

Physical Activity Policy Research Network Plus (PAPRN+) Coordinating Center



CENTER for
ADOLESCENT
HEALTH

 @PAPRNPlus



JOHNS HOPKINS
BLOOMBERG SCHOOL
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Coordinating Center Team

JHSPH

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Active Living Research/UCSD

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CDC Collaborator

- Tom Schmid

Physical Activity Policy

Physical activity policy is a **legislative action, organized guidance, or rule** that may affect the physical activity environment or behavior at a **population level** (Schmid et al, 2006). These policies can be in the form of **formal written codes, written standards** that guide choices, or **common practices**. Policies address **settings** such as schools and workplaces, as well as **various sectors** including transportation, parks and recreation, and public safety.

Aims of PAPRN+ Network

Promote **high quality research** vital to the development, implementation, evaluation, and sustainability of policies, environments, and programs that increase PA.

Enhance **translation of research into policy and practice** and ensure that practice informs research by strengthening collaborations with a diverse array of stakeholders from key health and non-health sectors and taking interventions to scale.

Integrate translation, dissemination, and implementation (TDI) research and practice into the training of key stakeholders from various sectors and future leaders in the field.

Network Emphasis on TDI

- NIH R13 Conference Grant submitted grant with AmericaWalks (primary) and ALR
- The 1-day in-person workshop, *Advancing Dissemination and Implementation Research on Walking and Walkability: Developing Research Priorities*, focused on how D&I research can be used to advance the use of evidence-based policy, systems, and environmental change to promote walking and walkability
- Occurred in August 2016; up to 4 people from each Working Group attended; two webinars in advance of meeting
- Draft manuscript; planned submission in June/July 2018

PAPRN+ Network Membership

- Benefits include networking, input on research and projects, opportunities for collaboration, access to leading experts nationwide
- Monthly emails reach nearly 200 individuals across sectors and disciplines
- On average 25-40 people join each bi-monthly call (using GoToMeeting)
- Typically have in-person meeting at annual Active Living Research Conference

Collaborating Centers Research

- **Johns Hopkins University:** barriers to promoting worksite walking policies (years 1-3); implementing Play Streets (years 4-5)
- **University of Illinois at Chicago:** disparities in adoption of smart growth policies
- **University of Arizona:** complete street policies for Latino neighborhoods
- **University of Rochester:** policies to increase walk/bike Rx in group medical visits
- **University of Massachusetts Worcester:** increase local health dept. capacity to engage in PA policy

PAPRN+ Working Groups

- Complete Streets
- Older Adults
- Parks and Recreation
- Rural Physical Activity
- Workplace Health Promotion
- School Wellness (joint endeavor with and coordinated by NOPREN)
- Working Groups have bi-monthly calls
- Subgroups meet to work on collaborative projects including papers, data collection, etc.

PAPRN+ Working Group Projects

- **Complete Streets**

- Understanding Implementation: Case Studies of Complete Streets Policy Implementation in the United States
- Getting on the Same Page: Cross-Sectoral Collaborations for Complete Streets Policy Formulation, Adoption, Implementation, and Evaluation
- Disparities and Complete Streets Policies: Understanding Differences in Access and Outcomes across Socio-Economic Contexts
- Economic and Activity-related Effects of Complete Streets Policies

PAPRN+ Working Group Projects

- **Older Adults**

- Streets for Everyone at Every Age: Examining Complete Streets Policy Language for Older Adult Users
- Evaluating intergenerational engagement in Walking School Buses

- **Parks and Recreation**

- Park Rx Literature Review
- Safe Routes to Parks
- Connection with Nature
- Park Permitting Process
- Play Space Audit Tool

PAPRN+ Working Group Projects

- **Rural Physical Activity**

- School Health Councils in rural Communities
- Rural Physical Activity: Positive Deviants in the US and Methods for Understanding Policy and Environmental Explanations
- Moving Youth Physical Activity Interventions in Rural Communities from Efficacy toward Dissemination and Implementation

- **Workplace Health Promotion**

- Guidance for Employers to Support Physical Activity through Policy Change
- Active Commuting
- Employer Wellness Programs

- **Schools Wellness**

- Issuing new brief about Wellness Teams called “Wellness Teams Work! A Guide for Putting Wellness Policies into Practice in Schools” (undergoing CDC clearance)

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PHYSICAL ACTIVITY
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NETWORK OVERVIEW

The Physical Activity Policy Research Network Plus (PAPRN+) is a CDC-funded network that advances policy research to increase the number of Americans who achieve adequate physical activity to promote and sustain health. The primary focus of PAPRN+ is to conduct research that will serve as the basis for improved strategies for translation, dissemination, and implementation (TDI), with an emphasis on non-health sectors, including enhancing the ability of health departments to collaborate effectively with non-health partners. PAPRN+ will focus on policies that increase walking, which is the most popular form of aerobic physical

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Connect with Us!

- To join PAPERN+, email PAPERNPlus@gmail.com
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Questions

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