



### 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.



## Increasing physical activity among adults in racially/ethnically diverse communities in the United States

*Improving & Translating the Evidence: Increasing physical activity among adults in racially/ethnically diverse communities in the United States is a Special Interest Project through the Prevention Research Centers Program of the Centers for Disease Control and Prevention.*

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### Discovery

#### **What is the health problem?**

- ❖ Chronic diseases such as heart disease, stroke, cancer, and diabetes now account for more than 70% of deaths in the United States each year.
- ❖ Racial and ethnic minority populations carry a higher burden of these diseases than the U.S. population as a whole.
- ❖ Approximately one-half of all US deaths are due to modifiable risk factors, including physical inactivity. Notably, these risk factors are significantly more prevalent in minority populations than in the Caucasian community.
- ❖ To address these disparities it is important to use evidence-based approaches while at the same time recognizing that minority populations may have determinants of behavior that are different from majority populations and may be best served by different intervention approaches.

### Translation

#### **How do we take what we know and apply it?**

- ❖ By working with the Prevention Research Centers National Community Committee (PRCNCC), we are engaging members of these racial and ethnic minority communities in the process of determining the evaluation criteria and then evaluating interventions so that we can ascertain which interventions are likely to be most effective. This also helps to ensure that these interventions are translated in such a way that meet participant needs and in the contexts within which they live.
- ❖ This project has also focused on:
  - Providing training to PRCNCC members in order to develop a common understanding of the language and processes used in evidence-based public health.
  - Developing criteria for evaluating interventions based on criteria generated by the scientific community (e.g., the Community Guide) as well as by the Prevention Research Center National Community Committee (through concept mapping).
  - Applying criteria to the peer reviewed and “grey” literature, ranking interventions.
  - Reviewing the findings (rankings) and working with academic and NCC partners to prioritize intervention strategies.
  - Developing demonstration projects to test the approaches found to be most promising.

### Dissemination

#### **How will we disseminate project findings?**

- ❖ We will disseminate the findings from the project through the use of an interactive web based tool.

### Change

#### **What changes do we hope will occur because of the dissemination?**

- ❖ We may see increased consideration of community-generated criteria in determining which interventions are likely to be most effective to increase physical activity among racial or ethnic minority communities.

