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## Physical Activity: Policies and Environment Change and Spokane Initiative

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*Abstract:* Physical Activity is associated with prevention of a host of acute and chronic diseases for all citizens. The Center of Disease Control and Prevention (CDC) recommends 30 minutes a day most days of the week for adults and 60 minutes for children. CDC also recommends that communities and public health address this issue through policy and environmental changes.

The Washington State Department of Health Nutrition and Physical Activity and Obesity program have created a state plan to address policy and environmental changes relating to physical activity and nutrition. This workshop will address and identify key policy and environmental changes that can be implemented in many sectors. Washington State Department of Health have partnered with local public health, cities, transportation, planners and non-profits to implement the plan. Policy and environment changes have been the driving factor for these projects. The projects are Healthy Communities, Active Community Environments, Community Block Grants and local 5930 money.

Washington State Department of Health (DOH), and Spokane Regional Health, Spokane County Commute Trip Reduction, and City of Spokane has partnered to plan for and implement a project to improve physical activity. The project Active Community Environment has successfully implemented new policy and environmental changes. Bringing partners together has helped to leverage resources to make these changes.

During the panel session, panelists from Spokane will describe the connection between partners that have helped make it easier for citizens to walk and bike safely in Spokane. They also will share how resources were leverage to make this a reality.