

Physical Activity and Well-Being is a priority focus of the Center for Wellness and Nutrition's (CWN) **Health Equity & Racial Justice Platform**. We recognize that not all communities have equal access to physical activity resources or safe environments that support an active lifestyle. Communities with higher poverty rates and more people of color have been found to have fewer physical activity options and venues. CWN's work to identify, reduce, and eliminate systemic drivers of these inequities is grounded in our vision for a healthy nation where wellness is achievable for all.

This **Physical Activity and Well-Being Priority Brief** is intended to show our dedication to a more equitable system that provides inclusive access to safe and convenient opportunities to be physically active for all people, regardless of age, race, education, socio-economic status, disability status, sexual orientation, gender identity, and geographic location. Over time, zoning practices such as redlining, planning assumptions and patterns, and budget allocation decision making and justifications, as well as other factors, have contributed to the creation of unjust and discriminatory systems, unequal distribution of community resources, and ultimately health inequities. CWN's desire to improve access to environments that support an active lifestyle is centered on dismantling discriminatory practices. By partnering with communities, decision-makers, and a wide range of stakeholders at the local, state, and national levels, CWN is supporting active lifestyles for all.

Key Terms

Physical activity (PA) is any bodily movement produced by skeletal muscles that requires energy expenditure, while **physical education (PE)** is an academic subject that uses physical activity to teach children how to establish and sustain an active lifestyle. Both are important for chronic disease prevention and children's healthy development.

Well-being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfillment and positive functioning on both a mental and physical level.

Redlining is a discriminatory practice initiated in the 1930s, in which neighborhoods were classified as 'hazardous' to investment; these neighborhoods have significant numbers of racial and ethnic minorities and low-income residents; and services are withheld from people residing in these communities.

Disinvested communities are places where purposeful withdrawal of investment has taken place over time. This lack of investment means there is less infrastructure to support the health and well-being of that community.

Arrested Mobility is the assertion that people of color have been historically and presently denied by legal and illegal authority the indisputable right to move, to be moved, or to simply exist in public space. This results in adverse social political, economic, and health effects that are widespread, preventable, and intergenerational.





ACTIONS WE CAN TAKE:



 Indicates actions that CWN is currently taking.

CWN, funders, clients, or partners can take a number of actions to implement strategies, policies, and programs that improve access to physical activity and promote overall wellbeing.

Educate and advocate for equitable policies that get people moving:

-  Acknowledge the oppressive impact redlining has had on communities. Educate others about inequities and ways to develop sustainable solutions for supporting disinvested communities.
-  Promote joint use policies to increase access to safe places to play for communities that need it the most.
-  Advocate for strict requirements in local school wellness policies to support PA & PE in schools.
-  Consider and support complete streets and vision zero policies.

Improve environments to increase access to safe and welcoming places to exercise:

-  Implement and support safe routes to school programs.
-  Initiate worksite wellness programs to support the health and wellbeing of employees.
 - Prioritize and promote community infrastructure investments.

Invest in community resilience and action for change:

- Prioritize resources and investments in communities historically left out.
- Collaborate to form diverse multi-sectoral partnerships to address systemic barriers and expand successful programs, practices, and policies.
-  Co-create community programs with community-based organizations and residents through an authentic and intentional community engagement process.
- Implement park prescriptions as community clinical linkages that support physical and mental health
- Support or fund community or park makeover projects.

As a part of our **Health Equity & Racial Justice Platform**, CWN is committed to continuing the actions and activities indicated above that are currently a part of our work, looking for new opportunities to continue exploring ways to address root causes, and increasing strategic collaboration and partnerships to improve Access to physical activity and wellbeing for all. This **Physical Activity and Well-Being Priority Brief** is created and shared to support ongoing discussions regarding key inequities and provide examples of equitable strategies to assist communities, decision-makers, and a wide range of collaborative partners in working on equity and justice issues. CWN envisions continued dialogue utilizing racial and health equity framework and resources. We believe together we can create a more equitable, healthy, and thriving world.