

## Physical Activity Resources for Arthritis Recipients



**Strategies to Increase Physical Activity**

### Active People, Healthy Nation






CDC's initiative that aims to help 27 million people become more physically active by 2027.

Learn more about ways to be involved in Active People, Healthy Nation:



Adapted design elements are available for recipients working on physical activity promotion. Contact Kaitlin Graff ([mpy6@cdc.gov](mailto:mpy6@cdc.gov)) if you are interested in an adapted design element. She can also help connect you with DNPAO funded recipients.

### Resources

<p><b>Strategies to Increase Physical Activity</b> Learn about evidence-based strategies to increase physical activity.</p>	
<p><b>Tools for Action</b> Everyone can be involved in Active People, Healthy Nation. See ideas on what you can do.</p>	
<p><b>Active Parks! Implementation Guide: Increasing Physical Activity Through Parks, Trails and Greenways</b></p>	

**Recipient Overlap**

<b>Arthritis States</b>	<b>State Physical Activity and Nutrition (SPAN) program</b>	<b>High Obesity Program (HOP)</b>	<b>Racial and Ethnic Approaches to Community Health (REACH)</b>
Iowa	None	Iowa State University of Science and Technology (Ames)	None
Michigan	Michigan Department of Health and Human Resources	None	District Health Department #10; Greater Flint Health Coalition; Inter-Tribal Council of Michigan, Inc.
Minnesota	None	None	Asian Media Access; City of Minneapolis
Montana	None	None	Montana State University
New Hampshire	None	None	None
North Carolina	North Carolina Department of Health and Human Services	North Carolina State University (Raleigh)	Public Health Authority of Cabarrus County
Oklahoma	None	Oklahoma State University (Stillwater)	None
Oregon	None	None	Multnomah County Health Department
Utah	Utah Department of Health	None	None
Vermont	None	None	None
West Virginia	None	West Virginia University (Morgantown)	None

Learn more about the Division of Nutrition, Physical Activity, and Obesity funding here:

