The Promoting Active Communities Award: Improvement of Michigan's Self-Assessment Tool

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Michigan’s Promoting Active Communities Award

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Authors: Katherine Alaimo, Ph.D., Michigan State University Department of Food Science and Human Nutrition; Ellen M. Bassett, Ph.D., Michigan State University Urban and Regional Planning Program; Risa Wilkerson, M.A., Michigan Governor’s Council on Physical Fitness and Sports; Karen Petersmarck, Ph.D., M.P.H., Michigan Department of Community Health; Jennifer Mosack, Michigan State University; David Mendez, Ph.D., University of Michigan School of Public Health; Chris Coutts, Ph.D., M.P.H., Florida State University Department of Urban and Regional Planning; Lisa Grost, Michigan Department of Community Health; Lori Stegmier, M.A., Fountain Hill Consulting

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Corresponding author:
Katherine Alaimo, PhD.
Assistant Professor
Department of Food Science and Human Nutrition
G. Malcolm Trout Building, Room 302C
Michigan State University
East Lansing, Mi 48824
(517) 355-8474 x138 (office); (517) 353-8963 (fax)
alaimo@msu.edu

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Abstract

Background: This project updated and improved the Promoting Active Communities Award (PAC), a web-based tool that enables communities to scrutinize their programs, policies, and environments related to physical activity, and generates ideas and a community commitment for improvements.

Methods: A literature review, focus groups, and expert review guided PAC improvements.

Results: Over 150 articles and audit measures in the fields of transportation, public health, and urban planning were reviewed. Indicators were identified, categorized, and evaluated for use in the PAC. Focus group participants communicated motivations, processes, and obstacles for completing the PAC and developing an action plan. Participants requested technical information to guide them in achieving active living environments.

Conclusions: Information gathered was used to improve the PAC website. A technical assistance document, Design Guidelines for Active Michigan Communities, was created to aid communities in creating active living environments. The new PAC and Design Guidelines are available for public use at: www.mihealthtools.org/communitites.