

Connecticut's State Plan to Reduce Childhood Obesity:

Physical Activity Component

Mission: Reduce Obesity by Creating and Sustaining a Statewide Culture of Physically Active Learning, Working and Living

Physical Activity for Everyone Everywhere

Goal 1: Increase Physical Activity in Schools and Communities

Implement free or low cost activities for children and families both in schools and in communities

Train school personnel to provide and embed physical activity opportunities for youth throughout the school day as well as before and after school

Inform communities about the benefits of physical activity and provide training in strategies to incorporate activity before/after school, at home, in the community

Involve parents in discussions about the impact of being overweight on the physical and emotional health of their children. Involve parents in creating solutions; share information with them about current initiatives that show promise of being effective. Ensure accessibility to information, programs, activities, support and resources.

Establish a statewide physical activity commission responsible to organize and maintain a clearinghouse of information and activities to support physical activity throughout the state including (Goals 2-4):

Goal 2: Connect People with Information

- Web site
- Resources, including contacts for assistance and support
- Best practices
- Featured schools and communities / success stories

Goal 3: Recognize Efforts, Initiative and Successes

- Recognition program for physically active schools & physically active communities
- Criteria to be established based on evidence and best practice
- Selection committee for awarding grants, special projects and awards



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Continued

- Physically active community recognition award (e.g. "Heart Safe Community" signs -- example can be seen at <http://heartsafe-community.org/>)
- Annual ceremony to feature legislators' local physically active schools, communities and organizations

Goal 3: Represent and Reach Out to Everyone Everywhere

Partners and stakeholders to be represented on commission, representative of diverse socio-economic strata, genders, ethnicities, cultures. Composition of the Commission will include *at least*:

- United Way
- DOT – Safe Routes to School
- Commission on Children
- CIAC – Kidsmarathon
- State education agency (SDE)
- DEEP
- Recreation & Parks Association
- CT Coalition Against Childhood Obesity
- Youth, family and faith-based organizations

Goal 4: Provide Opportunity

Provide open grants for promoting physical activity in

- early childhood programs (i.e. private, charter, small, underfunded, faith-based)
- at-risk populations
- collaborative and capacity-building projects

