



PAPREN
PHYSICAL ACTIVITY POLICY RESEARCH
AND EVALUATION NETWORK

Overview of the CDC Physical Activity Policy, Research and Evaluation Network's (PAPREN) and our Equity-related Research Projects

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Presentation Overview

- About PAPREN
 - Applied Evaluation Project
- PAPREN Work Groups
- PAPREN Equity-related Projects
- Connect with PAPREN

What is PAPREN?

- A **CDC-funded thematic research network** of the CDC Prevention Research Centers and is funded by the Physical Activity and Health Branch within DNPAO.
- A key **research partner** of the Active People, Healthy Nation Initiative.
- PAPREN is grounded in the **Community Preventive Services Task Force recommendations** that call for land use and transportation strategies for supporting physical activity.
- PAPREN **advances the evidence base and puts research into practice through collaboration across sectors** with a shared vision of achieving active communities.
 - Includes researchers, planners, engineers, policy makers, green space managers, advocates, public health professionals and others!

PAPREN Leadership



Stephenie Lemon, PhD
Co-PI
UMASS Medical School



Jamie Chriqui, PhD, MHS
Co-PI
University of Illinois Chicago
School of Public Health
(and Illinois SPAN Evaluator)



Karin Valentine Goins
Project Director
UMASS Medical School



Emily Ussery, PhD
CDC Technical Monitor
DNPAO/PHAB

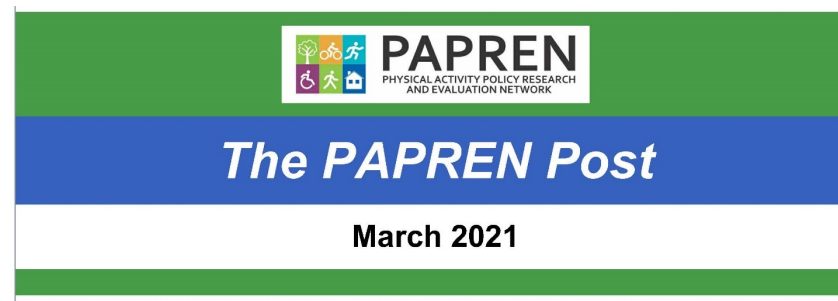
How We Conduct Our Work

- Bi-monthly Grand Rounds
- Bi-monthly Network Meetings
- Monthly Newsletter, the PAPREN Post
- Work Groups
- Applied Evaluation Project

Francesca Weaks, DrPH, formerly of NAACP



Dara Baldwin, Center for Disability Rights



Beth Osborne, Transportation for America



PAPREN Applied Evaluation Project

- Examines the **prevalence and impact over time (2010-2020) of pedestrian-oriented zoning** on:
 - Active travel to work
 - Adult recreational walking and sedentary behaviors
 - Pedestrian fatalities
- Test and disseminate model pedestrian-oriented zoning provisions
- **Over 2100 municipalities** in the most populous 200 US counties located in **41 states and DC (covers >55% US population)**



PAPREN Applied Evaluation Project

- Also capturing a number of **affordable housing-related markers in the zoning codes** for 2020 only:
 - Inclusionary zoning
 - Accessory dwelling units
 - Mobile homes
 - Exclusionary zoning
 - Development incentives that would support PA
 - Multi-unit housing, open space/green space, pedestrian amenities, bike amenities, streetscape improvements
 - Reduced parking
- Plan to evaluate differences in these markers by rural/urban, race/ethnicity of the population, geography, population size, etc.



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PAPREN Work Groups

- **Equity & Resilience**
- **Parks & Green Space**
- **Rural Active Living**
- **School Wellness**
- **Transportation Policy & Planning**
- **Worksite Wellness**

Exploring residents' perceptions of neighborhood development and revitalization for active living opportunities

Equity and Resilience Workgroup: HealthStyles Subgroup

- **Brief Description:** This work uses the **2018 HealthStyles/SummerStyles survey** to describe characteristics of residents who reported: (1) **concerns about increased cost of living from neighborhood development and revitalization**; and (2) **support for neighborhood changes to make it easier to walk or bike** even if the changes led to a higher cost of living.
- **Current Status:** Paper draft has been completed; undergoing edits and CDC clearance
 - CDC is currently discussing the questions for a new round of HealthStyles/ConsumerStyles survey.
- **Contact to find out more:** Nishita Dsouza, nd595@drexel.edu
 - We would welcome help with dissemination efforts

Anti-displacement strategies for healthy and equitable community design: A scoping review

Equity and Resilience Workgroup: Displacement Subgroup

- **Brief Description:** This project aims to characterize and assess anti-displacement strategies that have been proposed, implemented and/or evaluated in the United States.
 - Peer-reviewed and grey literature review
 - We intend to apply an assessment tool to evaluate the state of evidence for each strategy
- **Current Status:** In progress.
- **Contact for More Information:** Natalicio Serrano, nserrano@wustl.edu

Systematic Scoping Review: Equity Lens to PA/Active Living Research

Equity and Resilience Workgroup

- **Brief Description:** In the decade since Lee & Cubbins (2009), *Striding Toward Social Justice: The Ecologic Milieu of Physical Activity*, how are socio-environmental inequalities (i.e., policy, systems, built environment interventions) studied as determinants of physical activity disparities within and among population subgroups?
 - **End Products:** Published review paper. **Published annotated bibliography** of research and evidence-for-best practice approaches targeted for PA equity to address PA disparities in diverse populations relevant for DNPAO SPAN/HOP/REACH recipients.
- **Current Status:** We welcome participation in the review process, we are about to start reviewing 800+ full text articles!
 - **Contact for More Information:** Tina Dodge, Tina.Dodge@oregonstate.edu
- **Secondary Project:** How are socio-environmental inequalities (i.e., policy, systems, built environment interventions) studied as determinants of PA disparities within and among disability populations subgroups?
 - **End Product Goal:** **Published annotated bibliography** of evidence-for-best practice approaches to facilitating PA for youth and adults with disability relevant for DNPAO SPAN/HOP/REACH recipients.

Applying an Equity Lens to Examining Land Use and Transportation Strategies that Support Physical Activity

Equity and Resilience Workgroup: Land Use and Transportation Equity-related Systematic Review

- **Brief Description:** This project aims to examine equity-related issues that have been studied related to land use and transportation strategies that promote physical activity .
 - Peer-reviewed and grey literature review
 - Builds off of the CPSTF recommendations
- **Current Status:** Just getting started, in conceptualization mode.
- **Contact for More Information:** Jamie Chriqui, jchriqui@uic.edu

Rural Bicycling / Trails Group

Rural Active Living Workgroup Special Interest Group

- **Brief Description:** This group was recently formed and focused on two separate, but related topics –
 - 1) Bikeability measures are nascent and developed in urban areas; **developing our understanding rural residents' perceptions of bikeability** is important; and
 - 2) Rail-trails are frequently touted as drivers of small town tourism and economic development, but the impacts on the PA of residents is largely unknown. This group may splinter into topics focused on **(1) trail counting methods** and **(2) retrospective case studies/prospective natural experiments assessing impacts of rail-trail development on small towns**
- **Contact to join:** Christiaan Abildso, cgabildso@hsc.wvu.edu
- **We meet the 2nd Friday of each month 2-3pm Eastern (May 14, June 11 are next two meetings)**

What Works in Creating Active Rural Places?

Rural Active Living Workgroup

- **Brief Description:** Rural-specific evidence on the environmental influences of PA is limited. We are working to fill that gap using qualitative and quantitative methods.
- **Relevance to Equitable and Inclusive Access to Safe Places for PA:** Recent research by Jeff Whitfield and colleagues highlights the limited PA supports and destinations in rural areas but similar prevalence of walking in rural and urban areas when supports and destinations are present. Our **goal is to build the evidence base of what works in creating active rural places.**
- **Current Status:** Nearly complete
 - **Qualitative:** Comparative case study data being re-coded for manuscript revision – comparison of two active rural counties (“best practice”/positive outliers) against inactive one from a single state
 - **Quantitative:** Analysis of built, natural, and social environment indicators associated with meeting PA guidelines across the rural-urban continuum complete, finishing the results and discussion sections of the manuscript

*Whitfield, G. P., Carlson, S. A., Ussery, E. N., Watson, K. B., Berrigan, D., & Fulton, J. E. (2019). National-level environmental perceptions and walking among urban and rural residents: Informing surveillance of walkability. *Preventive Medicine*, 123, 101-108.

Rural Comprehensive Planning Group

Rural Active Living Workgroup Project Group

- **Brief Description:** This group has two projects underway, each with its own collaborators:
 1. **Review of comprehensive planning state statutes**, with particular focus on a) **elements that promote active living and b) differential planning mandates for urban vs. rural communities**
 2. **Pilot study of rural communities implementing a healthy eating and active living toolkit in the comprehensive planning process**
- **Is it too late to join to participate in the project:** State statutes - yes; Pilot study – no.
 - **Deadline to join:** mid-to-late 2021
 - **Contact to join:** Lisa Charron, licharron@wisc.edu
- **Recruiting Rural Communities Now for Pilot Study!:** Contact Lisa if interested

Extension SNAP-Ed PA Policy, Systems, & Environment Change Group

Rural Active Living Workgroup Special Interest Group

Brief Description: This workgroup is **examining Physical Activity Policy, Systems, and Environment (PSE) changes implemented by Extension SNAP-Ed programs, particularly in rural areas, through:**

- 1) Qualitative interviews with at least one state per SNAP-Ed region (likely summer 2021)
- 2) Development of two surveys: Extension SNAP-Ed program leadership and Extension workforce (fall 2021 or later)

- **Is it too late to join to participate in the project:** No
 - **Contact to join:** Jessica Stroope, jstroope@agcenter.lsu.edu
- **We meet about one time a month, usually on a Monday afternoon.**

Municipal Responses to COVID-19: PA & Active Transportation (AT)

Transportation Policy & Planning Work Group

- **Brief Description:** Coding municipal orders, guidance docs, and plans during COVID-19 pandemic (pre-9/20) to understand how policies impacted physical activity and active transportation access
- **Relevance to Equitable and Inclusive Access to Safe Places for PA:** Code for COVID-19 impact on under-resourced communities, acknowledgement of transportation barriers and consideration of remedies. Code for location, prioritization, and justification criterion for re-allocated infrastructure for AT due to COVID-19 & reason for change in the program (i.e., type of community feedback).
- **Is it too late to join to participate in the project:** No
 - **Deadline to join:** May 15th
 - **Contact to join:** Matt Dean, mattdean@utexas.edu
- **We are looking for more coders to help with the project!**

Coping and Nature Survey (CANS): Access to nature on health and wellbeing during COVID-19

Parks and Green Space Workgroup

- **Brief Description:** Internet-based survey to assess **perceptions of the material and social opportunities, constraints, and barriers encountered when attempting to engage with nature.**
- **Relevance to Equitable and Inclusive Access to Safe Places for PA:** Access to nature is not equitably distributed. It varies by racial, educational, and other socioeconomic factors. This survey will provide needed data to illuminate how communities of different racial, ethnic, or educational backgrounds are using nature to cope with the COVID-19 pandemic, as well as differences in access.
- **Current Status:** (in progress), survey is undergoing revisions based on expert content review process.

A Mixed Methods Evaluation of Physical Education and Physical Activity in Schools before and during COVID-19 school closures

School Wellness


- **Brief Description:** This study utilizes an **online survey and semi-structured interviews to understand implementation strategies used to deliver PE, adapted PE, and school-based PA before (Fall 2019 & Jan/Feb 2019), during (March/April/May 2020), and in the school year following the onset of the pandemic (Now)**
- **Relevance to Equitable and Inclusive Access to Safe Places for PA:** Examines **equitable and inclusive access to physical activity** by understanding how PE and PA have been implemented during the pandemic
- **Current Status:** The online survey is in progress and semi-structured interviews will take place this summer with a subsample of survey participants
- **Is it too late to join to participate in the project:** No
 - **Contact to join:** Ann Kuhn, apullingkuhn@som.umaryland.edu

Join and Connect with Us!

- Email: papren@umassmed.edu
- jchriqui@uic.edu
- Website: www.papren.org



- Join the Network!
- Join a Work Group (or 2)!



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Achieving communities that support physical activity as part of daily life will require solutions that cross traditional boundaries. There is exciting work going on in many sectors. Many specialists in these sectors don't interact regularly across sectors. Innovative research may not get translated into practice. PAPREN creates spaces for the boundary-spanning collaboration needed to create communities where people can be active as part of daily life. It offers a unique forum to generate and share ideas that can bring research to practice and to evaluate implementation to identify best practices. PAPREN can help you widen and deepen your network.

Full Name*

e.g. Johnny Appleseed

Organization Name*

Organization

Email Address*

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