objectives-NCPPA Public Comments

1. Objectives Retained As Is From Healthy People 2010

- **PAF HP2020–1: Reduce the proportion of adults who engage in no leisure-time physical activity.** The National Coalition for Promoting Physical Activity (NCPPA) supports this objective however we would like to see it written in a more positive tense and perhaps include a specific percentage increase as a target. While much attention has been/is being focused on childhood obesity in general and its inherent risks, it is very important to the health of the nation that adults increase their daily physical activity and to encourage physical activity in adult leisure time pursuits. The most recent release of statistics from the The CDC/NCHS, National Health Interview Survey offer a bit of hope that the tide may be beginning to turn a bit toward an increase in such activity however there is still much work to be done through both HP2020 and the National Physical Activity Plan. A recent report from the CDC(Barnes PM, Schiller JS, Heyman KM. Early release of selected estimates based on data from the January-June 2009 National Health Interview Survey. National Center for Health Statistics. December 2009.) included the following statistics on adult leisure time physical activity: For the period January through June 2009, 35.0% (95% confidence interval = 33.52%-36.54%) of U.S. adults aged 18 years and over engaged in regular leisure-time physical activity, which was higher than the January through June 2008 estimate of 31.0%. These percentages might offer a good base from which to select a target goal for increasing adult leisure time physical activity in HP2020.
- **PAF HP2020–2: Increase the proportion of the Nation’s public and private schools that require daily physical education for all students.** The National Coalition for Promoting Physical Activity supports this objective with a few changes. We believe that in elementary schools and it should be added to the listed Middle, Junior and Senior high schools. It would be very beneficial to further specify each grade level(i.e., require daily physical education fro grades K-12)as well. We very much agree with the AHA suggestion that the national standard recommendation for time spent in physical education .(150 minutes elementary school; 225 minutes middle and high school). (Reference: National Association of Sport and Physical Education; Centers for Disease Control and Prevention)be added to this objective as well.
- **PAF HP2020–4: Increase the proportion of adolescents who spend at least 50 percent of school physical education class time being physically active.** The National Coalition For Promoting Physical Activity (NCPPA) supports this objective however we would also like to see the inclusion of language that insures that all students (including those that are disabled or live in economically disadvantaged areas) are receiving a high quality physical education program. The National Association for Sport and Physical Education defines such a program as including the following components: opportunity to learn, meaningful content and appropriate instruction. (Reference: National Association for Sport and Physical Education. (2003). What constitutes a quality physical education program [Position statement]. Reston, VA: Author.)
- **PAF HP2020–5: Increase the proportion of the Nation’s public and private schools that provide access to their physical activity spaces and facilities for all persons outside of normal school hours (that is, before and after the school day, on weekends, and during summer and other vacations).** This objective is a good start on the concept of shared resources/facilities and the role they can play in increasing physical activity, however it is it is limited in its scope. Thomas Richards already addressed the possibility of using local health clubs and I very much agree this is an avenue that can be explored. Corporate campuses often include large grassy areas and

sometimes also include recreational facilities such as tennis courts, running/walking trails, ball fields. The Wheaton Park District in Wheaton, Il signed a joint use agreement with, what was then, Amoco in the late 70's/early 80'S that allowed the park district to use large grass areas for soccer fields and in return, they provided the mowing of the areas. The agreement afforded the residents of Wheaton many more soccer teams/leagues (both youth and adult) than would have been possible otherwise. It would be beneficial to add a policy based objective that offered incentives to companies for joint use agreements, for both use of land such as detailed above or use of private health clubs for community based activity programs.

2. Objectives Retained But Modified From Healthy People 2010

- **PAF HP2020–6: Increase the proportion of adults that meet current Federal physical activity guidelines for aerobic physical activity and for muscle strength training.** It would be beneficial to split this objective into two...one dealing with aerobic activity and the other dealing with muscle' strengthening activities. It would be helpful in research as well as allowing more accurate target increases in percentage which may differ for each area.
- **PAF HP2020–7: Increase the proportion of adolescents that meet current physical activity guidelines for aerobic physical activity and for muscle-strengthening activity.** This objective does well in that it is in synergy with the Physical Activity Guidelines (Ref: 2008 Physical Activity Guidelines for Americans [PDF Version] however it leaves out the recommended bone strengthening activities. The objective would be much stronger if it were to read: Increase the proportion of adolescents that meet current physical activity guidelines for aerobic physical activity and for muscle AND BONE strengthening activity.
- **PAF HP2020–8: Increase the proportion of children and adolescents that meet guidelines for television viewing and computer use.** It would be beneficial to include language that if children are playing computer/video games that they be of the interactive sort-i.e. require physical activity rather than simply sitting with a remote in a hand.
- **PAF HP2020–9: (Developmental) Increase the proportion of employed adults who have access to and participate in employer-based exercise facilities and exercise programs.** The National Coalition For Promoting Physical Activity (NCPA) is very much in favor of encouraging employer based physical activity programs however as written, this objective can only apply to a limited number of worksites. It would be helpful to reword the objective to include employer sponsored use of off site facilities. A recent study showed that corporate fitness center participants had 1.3 days fewer short-term disability claims per year per employee than non-participants and had fewer health risks. (Source: Journal of Occupational and Environmental Medicine, April 2006) While the majority of worksites are not fortunate enough to have corporate fitness centers, they can be encouraged to look to the use of local public and private facilities to conduct such programs and provide their employees with such opportunities as well as providing their employees with time to work out. Perhaps extend lunch periods 20 minutes to those utilizing that time to work out, etc.
- **PAF HP2020–10: (Developmental) Increase the proportion of trips made by walking.** It is imperative that communities begin to look at their design and plans with pedestrian and bicyclists of all ages in mind. School siting should pay particular attention to encouraging walking safely to school. The National Household Travel Survey (NHTS) completed in 2001, found that walking trips were most likely to occur for social and recreation trip purposes (12.7 percent) and least likely for work purposes (3.4 percent). Walking trips also accounted for 10.5 percent of all trips to school and church and 6.5 percent of shopping and service trips. There needs to be a policy based objective

included in HP2020 that would encourage communities to look at ways to increase walking and biking through design.

- **PAF HP2020–11: (Developmental) Increase the proportion of trips made by bicycling.** It is imperative that communities begin to look at their design and plans with bicyclists of all ages in mind. School siting should pay particular attention to encouraging biking (and walking) safely to school. The National Household Travel Survey (NHTS) completed in 2001, found that walking trips were most likely to occur for social and recreation trip purposes (12.7 percent) and least likely for work purposes (3.4 percent). Walking trips also accounted for 10.5 percent of all trips to school and church and 6.5 percent of shopping and service trips. There needs to be a policy based objective included in HP2020 that would encourage communities to look at ways to increase biking through community design as well as programs such as Complete Streets, Safe Routes to School, etc.

3. Objectives New to Healthy People 2020

- **PAF HP2020–12: Increase the proportion of States and school districts that require regularly scheduled elementary school recess.** The National Coalition For Promoting Physical Activity (NCPA) very much supports this objective. We agree with the AHA in that removal of recess should not be utilized as a punitive measure. In addition to providing opportunities for physical activity, recess can play a role in improving learning, social development, and health in elementary school children. (Reference: Barros et al. School Recess and Group Classroom Behavior. Pediatrics, Feb 1, 2009; 123 (2): 431 DOI: 10.1542/peds.2007-2825)
- **PAF HP2020–13: Increase the proportion of school districts that require or recommend elementary school recess for an appropriate period of time.** The National Coalition For Promoting Physical Activity (NCPA) very much supports this objective. We would like to see the objective be a bit more specific by listing a specific time period...while 30 minutes is the ideal, 15 minutes would be a good start and has been shown to be effective. In addition to providing opportunities for physical activity, recess can play a role in improving learning, social development, and health in elementary school children. (Reference: Barros et al. School Recess and Group Classroom Behavior. Pediatrics, Feb 1, 2009; 123 (2): 431 DOI: 10.1542/peds.2007-2825) We agree with the AHA in that removal of recess should not be utilized as a punitive measure.

4. Objectives Moved From Another Healthy People Topic Area

- **PAF HP2020–14: Increase the proportion of physician office visits for chronic health diseases or conditions that include counseling or education related to exercise.** The National Coalition For Promoting Physical Activity (NCPA) supports this objective and would like to see it expanded or perhaps a new objective written that calls for medical schools to incorporate the use of "Exercise is Medicine" in that curriculums.

5. Objectives Archived From Healthy People 2010 (Archived objectives are Healthy People 2010 objectives that are not included in the proposed set of Healthy People 2020 objectives for data, target or policy reasons.)

- **HP2010 22-5: Increase the proportion of adults who perform physical activities that enhance or maintain flexibility.** While one can appreciate the lack of adequate data, it seems that perhaps such types of activities can be incorporated into one of the other objectives.

6. NCPPA Proposed Objectives on Physical Activity and Fitness

- *Proposed Objective Text: Increase the number of communities establishing cash/land agreements with developers to increase, develop and/or maintain facilities that foster physical activity. Specify in such policies that donated land must be appropriate for development of facilities that afford physical activity. Specify that cash donations will be used towards the development and/or maintenance of facilities that offer opportunities to engage in physical activity. Rationale: Such agreements can help budget crunched communities to increase, develop and/or maintain facilities that foster physical activity. Proposed Data Source(s): The Illinois Park and Recreation Association; National Recreation and Park Association*
- *Proposed Objective Text: Increase the number of communities offering Safe Routes to Schools initiatives and expand to include safe routes to community places such as parks and community centers (including YMCA's, Boys & Girls Clubs, etc.). Require school districts to work with transportation departments when doing school citing to insure that students are able to safely walk and/or bike to school. Rationale: Offering safe ways to walk and bicycle to school will help to increase children's daily physical activity. Expanding to include community places will further increase physical activity. Proposed Data Source(s): Safe Routes to School National Partnership has valuable research to support this.*