



Walking 101
***The Role of Maternal, Child, and
Adolescent Health Programs***

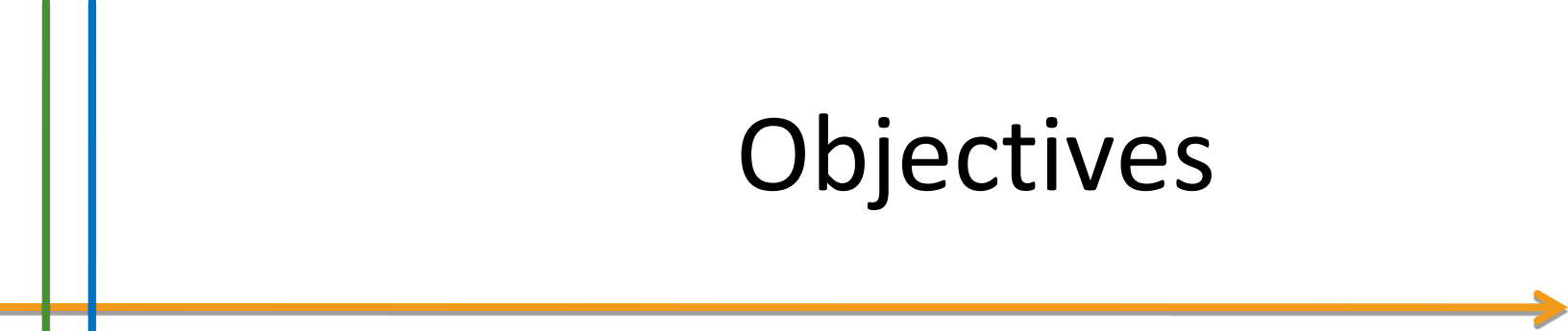
April 23, 2015



Agenda

- Introduction: Suzanne Haydu, MPH, RD, Nutrition and Physical Activity Coordinator, MCAH/CDPH
- Walking 101 for MCAH Programs: Scott Bricker, America Walks
- Opportunities for Collaboration to Promote Walking: Lisa Cirill, MS, PAPHS, Chief, California Active Communities, CDPH
- Questions/Answers

Objectives

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- Understand MCAH's role in promoting walking as a healthy form of physical activity
 - Explain how our environments can affect the ability to walk
 - Identify specific ways for MCAH programs to promote walking
 - Identify other partners that MCAH program may collaborate with

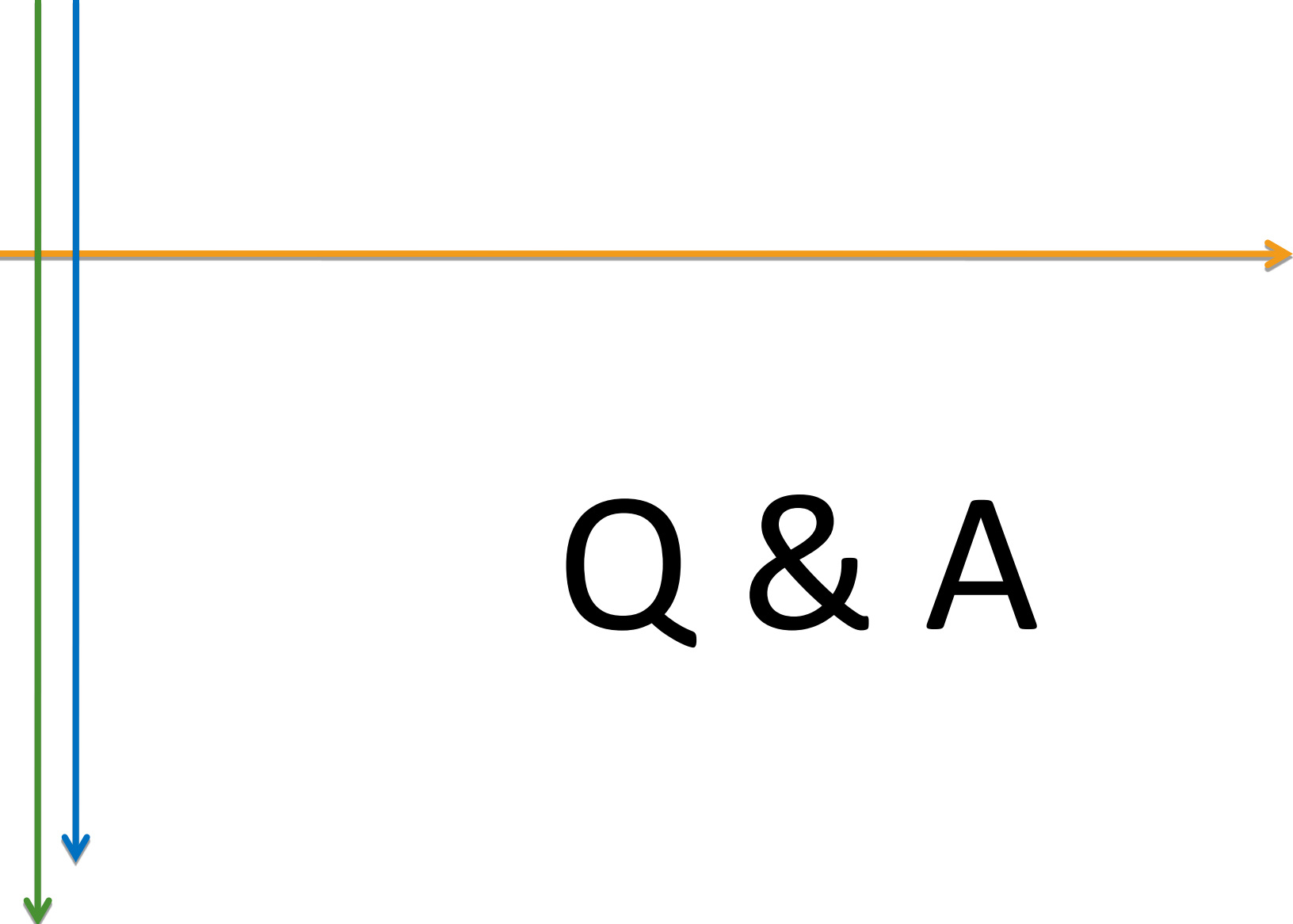
New National Title V Performance Measure

% of children ages 6-11 and adolescents ages 12-17 who are physically active at least 60 minutes/day

- Related HP2020 Indicators:
 - ↑ the proportion of adolescents who meet current Federal physical activity guidelines for aerobic physical activity
 - ↑ the proportion of trips made by walking
 - ↑ community-scale policies for the built environment that enhance access to & availability of physical activity

Draft MCAH Title V Physical Activity Plan (By 2020)

- ↑ the % of children (6-11 years) who are physically active at least one hour a day from 30% in 2011/2012 to 33% (CHIS).
- ↑ the percent of adolescents (age 12-17) who are physically active at least one hour a day from 16.1% in 2011/2012 to 20% (CHIS).
- ↑ the % of women of reproductive age (18-44 years) who met both the 150 minute per week aerobic activity guideline & muscle strengthening guideline from 24% in 2013 to 30% (BRFS)



Q & A

Conclusion



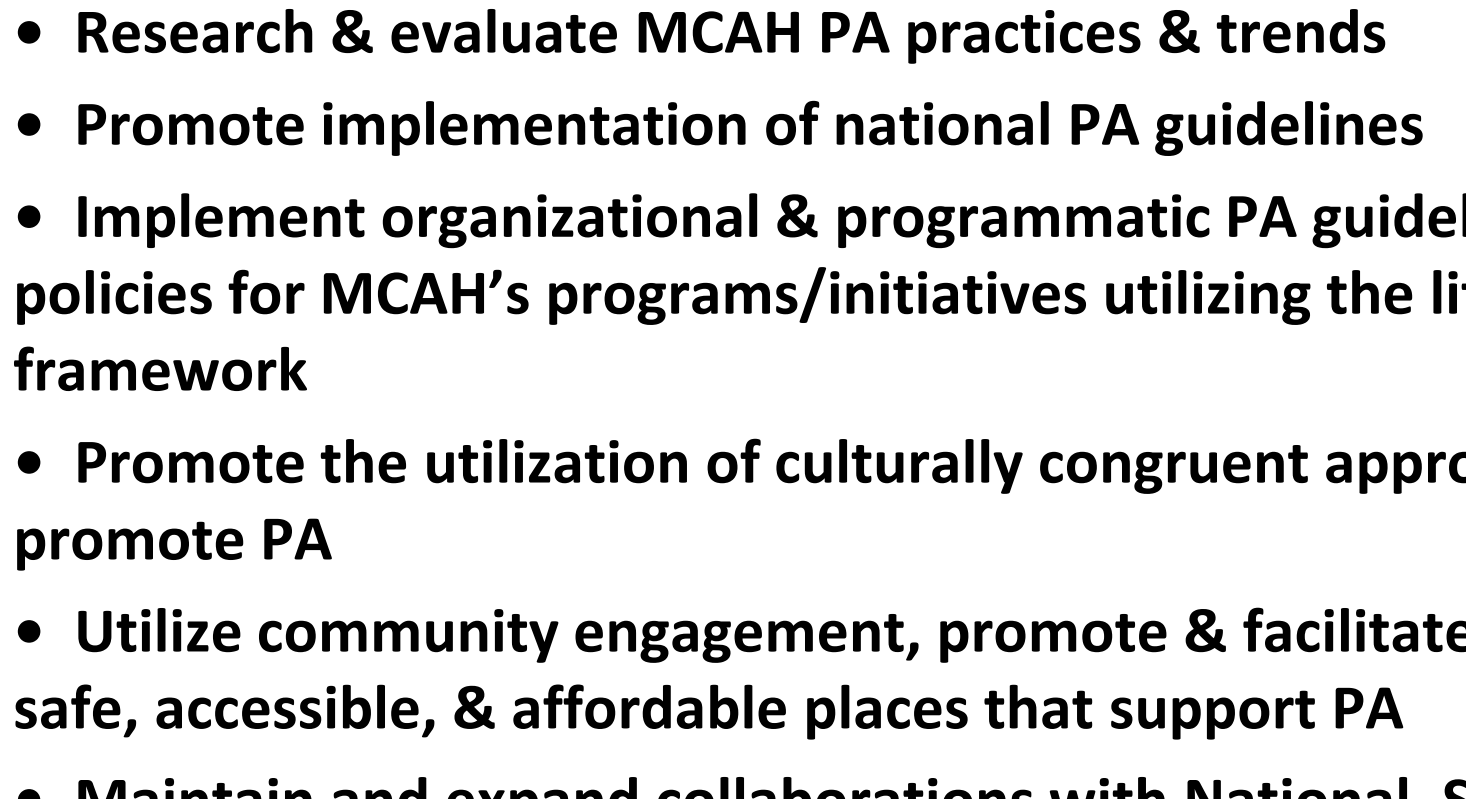
Draft 5 year Title V Plan for California



Cdph.ca.gov/MCAH

Will be available in a month for
public input

Draft Physical Activity (PA) Strategies

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- Research & evaluate MCAH PA practices & trends
 - Promote implementation of national PA guidelines
 - Implement organizational & programmatic PA guidelines & policies for MCAH's programs/initiatives utilizing the lifecourse framework
 - Promote the utilization of culturally congruent approaches to promote PA
 - Utilize community engagement, promote & facilitate access to safe, accessible, & affordable places that support PA
 - Maintain and expand collaborations with National, State and local stakeholders to promote PA

Sample Action Plan Addressing Physical Activity

<http://www.cdph.ca.gov/programs/mcah/Pages/SampleProblemAnalysesandFive-YearActionPlans.aspx>

Goal 4: Improve Nutrition and Physical Activity

Overweight and Obesity-Children, Adolescents or Women (Word)

Fiscal year 3 sample is: “By June 30, [20xx], the walkability of [X], street(s) or route(s) (define) will be improved to optimize walking opportunities.”

Thank you

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and Physical Activity Coordinator**

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