



ASSOCIATION OF MATERNAL & CHILD HEALTH PROGRAMS



AMCHP NPM-8 –

Physical Activity Resource Sheet

Percent of children ages 6 through 11 and adolescents 12 through 17 who are physically active at least 60 minutes per day

SUMMARY OF STRATEGIES FROM STATE ACTION PLANS

27 jurisdictions selected NPM-8

Common themes → **increase physical activity, collaboration, community partnership**

- Increasing physical activity during the school day, not just through P.E. classes
- Encourage the local health department staff to participate in school wellness committees within their school district
- Increase school-community collaborations to promote health
- Collaborate with DOE to conduct outreach to districts to develop and implement obesity prevention activities
- Identify community partners to work with their local schools to incorporate recess and physical activity into their school wellness policies.

BEST PRACTICES

Below are highlights of related cutting-edge, emerging, promising and best practices located in Innovation Station.

- **Empower Program:**
http://www.amchp.org/programsandtopics/BestPractices/InnovationStation/ISDocs/Empower-Program_2015.pdf
- **La Vida Sana, La Vida Feliz:**
http://www.amchp.org/programsandtopics/BestPractices/InnovationStation/ISDocs/la_vida_sana_2015.pdf
- **Georgia Shape:**
[http://www.amchp.org/programsandtopics/BestPractices/InnovationStation/ISDocs/GA-SHAPE\(2\)_2015.pdf](http://www.amchp.org/programsandtopics/BestPractices/InnovationStation/ISDocs/GA-SHAPE(2)_2015.pdf)

TOOLS / RESOURCES SPECIFIC TO THIS MEASURE

Strengthen the Evidence Base for Maternal and Child Health (MCH) Programs:

http://www.semch.org/uploads/3/4/9/4/34942022/physical_activity_05_20_16.pdf

Promoting Healthy Weight: The Role of Title V (2013):

http://www.amchp.org/programsandtopics/CHILDHEALTH/resources/Documents/Healthy_Weight_IssueBrief_FINAL.pdf

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