


















CPSTF FINDINGS ON PHYSICAL ACTIVITY




The Community Preventive Services Task Force (CPSTF) has released the following findings on what works in public health to increase physical activity. These findings are compiled in The Guide to Community Preventive Services (The Community Guide) and listed in the table below. Use the findings to identify intervention strategies you could use for your community.

Legend for CPSTF Findings:  Recommended  Insufficient Evidence  Recommended Against (See detailed description on the next page.)

INTERVENTION	CPSTF FINDING
BEHAVIORAL AND SOCIAL APPROACHES	
Classroom-based Physical Activity Break Interventions	
Classroom-based Physically Active Lesson Interventions	
Digital Health Interventions for Adults 55 Years and Older	
Enhanced School-Based Physical Education	
Family-Based Interventions	
Individually Adapted Health Behavior Change Programs	
Interventions Including Activity Monitors for Adults with Overweight or Obesity	
Social Support Interventions in Community Settings	
CAMPAIGNS AND INFORMATIONAL APPROACHES	
Community-Wide Campaigns	
Stand-Alone Mass Media Campaigns	
ENVIRONMENTAL AND POLICY APPROACHES	
Built Environment Approaches Combining Transportation System Interventions with Land Use and Environmental Design	
Creating or Improving Places for Physical Activity	
Interventions to Increase Active Travel to School	
Point-of-Decision Prompts to Encourage Stair Use	

UNDERSTANDING THE FINDINGS

CPSTF bases its findings and recommendations on systematic reviews of the scientific literature. With oversight from CPSTF, scientists and subject matter experts from the Centers for Disease Control and Prevention conduct these reviews in collaboration with a wide range of government, academic, policy, and practice-based partners.

Category	Description	Icon
Recommended	There is strong or sufficient evidence that the intervention strategy is effective . This finding is based on the number of studies, how well the studies were designed and carried out, and the consistency and strength of the results.	
Insufficient Evidence	There is not enough evidence to determine whether the intervention strategy is effective. This does not mean the intervention does not work. There is not enough research available or the results are too inconsistent to make a firm conclusion about the intervention strategy's effectiveness. CPSTF encourages those who use interventions with insufficient evidence to evaluate their efforts.	
Recommended Against	There is strong or sufficient evidence that the intervention strategy is harmful or not effective .	

Visit the [Community Guide Methodology](#) page on The Community Guide website for more information about the methods used to conduct the systematic reviews and the criteria CPSTF uses to make findings and recommendations.

For more information, visit the [physical activity](#) topic page.

