



Sharing Discoveries, Improving Lives

Translation & Dissemination at the Saint Louis University School of Public Health

Our Mission:

The Saint Louis University School of Public Health is dedicated to the discovery, translation, and dissemination of public health knowledge to improve the health and well being of all.



Physical Activity Policy Research Network (PAPRN)

The Centers for Disease Control and Prevention (CDC) created the Physical Activity Policy Research Network (PAPRN) in October of 2004 to study the effectiveness of health policies related to increasing physical activity in communities. The PAPRN was established as a thematic research network of the Prevention Research Centers (PRC) program, with funding from the Division of Nutrition and Physical Activity at CDC.

The mission of the Physical Activity Policy Research Network is to conduct transdisciplinary policy research by: identifying physical activity policies, identifying the determinants of the policies, describing the process of implementing policies and determining the outcomes of physical activity policies.

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Discovery

What is the health problem?

- ❖ Physical inactivity has been associated with an increased risk of a wide range of physical and psychological diseases and disorders.
- ❖ Recent data shows that only 33% of adults aged 18 years and older engage regularly in moderate physical activity (i.e., 30+ minutes of moderate activity at least 5 times a week).
- ❖ Despite efforts to increase physical activity in the United States, the percentage of adults who are active at recommended levels has changed little over the past decade.
- ❖ Enacting legislative policies is an important component of public health efforts to increase physical activity.

Translation

How do we take what we know and apply it to populations?

- ❖ Once identified, effective policies can be applied to other communities and settings to help promote a physically active lifestyle. For example:
 - Policies identified through our research that influence the success of an Active Transport to School program can be shared with other schools interested in developing a similar program.
 - Policies identified that enable a community to build a multi-use trail can be promoted to legislators and communities to foster the development of new trails.
- ❖ To prioritize future studies, we will develop a research agenda using the concept mapping process with researchers and practitioners.

Dissemination

How did we disseminate PAPRN?

- ❖ Project findings will be disseminated through academic journals.
- ❖ Policy briefs outlining the findings will be distributed to local, state, and federal policy makers.
- ❖ The projects will also be promoted at national and local meetings in the form of oral and poster presentations.
- ❖ The inclusion of practitioners in the development of the research agenda can also help identify ways of disseminating findings directly through those who are in the field.

Change

What changes might occur because of the dissemination?

- ❖ Our research should support policy changes that will enhance physical activity.
- ❖ Over time, enactment of these policies will have a beneficial impact on rates of physical activity.

