



Summary of Community Preventive Services Task Force Recommendation *

The Community Preventive Services Task Force (CPSTF) recommends park, trail, and greenway infrastructure interventions when combined with additional interventions to increase physical activity.

CPSTF finds insufficient evidence for [park, trail, and greenway infrastructure interventions when implemented alone](#).



Major Findings *

CPSTF recommends park, trail, and greenway infrastructure interventions when combined with additional interventions based on evidence from a systematic review of 21 studies from 20 publications (search period through March 2019). Evidence showed interventions led to the following:

- Median increase of 17% in the number of people engaging in moderate-to-vigorous physical activity (7 studies).
- Median increase of 18.3% in the number of people using the park, trail, or greenway (9 studies).

What are Park, Trail, and Greenway Infrastructure Interventions? *

These interventions improve the built and natural environments by creating or enhancing one of the following public locations for physical activity, relaxation, social interaction, and enjoyment.

- Parks—designated public areas that often combine greenery with paths, facilities for physical activity and recreation, and places for relaxation and social interaction.
- Trails and Greenways—routes for walking, hiking, or cycling in urban, suburban, or rural areas (e.g., “rails to trails” conversion projects). These may involve street conversions that provide opportunities for walking and cycling (most often in urban areas).

What are additional interventions? These include community engagement; public awareness activities; programs that offer structured opportunities for physical activity and social interaction; access enhancements such as transportation connections, street crossings, and expanded hours of operation; or a combination of these components.

Why is This Important?

- Physical activity has immediate benefits, such as reducing anxiety and improving sleep.¹
- Regular physical activity can produce long-term health benefits, including the prevention or reduction of risk for more than 20 chronic diseases like heart disease, some cancers, stroke, and type 2 diabetes.¹
- Overall, 11.1% of aggregate healthcare expenditures are associated with inadequate physical activity (i.e., inactive and insufficiently active levels).²
- To attain substantial health benefits, federal [physical activity guidelines](#) recommend adults perform at least 150 minutes a week of moderate-intensity physical activity.³

Learn More

***Read a complete summary of the systematic review and CPSTF finding.**

www.thecommunityguide.org/findings/physical-activity-park-trail-greenway-infrastructure-interventions-combined-additional-interventions

CDC, Division of Nutrition, Physical Activity, and Obesity

www.cdc.gov/nccdphp/dnpao

Active People, Healthy NationSM

www.cdc.gov/physicalactivity/activepeoplehealthynation/index.html

¹CDC, Division of Nutrition, Physical Activity, and Obesity. Benefits of physical activity. Atlanta (GA): 2021. Accessed 12/22/21. Available from URL: <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>.

²Carlson SA, Fulton JE, Pratt M, Yang Z, Adams K. Inadequate physical activity and health care expenditures in the United States. *Progress in Cardiovascular Diseases* 2015;57(4):315-23.

³U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans*, 2nd edition. Washington (DC): 2018. Access 1/3/22. Available from URL: https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf.

Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. CPSTF 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 CPSTF, the recommendations developed are those of CPSTF and do not undergo review or approval by CDC. Find more information at www.thecommunityguide.org.