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Friday FACTS

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"Leadership, Partnership, and Championship"

STRATEGIES TO ENHANCE PHYSICAL ACTIVITY

By now it's been well established that regular physical activity is associated with a healthier, longer life. Physically active people have a lower risk of heart disease, high blood pressure, diabetes, obesity, and some types of cancer compared to less active people. In fact, a recent study showed that regular physical activity can prevent the onset of diabetes even in high-risk people. Despite all the benefits of physical activity, most Americans are sedentary. Since regular physical activity helps people enjoy better health, an important question is: what strategies work best to help people to become more physically active?

The Task Force on Community Preventive Services, an independent non-federal group commissioned by DHHS to develop the *Guide to Community Preventive Services (Community Guide)* has just completed a systematic review of the evidence of effectiveness of selected population-based strategies to increase physical activity levels. These strategies can be used by health promoters, public health advocates, and policy makers. As a result of this review the Task Force has made several recommendations to include:

- * Community-wide campaigns, individually-adapted health behavior change programs
- * School-based physical education (PE)
- * Social support interventions in community settings
- * Creating or improving access to places for physical activity combined with informational outreach
- * Prompts to encourage stair use.

More information and details to support specific recommended interventions are available from the *Guide to Community Preventive Services* at http://thecommunityguide.org/Physical_f1.html. A full MMWR report on this is available at http://www.cdc.gov/mmwr/mmwr_rr.html

OTHER STRATEGIES FOR HEALTH PROMOTION INTERVENTIONS

The Task Force on Community Preventive Services has recently developed a one page intervention summary for Task Force findings on **tobacco prevention and control**. This can be accessed at http://www.thecommunityguide.org/Guide/tobacco_f1.html. One page summaries are also available for motor vehicle occupant injury, diabetes, and physical activity. Other systematic reviews and evidenced based recommendations from the Task Force are available from their home page: http://www.thecommunityguide.org/home_f.html

Attention MTF trainers, educators, health promoters, and prevention-minded professionals - put prevention into practice and award Continuing Education Credit with this excellent, no-cost tool for local in-service training for Health Care Providers. A new fully-scripted PowerPoint lecture and companion student manual designed for health care providers are available now on the SHARP website (<http://www-nehc.med.navy.mil/hp/sharp/presentations.htm>). This is a 60 to 90-minute lecture which introduces data about HIV, STD, and unplanned pregnancy incidence, and introduces data which indicate that providers often miss opportunities to discuss sexual health with their clients. A research-based, 6-step, client-centered counseling model is introduced, and role plays are used to demonstrate "typical" and "model" brief interventions with a patient. This training program has been approved by the Bethesda Naval School of Health Sciences for 1.8 Nursing Educational Activity I contact hours and 1.8 category II credits of the Physician's Recognition Award. To apply for CEU credit, the local lecture facilitator simply follows the instructions in the student manual.

To be wronged is nothing unless you remember it. -Confucius