THEORETICAL BACKGROUND

APPROACHES AND METHODS

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APPROACHES AND METHODS
テーマ・リスト

1. テーマ1のリスト
2. テーマ2のリスト
3. テーマ3のリスト

すべてリストをまとめて、

テレビで視聴することが、

と思います。
• 增加了新的数据
• 增加了新的数据
Graph showing trends in physical activity and inactivity from 1986 to 1999.

- Recommended Activity
- Physical Inactivity
Graph showing data for the years 1977, 1983, 1990, and 1995 with values decreasing from 9.3 to 5.5.
COMMUNITY & PREVENTIVE SERVICES

- \[ \text{Community \& Preventive Services} \]
- \[ \text{Community \& Preventive Services} \]
- \[ \text{Community \& Preventive Services} \]
- \[ \text{Community \& Preventive Services} \]
Physical Activity:  
Creation/ Access to Places for Activity

Net % Change from Baseline

-40% 0% 40% 80% 120% 160% 200% 240% 280%

Pa scale  PA Freq  % Ex 3+x/ wk
% rpt some LTPA  Energy Expenditure

GUIDE TO COMMUNITY Preventive Services
• Community Health Centers
• Dental Health Centers
• Substance Abuse Centers
• Mental Health Centers
• Health Clinics
• Free Clinics
Percent of adults who are overweight and percent of trips made on foot.
(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" person)
(*BMI $\geq 30$, or ~30 lbs overweight for 5’4” person)
(*BMI $\geq$ 30, or ~ 30 lbs overweight for 5'4" person)
(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” person)
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(*BMI ≥ 30, or ~ 30 lbs overweight for 5'4" person)
(*BMI ≥ 30, or ~ 30 lbs overweight for 5’4” person)
• Some text in a block format.

• Another text block with bullet points.
新感覚の実験

アジアの市場での活用

今後は非接触の活用

今後は非接触の活用

今後は非接触の活用
Defining Active Living

Active Living is a way of life that integrates physical activity into daily routines with the goal of accumulating at least 30 minutes of activity each day.
The Influences on Behavior

- Society
- Community
- Organizations
- Family, Friends
- Individuals

Health Promotion for the Individual

Exercise

Community Barriers

Traditional Approach
Health Promotion and Community Design

Active Living

Community Barriers

Traditional

Community Design Approach
1996 Surgeon General’s Report
Recommendation

- 30+ min moderate intensity activity – 5+ days/week
- 20+ min vigorous activity – 3+ days/week
1996 Surgeon General’s Report

Implications

For the public

• Validates those already exercising for fitness reasons

• Encourages sedentary and irregularly active to start with moderate activities

For health advocates

• Utilitarian and leisure activity, e.g. walking and biking, are both important

• Should compel us to implement strategies promoting Active Living
City, suburban designs could be bad for your health

By Martha T. Moore, USA TODAY

“Why don't Americans walk anywhere?
Old answer: They're lazy.
New answer: They can't...”
Community Barriers to Walk or Bicycle

- Dispersed Land Use Patterns
- Poorly Connected Street Networks
- Streets Made for Autos/Trucks
- “Drive-by” Site Design
- Lack of Social Support
- Crime
  - Real, perceived
Public Health and Planning

- Village of Euclid vs. Ambler Realty Co. Decision of 1926
- Zoning to separate homes from industry and pollution
Policies Still Serving Public Health?

- Costs of automobile dependency add up
Disappearing Walk to School?

- 1 in 4 trips are to or from school.
- 10% of these trips are made by walking and bicycling.
- Of short school trips, 28% are on foot and less than 1% are by bike.

1995 Nationwide Personal Transportation Survey
Barriers & Opportunities

All Trips

• 25% of all trips are one mile or less

• 75% of those trips are made by car

Growing Evidence: Environment Characteristics Associated with Activity

- Outdoor place to exercise
- Access to indoor gym
- Parks
- Treadmills, home equipment
- Enjoyable scenery
- Friend, other people exercising
- Sidewalks
- Accessible cycle path
- Proximity to a bikeway

- Hills
- Heavy traffic
- Busy street to cross
- Neighborhood crime

Recent Special Issues

September 2003:

- American Journal of Health Promotion
- American Journal of Public Health
Recent Evidence (1)


- Surveyed ~1,800 adults in 6 NC counties
- Inquired about: physical activity levels, walking/bicycling, access to trails, parks, etc.

- Key Findings:
  Recommended activity more likely when people have access to…
  ⇔ neighborhood trails
  ⇔ “places for physical activity”

- Studied 149 older white women from Pittsburgh, PA
- Inquired about: physical activity levels, walking behaviors, walking distance to trails, parks, stores, etc.
- Women used pedometers/diaries to document daily steps

- Key Findings:
  Higher step counts associated with living within walking distance to...
  ⇔ a walking or bicycling trail
  ⇔ a park
  ⇔ a department, discount, or hardware store
Building the Evidence…U.S. Approaches

Relationship Between Urban Sprawl and Physical Activity, Obesity, and Morbidity

Fred Ewing, Tom Sigmund, Richard Kittleson, Amy Zhit, Stephen Randalow

Also worth reading…

From Sept 2003 American Journal of Health Promotion

McCann and Ewing
Preferences for Walkability (1)

- When deciding where to live, having sidewalks and places to take walks is important to 79% of Americans
  - 44% very important, 35% somewhat important

- Being within walking distance to school is important to 50% of Americans
  - 29% very important, 21% somewhat important

- Being within walking distance to transit is important to 48% of Americans
  - 25% very important, 23% somewhat important

Source: Americans attitudes toward walking and creating better walking communities. April 2003 Belden, Russonello and Stewart Research and Communications.
Preferences for Walkability (2)

• Being within **walking distance to stores and restaurants** is important to **56%** of Americans
  – 25% very important, 31% somewhat important

• Having **places to walk a pet** is important to **51%** of Americans
  – 23% very important, 27% somewhat important

Source: Americans attitudes toward walking and creating better walking communities. April 2003 Belden, Russonello and Stewart Research and Communications.
Active Living by Design promotes environments that offer choices for integrating physical activity into daily life.
Active Living by Design
National Program Office Activities

- Grants and guidance to 25 communities
- Provide input on national level
  - RWJF, state/federal agencies, elected officials, conferences
- Sharing information
  - website, fact sheets, presentations on-line
- Convened a National Advisory Committee
- Built Environment Graduate Course
Active Living by Design is a national program of The Robert Wood Johnson Foundation and is a part of the UNC School of Public Health in Chapel Hill, North Carolina. The program will establish and evaluate innovative approaches to increase physical activity through community design, public policies and communications strategies.

Community partnerships will be funded to develop, implement and sustain collaboration among a variety of organizations in public health and other disciplines, such as city planning, transportation, architecture, recreation, crime prevention, traffic safety and education, as well as key advocacy groups concentrating on land use, public transit, non-motorized travel, public spaces, parks, trails, and architectural practices that advance physical activity.

WELCOME
A message from the Director.

FEATURED LINK
The International City/County Management Association (ICMA) serves as the organizational "home" of the Smart Growth Network (SGN). ICMA sponsors this smart growth page as part of its efforts to provide resource information and technical assistance to facilitate the implementation of smart growth in communities across the country. The First Stop Shop database of publications for Smart Growth is a collaborative effort between ICMA and the Local Government Commission.

FEATURED PUBLICATION
MEASURING SPRAWL AND ITS IMPACT: The Character & Consequences of Metropolitan Expansion
This ground-breaking, three-year study by researchers at Rutgers and Cornell measures sprawl in the most comprehensive way yet and confirms that, in sprawling places, people drive more, breathe more polluted air, face a greater risk of traffic fatalities, own more cars and walk and use transit less. More information can be found at Smart Growth America.
Partnership With Communities
Types of Support

- Grants up to $200,000 over five years
- Technical support for grantees
- Special Opportunities Fund
Active Living by Design Action Model

Supports
- RWJF
- ALbD
- Grantee Communities

Strategies
- Preparation
- Promotions
- Programs
- Policy Influence
- Physical Projects
Preparation: Getting Ready

Multidisciplinary Partnerships

Active Living Partnership

TACTICS:

• Conduct neighborhood assessments
• Evaluate master plans, ordinances and design guidelines
• Provide training for local active living advocates
• Generate financial and in-kind resources for active living projects
Promotion: Communications

Increase Understanding

TACTICS:

• Community wide campaigns
• Educate editorial and advisory boards, plus elected officials and community organizations
• Editorials, articles and features on active living in local newspapers.
• Community events
• Point of decision prompts
Programs

Increase Opportunities & Incentives for Active Living

• Walk-to-School and Safe-Routes-to-School programs.

• Increase social support for physical activity, e.g. walking clubs.

• Physical activity and fitness programming for youth, older adults, women, people of color, and people with disabilities.

• Promote the use of existing trails for routine transportation.

• Programming and opportunities for people with disabilities.
Policy: Influencing Public Decisions

Mobilize/Empower Communities

Public Health

Establish Relationships with Policy Makers

Land Use Plans/Policies

Transportation Plans/Policies

Community Values

TACTICS:

• Increase students’ physical activity during the school day.

• School site selection guidelines with safe, multi-modal access to neighborhood schools.

• Requirements that neighborhood streets be designed with pedestrians and bicyclists in mind.

• Updated ordinances, codes, and design guidelines to encourage mixed-use, compact development.

• Advocate for funding for pedestrian and cycling-oriented capital improvements.
Physical Projects:
Creating Supportive Built Environments

- Accessible network of sidewalks, bike lanes, parks, trails and greenways.
- Traffic calming measures.
- Dense, mixed-use development near transit stations.
- Facilities to make walking and biking more convenient, comfortable and secure.
- Universal design principles to ensure accessible facilities for people of all abilities.
Active Living by Design Action Model

**Supports**
- RWJF
- ALbD
- Grantee Communities

**Strategies**
- Preparation
  - Community Mobilization
  - Increased citizen involvement
  - Emerging Leaders

- Promotions
  - Media coverage
  - Prompts to action
  - Community Events
  - Enhanced Awareness

- Programs
  - Safe Routes to School
  - Commuter Choice
  - Incentive-based Campaigns
  - Bike/Ped Clubs

- Policy Influence
  - Master Plans, e.g. Land Use, Transportation, Ped/bike, Greenway
  - Organizational Policies
  - Codes/Ordinances

- Physical Projects
  - Signage
  - Street Lighting
  - New Trails

**Short Term Changes**
- Social Support
- Institutionalization
- Change professional practice

**Intermediate Changes**
- Standardized programs in communities, schools, worksites, etc.
- Consistent and supportive policy across organizational and community settings

**Health & Lifestyle Changes**
- Physical Activity
- Obesity
- Diabetes
- High B/P
- Heart Disease
- Stroke
- Cancer

**Unintended Consequences**
- Safe, convenient, and integrated facilities
I. INTRODUCTION

II. LITERATURE REVIEW

III. METHODOLOGY

IV. RESULTS

V. DISCUSSION

VI. CONCLUSION

REFERENCES
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Approaches to Promote ACEs

- Non-Traditional Approaches to Promote Public Health through Physical Activity
  - Urban Design
  - Transportation
  - Environmental Protection
  - Crime Prevention
  - Pedestrian Safety
  - Environmental Psychology
TULP SUHONDO

- Naka nagpatuloy ang pag-anay at pag-implimentasyon ng TULP
  
  - Pagtuluyan ng mga proseso at layunin ng pag-implimentasyon ng TULP
  
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  - Pagtuluyan ng mga proseso at layunin ng pag-implimentasyon ng TULP

- Naka nagpatuloy ang pag-anay at pag-implimentasyon ng TULP
HP 2010: Transportation

22.12 Increase trips made by walking
   5-15 years: trips to school less than 1 mile
   18+ years: trips less than 1 mile

22.15 Increase trips made by bicycling
   5-15 years: trips to school less than 2 miles
   18+ years: trips less than 5 miles
ACEs Information @ CDC

- ACEs Web Site
  - www.cdc.gov/nccdphp/dnпа/ace.htm

- Information on Web Site
  - ACEs Fact Sheet
  - Literature Review / Bibliography
  - KidsWalk-to-School Guide
  - Other Publications and Research Findings
  - Links
SMARTRAQ SURVEY PLAN

ACTIVITY BASED TRAVEL SURVEY
8000 Households

- Across land use type, household size, and income
- Engaging Traditionally Under-served Households via Translation, Active Recruitment, and Community Outreach

1500 households
Residential Preference Survey: *Defining the Market for Smart Growth*

1100 Vehicles
In-Vehicle (GPS) Global Positioning Systems: *capturing actual travel vs reported*

1000 Persons
Physical Activity Survey

500 Persons
GPS / Palm Pilots

500 Persons
Activity monitors
Miles of Travel Based on Street Pattern Connectivity

Dr. Larry Frank, Ga Tech & Dr. Tom Schmid, CDC
Network Distances

1.3 miles vs. 0.5 miles

Images are same scale, approximately 1 sq mi.

Dr. Larry Frank, Ga Tech & Dr. Tom Schmid, CDC
Walk destinations from home

"When you travel to the following places from your home, how often do you walk there?"

- walkable
- nonwalkable

Percentage of respondents

sometimes", "often", or "very often"

destinations

Grocery store
Retail
Day care
Bank
Dr. office
Restaurant
School
Sports field
Park
Work

Dr. Larry Frank, Ga Tech & Dr. Tom Schmid, CDC
SMARTRAQ – N=4430

Average BMI: \[\frac{\text{weight}}{\text{height} \times \text{height}}\]

Dr. Larry Frank, Ga Tech & Dr. Tom Schmid, CDC
**Important Notes**

- **Important Note:** A detailed description of the image content is not possible due to the nature of the document format.

WTS Universe:
Any school that has conducted a WTS through 2002

Phase 2 Sample:
Schools that return completed questionnaire

Classification of Phase 2 schools into Level 1, 2 or 3

Phase 3
Random Selection
Level 1 Schools N=5
Level 2 Schools N=5
Level 3 Schools N=5
Level 4 Schools N=5
THEME: SCHOOL

- Classroom
- Library
- Lunch
- Recess
- Homework assignments

THEME: SCHOOL
Trails for Health

- Trails for Health
  - Paths to Health
  - Paths to Health
  - Paths to Health
  - Paths to Health
  - Paths to Health
POLICY DETERMINANTS

POLICY

ENVIRONMENT

PHYSICAL ACTIVITY

HEALTH
84

• ősszerűen el — tanulmányozni kell
  tanulmányozni kell

• ősszerűen el — tanulmányozni kell
  tanulmányozni kell

  meg kell tanulmányozni és lép
  meg kell tanulmányozni
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
• The camera detected objects in the scene.
  - Object 1: Object A
  - Object 2: Object B
  - ...
- Another category of categories are categories that are categories of categories that are categories of categories.
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  ja meil on vaja rõõmu.
- Ma asen mehele, kes on toodanud tähtsa olulist
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- Some text about the content of the slide