

SUMMARY OF INITIAL RESULTS: NSPAPPH Survey

Initial Uptake and Use of the US National Physical Activity Plan by Public Health Practitioners

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NOTE: These are draft, unpublished results.



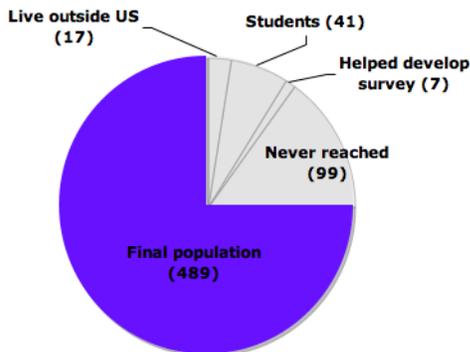
BACKGROUND

- *May 2010:* The US National Physical Activity Plan (NPAP) is released, providing strategies to increase population-level physical activity.
- *November 2010:* A group led by the National Coalition for Promoting Physical Activity releases a complementary implementation plan across eight broad sectors, to guide initial efforts to use the NPAP.
- *June-August 2011:* As part of the evaluation, surveys were sent to members of the National Society of Physical Activity Practitioners in Public Health (NSPAPPH).

METHODS

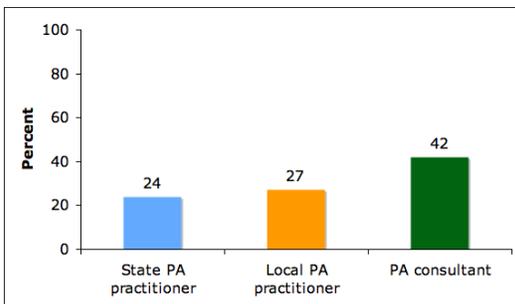
- The survey was guided by the RE-AIM (Reach, Effectiveness, Adoption, Implementation, Maintenance) framework and Diffusion of Innovations theory.
- The total NSPAPPH membership list was 653; we did not survey members living outside of the US (n=17), student members (n=38), or members who were involved with survey development (n=7). Also excluded were 99 members whom we never reached by email or phone, and 3 members who took the survey but were students.
- Among 489 members, 291 responded to the survey (59% response rate). Fifty-four people completed the survey a second time so that we could assess test-retest reliability.

SURVEY POPULATION



RESULTS

SURVEY RESPONDENT JOB TITLES

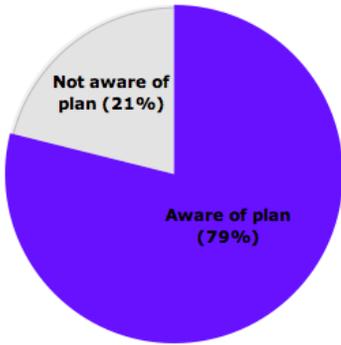


Description of Sample

- Among the respondents, 25% reported being a physical activity practitioner for 10 years or more, 18% between 5 to <10 years, and 34% were not physical activity practitioners.
- Education levels were high, with 17% college graduates and 75% who completed a masters or doctoral degree.
- Among the respondents, 24% were state physical activity practitioners and 27% were local physical activity practitioners. In addition, 42% considered themselves physical activity consultants.

Awareness of the NPAP

RESPONDENTS AWARE OF NPAP

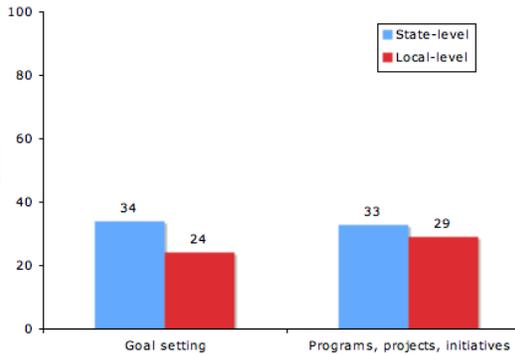


- Overall, 79% of these professionals were aware of the plan. Most who were aware of the plan learned about it through email (including listserv announcements) (78%), followed by websites (55%) and conferences or talks (53%).
- Almost half of those aware learned about it 1 year or more ago (46%), with 11% learning about it in the past month. Among state physical activity practitioners (n=65), awareness of the NPAP was 97%.

Use of the NPAP

HOW THE NPAP IS USED

- Among those who were aware of the NPAP, 15% used the plan 6 or more times, while 28% never used it.
- Those who referred to the Plan at least once most commonly used it for brainstorming and discussion (73%), development or implementation of activities (55%), state-level goal setting (34%), training (33%), and state-level programs, projects, or initiatives (33%).
- Compared to state-level use, local-level plan use was less (24% for goal setting and 29% for local-level programs, projects, or initiatives).



Make the Move Implementation Plan

- Among the NSPAPPH members who responded, 35% were aware of the implementation plan. Among those who were aware of the implementation plan, most learned about it through email or listserv announcements (73%), followed by websites (52%) and conferences or talks (29%).
- Among state physical activity practitioners, 39% reported awareness of the implementation plan.

CONCLUSIONS

- The NPAP has been broadly disseminated to physical activity practitioners working in public health; however, there is opportunity to raise awareness of the implementation plan.
- The NPAP is more often used at the state level than the local level. The NPAP is less often used for brainstorming and discussion, state-level goal setting, training, and state-level programs, projects, or initiatives.

Acknowledgement: This work was supported through a grant from the Centers for Disease Control and Prevention (CDC) to the Physical Activity Policy Research Center at Washington University and at the University of North Carolina – Chapel Hill. We thank the NSPAPPH and the NPAP Coordinating Committee for their input in this process. The content is solely the responsibility of the authors and does not necessarily represent the official views of the CDC.