



## Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force recommends [family-based interventions to increase physical activity among children](#).



### Facts about Physical Activity and Children

Physical activity among children is a public health priority. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces symptoms of anxiety and depression, and may improve cardiovascular health.<sup>1</sup> The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.<sup>2</sup>

## What are Family-Based Interventions for Physical Activity?

Family-based interventions actively engage families by combining activities with health education to build family support. Programs include a combination of the following:

- Goal-setting
- Reinforcement of positive health behaviors
- Organized physical activity

Programs may also provide information about other lifestyle behaviors such as nutrition or screen time. A variety of facilitators, including community leaders or staff specializing in physical education, may deliver the intervention.

## Major Findings

The Task Force finding is based on evidence of effectiveness in modestly increasing physical activity among children:

- Physical activity among children in the intervention groups increased by a small but significant amount.
- Physical activity measured with accelerometers, pedometers or direct observation showed slightly greater increases than self-reported information.

### Learn More

#### Summary of Evidence and Task Force Finding

<https://www.thecommunityguide.org/findings/physical-activity-family-based-interventions>

**CDC, Division of Nutrition, Physical Activity, and Obesity**  
<https://www.cdc.gov/nccdphp/dnpao/index.html>

**Office of Disease Prevention and Health Promotion**  
<https://health.gov/paguidelines/>

<sup>1</sup>U.S. Department of Health and Human Services. Physical Activity Guidelines Advisory Committee report. Washington (DC): U.S. Department of Health and Human Services; 2008a. <https://health.gov/paguidelines/report/pdf/CommitteeReport.pdf>

<sup>2</sup>U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans <https://health.gov/paguidelines/guidelines/>

The Community Preventive Services Task Force (Task Force) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the Director of CDC. The Task Force provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the Task Force, the recommendations developed are those of the Task Force and do not undergo review or approval by CDC. Find more information at [www.thecommunityguide.org](http://www.thecommunityguide.org).