

alaska cardiovascular
HEALTHPROGRAM
MAKING THE CHOICE FOR LIFE



Putting the pieces together

Statewide Efforts to Prevent Cardiovascular Disease

Policies, Programs, and Environmental Supports for
Physical Activity and Risk Reduction



statewide efforts to prevent cardiovascular disease

policies, programs, and environmental supports for physical activity and risk reduction

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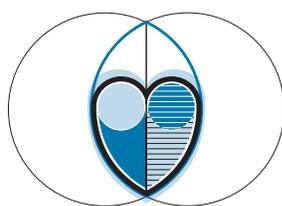
Alaska School Districts

Participating Schools, Employers, Healthcare sites, Alaska Native Health Corporations, and Non-profit Service Organizations



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introduction

Foreword

In 2001 the State of Alaska Cardiovascular Health Program was awarded a grant from the Centers for Disease Control and Prevention (CDC) to decrease cardiovascular disease in Alaska. One of the first tasks for the new program was to assess the present status of the state in terms of cardiovascular and cerebrovascular disease (stroke) and the risk factors that contribute to the underlying causes of these chronic illnesses.

Risk factors are characteristics that increase the likelihood of developing disease; some can be changed, and some cannot. Modifiable risk factors for cardiovascular disease include high blood pressure, high blood cholesterol, diabetes, smoking, obesity, and physical inactivity.¹ The role of physical inactivity as a risk factor for cardiovascular and cerebrovascular disease is of particular interest, as the research shows that physically inactive people are almost twice as likely to develop heart disease as persons who engage in regular physical activity.²

Physical activity, defined as any bodily movement produced by skeletal muscles that expends energy, includes a broad range of occupational, leisure-time, and routine daily activities.³ To reap the health benefits of physical activity, it is recommended that activities be performed on all or most days of the week for a total of thirty minutes per day, with at least moderate intensity, the energy equal to, for example, that a healthy individual might expend while walking briskly, mowing the lawn, swimming, or bicycling on level terrain.³

Data from the 2000 Behavioral Risk Factors Surveillance System (BRFSS) data shows that 68.5% of Alaskan adults do not get the recommended amount of physical activity. To reverse this trend, Alaskans need help. They need policies that support active lifestyles, a wide variety of activity programs, and places to be active.

This report presents a snapshot of how state, regional, and local agencies are working to increase physical activity levels of Alaskans. It shows that while many things are already being done, gaps do exist. This physical activity inventory provides data about current physical activity promotion efforts; the information can help combine duplicated efforts and encourage new efforts that address the highlighted gaps.

Purpose

The purpose of this project was to create an inventory of current physical activity-related policies, sustainable programs, and accessible environmental supports that would help guide future physical



activity promotion efforts in Alaska. With this information, agencies around the state can begin to address inactivity and hopefully decrease rates of heart disease, obesity, diabetes, cancer, and many other unhealthy conditions.

Scope

This inventory covers policies, programs, and environmental supports for physical activity in Alaskan governments, non-government service agencies, schools, worksites, and healthcare sites. It documents statewide, regional, and local efforts in those settings. Information about nutrition was collected from both schools and worksites. Cardiovascular risk factor screening information was gathered from healthcare sites. This project did not attempt to collect information pertaining to individual physical activity levels and activities, nor did it attempt to catalogue all physical activity related facilities or activities of local sport and recreation organizations.



methods

Phase 1 – Project Planning

Tom Kean, of Healthy Concepts Inc., was hired to help guide the inventory development team in the creation of an organizational framework for the project. The inventory development team was comprised of staff from the Cardiovascular Health Program housed within the State of Alaska, Department of Health and Social Services, Division of Public Health. A two-day planning session with Mr. Kean resulted in a grid that logically divided the state into manageable sections, in a series of surveys to administer by telephone, and in a list of key informant interview questions.

Data Collection Grid (Figure 1) – Deciding where to look for information was the first task addressed by the inventory team. Governments, non-governmental service organizations, schools, worksites, and healthcare sites were the five settings chosen for this inventory because of their potential impact on physical activity. Each of the chosen settings is represented as a vertical column in the grid.

State, regional and local data were desired for each of the settings. These divisions are represented as horizontal rows in the grid. Within the grid blocks are the agencies identified as probable data sources.

Phase 2 – Search Strategies

Information included in the physical activity inventory project was gathered by Alaska Division of Public Health, Section of Epidemiology staff. Telephone surveys, key informant interviews, and searches of public information were all methods used for data collection.

Telephone surveys – A total of six survey tools were developed to determine the level of physical activity support within the identified settings. To help ensure a high response rate, the surveys were designed to be short in duration and easy to administer. Each survey contained questions about public policies, current programs being administered, and environmental supports relevant to physical activity. Additional questions about cardiovascular risk factor screening and nutrition were added to the worksite survey. Nutrition questions were also added to the school survey.

Telephone surveys were administered between November 2002 and February 2003 by the Health Survey Lab located within the Health Promotion Unit. A description of phone survey targets and participation rates can be found in the introduction for each setting.

Internet Sites – A search of internet websites for each of the fifty-one agencies targeted for a key informant interview was conducted prior to conducting the interview. Websites were searched for any current policies, programs, or environmental supports relating to physical activity.



Figure 1. Data Collection Grid

	Government	Non-Government Service	Educational Systems	Worksites	HEALTHCARE	
					General	Native
STATE	Department of Transportation	American Heart Association	University of Alaska			Alaska Native Medical Center
	Department of Health & Social Services	American Diabetes Association American Cancer Society	Department of Education and Early Development	Ten largest Alaskan Employers	Providence Alaska Medical Center	Southcentral Foundation
	Department of Natural Resources	Boys and Girls Clubs Special Olympics Alaska				
REGIONAL	Anchorage	Challenge Alaska			Public Health Centers	
	Fairbanks		All 55 Alaskan School Districts	Businesses with over 250 employees	Community Health Centers	Native Health Corporations
	Juneau	ORCA			Small Hospitals	
LOCAL	150 Incorporated Alaskan Cities	YMCA	150 Public Schools			196 Native Health Clinics

Key Informant Interviews – Interviews with key employees of the Alaska State government, the three largest incorporated cities, major non-government service organizations, the ten largest employers, large hospitals, and Alaska Native Health Corporations were conducted to retrieve in-depth information about their physical activity policies, programs, and environmental supports. Pre-designed questions were posed to these “key informants” that would reveal information that is



difficult to retrieve through structured phone surveys or internet searches. A listing of the questions posed to key informants can be found in Appendix D.

All key informant interviews were conducted by Russ Stevens, Physical Activity Specialist for the Cardiovascular Health Program, Division of Public Health, between November 2002 and May 2003.

Phase 3 – Recommendations

After the telephone surveys, internet searches, and key informant interviews were completed, all the data were analyzed in an attempt to identify both successes and gaps in physical activity promotion efforts. Based on that analysis, recommendations for future physical activity promotion efforts were listed for each section, accompanied by the survey question number that prompted that recommendation. Each recommendation is derived from a list of key health indicators related to cardiovascular disease produced by the Centers for Disease Control and Prevention.

Phase 4 – Dissemination

The final phase of this project involved creating a final, printable version for distribution, creating a distribution list, printing and distributing the final copy, and identifying other possible venues for dissemination of the project findings.

Limitations

There are a few limitations to this inventory that are important to note.

The state government agencies targeted for key informant interviews were those determined by the inventory development team to have the most involvement in physical activity promotion efforts around the state. The selection of participants for those interviews was based on who would best be able to answer questions about activities of their agency, which was also determined by the inventory development team.

Attempts to contact several agencies targeted for a key informant interview were unsuccessful, thus limiting our data in the worksite and healthcare sections.

Question # 2 on the local municipality survey (Page 14) asked the respondent to answer “in general.” As a result, data concerning “usability” for local facilities is non-specific.

Question # 5 on the local municipality survey (Page 14) asked the respondent to indicate which improvements it believed its community would be interested in. Responses are subjective and may be based on the respondent’s interpretation of feedback from the community.



Question # 1 on the worksite telephone survey (Page 35) asked the respondent to approximate the percent of employees who have jobs that require “significant physical exertion”. Therefore, results from this question are approximations of what the respondent considered “significant” exertion.

Question # 13 on the worksite survey (Page 37) asked which cardiovascular disease detection and prevention efforts were covered by the employee’s health insurance. Since employers often provide different benefits to different types of employees at different job sites, data from this question may be unreliable.

Results

Results will be presented for each setting in order of its appearance on the grid. Statewide information will be presented first, with information collected through key informant interviews and searches of internet and/or other published materials presented next. Regional and local data gathered via telephone survey will follow, with each question in the telephone survey listed along with the results. At the end of the report for each setting will be a list of recommendations for addressing highlighted gaps.



government

Statewide government data were collected from four state departments through internet searches and interviews with key informants. Program directors with knowledge of physical activity related issues were interviewed from each department for a completion rate of 100%.

The three most populated cities, Anchorage, Fairbanks, and Juneau, took part in the telephone surveys, but were also chosen for in-depth study through the key informant process to determine the impact on physical activity each city has on its region. Mayors, city managers, and/or parks and recreation directors of all three cities participated in the interviews.

Local government data were obtained from the incorporated cities of Alaska via telephone survey. Only incorporated cities were selected to be surveyed in the community section because they are more likely than unincorporated cities to develop policies, create programs, and provide environmental supports for physical activity due to the fact that they have a structured government system and are able to levy taxes. Surveyors were able to reach city managers or mayors of 149 of the 150 incorporated cities for a response rate of 99%.

State Government

The State of Alaska has four departments that promote physical activity to help meet health, recreation, education, and transportation needs of Alaskans. The Departments of Health and Social Services, Transportation and Public Facilities, Education and Early Development, and Natural Resources have all created policies, programs, and/or environmental supports promoting physical activity. Because information about the Department of Education and Early Development will be presented in the Schools section, the following summarizes the work of the other three departments relating to physical activity.

Together, these three departments have seventeen policies and thirteen programs with a physical activity component. These policies and programs complement the many roads, walking and bicycling paths, trails, parks, and other facilities built and managed by these state government departments. A summary of policies, programs, and environmental supports associated with state government can be found in the appendix.

Regional Municipalities

The following information summarizes important policies, programs, and environmental supports for physical activity in Juneau, Fairbanks, and Anchorage, which together account for more than half (51.7%) of Alaskan residents. ⁴



Each of the three has developed a comprehensive plan to guide the development of its city in the coming years. Within these comprehensive plans are transportation, land-use, and design policies that have an impact on the physical activity levels of citizens.

The Anchorage Comprehensive Plan, with twenty-seven policies specifically relating to things that help people be more active, is the most detailed of the three. Its land use concept plan provides a vision for the development of the Anchorage Bowl that includes “Town Centers” where housing, retail shops, offices, and public facilities are all located within close proximity of each other, allowing for increased pedestrian and bicycle use, and therefore, increased physical activity.

Juneau, and to a lesser extent Fairbanks, have also developed policies within their comprehensive plan that address physical activity. The Juneau plan contains eleven such policies, while Fairbanks has five. Many of the Juneau policies are related to non-motorized transportation. In fact, the City and Borough of Juneau has developed a “Non-Motorized Transportation Plan” that specifically addresses the needs of bicycles and pedestrians to ensure inclusion of appropriate facilities for them in the future.

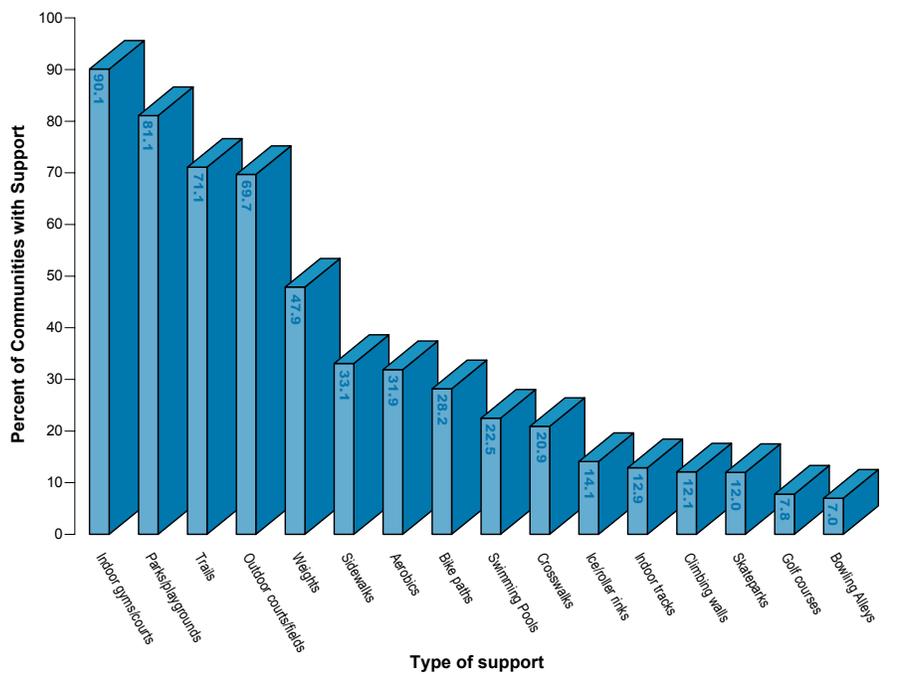
The most common way for city governments to provide physical activity opportunities for their residents is through their parks and recreation departments. Anchorage, Fairbanks, and Juneau all provide recreation programs and environmental supports through these departments each of which is guided by a parks and recreation comprehensive plan. Combined, these three parks and recreation departments manage over 297 parks, 250 miles of trails, and 80 recreational facilities. Each department offers recreational programs unique to their area based on climate, resources, and public needs and interests. Programs for children, teens, adults, and seniors are found in each community.



Local Municipalities

To find out how communities in Alaska address the physical activity needs of their citizens, we developed and administered the following telephone survey to 149 of the 150 incorporated cities in Alaska.

Figure 2. Physical activity supports in Alaskan Communities



Question #1 – Which of the following public or private facilities are available in your city?

Results: As shown in Figure 2, the most common physical activity supports in Alaskan communities are indoor gyms/courts (128), public parks/playgrounds (116), trails (101), and outdoor courts/fields (99).

Less than half of the surveyed communities report the presence of sidewalks (47), aerobics facilities (45), bike paths/lanes (40), swimming pools (32), or cross walks (29). Facilities such as ice/roller skate rinks (20), climbing walls (17), skate parks (17), golf courses (11), and bowling alleys (10), are scarce.

Discussion:

Due to the fact that over half (51.7%) of Alaskans live in the three urban hubs of Anchorage, Fairbanks, and Juneau, it is likely that over half of Alaskans have access to many of the environmental supports for physical activity listed above. Combined with the other 17 urban cities of Alaska (those having 2,500 persons or more) a full 64% of Alaskans should have a variety of facilities and programs available to them for physical activity. It is



important to note, however, that the 36% (approx. 223,920 people) of Alaskans who live in rural or unincorporated cities are likely to have only a gymnasium, parks/playgrounds, trails, and outdoor courts/fields to use for recreation. For Alaskans living in these places, the only indoor facility for physical activity is most likely the local school gymnasium, which may or may not be available to the general public.

Question #2 - In general, are the recreation areas listed above: 1) Open during weekdays? 2) Open on weekends? 3) Open during evenings? 4) Accessible by public transportation? 5) Well maintained? 6) Supervised? 7) Overcrowded? 8) Underutilized?

Results: In general, the 149 communities surveyed for this project indicated a positive response for the “usability” of recreational facilities in their community with 133 respondents reporting that in general, their facilities are open during weekdays, 121 reporting facilities open during evening hours, and 107 reporting facilities open on weekends. In addition, 125 respondents indicate that facilities are reportedly well maintained, 117 say facilities are supervised, 31 report facilities being overcrowded, and 38 say facilities are underutilized.

Question #3- Does your community have policies, regulations, or a permit process that requires new residential or commercial developments to: 1) include bicycle lanes or paths? 2) Include sidewalks? 3) Include bike or walk paths that connect neighborhoods?

Results: Only 7 cities surveyed indicate that they have a policy requiring the inclusion of bike paths/lanes with construction of new residential or commercial developments, and 13 cities have a policy requiring sidewalks to be constructed in new developments. Seven communities also say that their community has a policy requiring bike or walking paths that connect neighborhoods.

Question #4 – How many events promoting or involving physical activity did your city sponsor or co-sponsor in the past year?

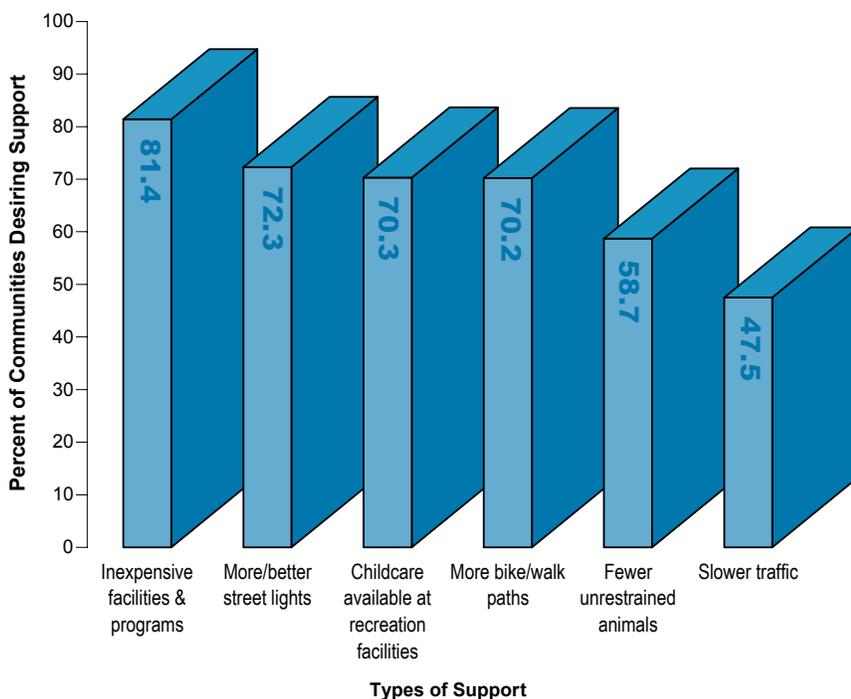
Results: The number of physical activity related events sponsored by Alaskan cities varied greatly. Forty-one communities did not sponsor any events. Eleven sponsored five or more events. The remaining communities fell somewhere in the middle, sponsoring or co-sponsoring between one and four events annually.

Question #5 – Which of the following physical activity related community improvements do you believe a significant portion of residents in your community would be interested in?



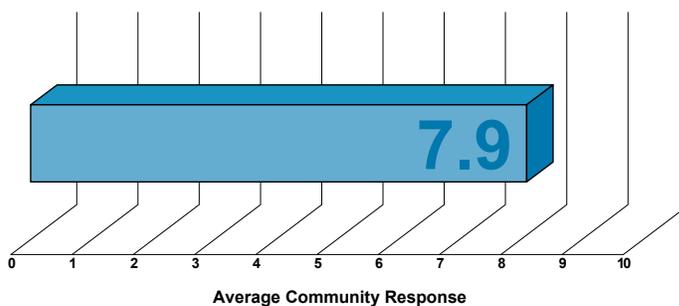
Results: The most commonly desired community improvements are more inexpensive recreational facilities and programs (114), better street lighting (102), availability of childcare at recreational facilities (97), and more bike/walk paths (99).

Figure 3. Physical activity-Related Improvements in Alaskan Communities



Question #6 – Given your city’s various priorities, how interested would you be in discussing ways to improve the overall health status of your community? Please rate your interest level on a scale of 1 to 10.

Figure 4.



Results: The interest level (on a scale of 1 to 10) of cities in discussing ways to improve the overall health of their citizens tended to be high, as 130 cities indicated a level of 5 or higher with 51 communities indicating an interest score of 10.



Recommendations for Alaskan Communities

Findings from the telephone survey and key informant interviews reveal that Alaskan cities could make some improvements in the physical activity supports they offer. While a few of the larger cities have made considerable efforts to provide physical activity policies, programs, and environmental supports for the health of their residents, more work can be done to make all Alaskan communities “activity friendly.” The following recommendations, accompanied by the survey question prompting the recommendation, are suggested by CDC for communities looking to combat cardiovascular disease:

- ▶ Create policies that require sidewalks, bikeways, greenways, and recreation facilities in new and redeveloped residential and mixed use communities (survey question #3);
- ▶ Increase the number of miles of sidewalks, bike paths and trails per capita (Survey question #1);
- ▶ Increase the number of physical activity related events sponsored by city government (Survey question #4); and
- ▶ Increase the total number of inexpensive physical activity facilities with childcare (Survey question #5).



non-governmental service organizations

Alaska is home to many non-governmental organizations that provide services with a physical activity component. However, not all organizations involved with physical activities will be listed in this document, as the purpose of this inventory is to identify sustained efforts to increase physical activity and fitness levels of Alaskans. Therefore, all of the groups listed in this inventory are: 1) service organizations, 2) heavily involved in physical activities, and 3) have the ability to provide sustained physical activity services.

The following non-government service organizations were selected from a listing of United Way Alaska member agencies and a search of AKinfo, a web-based directory of human services providers in Alaska. Information was collected through key informant interviews with executive directors or physical activity related staff within each agency.

At a statewide level, the three national organizations associated with chronic disease, the American Heart Association, the American Diabetes Association, and American Cancer Society, are each tasked with providing their services to all Alaskan communities. These groups also advocate for statewide policies that facilitate increased physical activity, recommend physical activity as a way to combat chronic disease, and use physically active events to raise funds.

Other Alaska-based service organizations that provide physical activity opportunities across the state are groups like the Boys and Girls Club and Special Olympics Alaska. Boys and Girls club, with over 30 locations statewide, list physical activity and health as one of its five core values. They provide children in their programs a chance to engage in physical activity at least once a day at their after school programs, and their team sports program had over 3,200 participants last year.

Special Olympics Alaska provides year-round sports training and competition in a variety of Olympic style events to people with mental retardation in seventeen Alaskan cities. Its program is still growing, and even with over 1,000 active athletes, it continues to conduct outreach efforts in attempts to help the estimated 5,000 other disabled Alaskans become more active.

Regional groups like Challenge Alaska and Southeast Agency for Independent Living (SAIL) provide physical activity opportunities for people with disabilities in their area.

Challenge Alaska provides sport and therapeutic recreation opportunities to disabled individuals in the Anchorage area through adventure-based programming as well as leisure education. Its programs include outdoor physical activities such as snowshoeing, hiking, camping, snow machining, fishing, gardening, golfing, rafting, water skiing, jet skiing, etc.

SAIL has created a similar program in Southeast Alaska called ORCA (Outdoor Recreation and Community Access) that provides recreation opportunities to disabled persons in the region through its offices in Juneau and Ketchikan.



Other non-government service organizations, like the Young Men’s Christian Association (YMCA), provides physical activity opportunities at the local level. YMCA programs aim to “put Christian principles into practice through programs that build healthy spirit, mind, and body for all.” Its Anchorage facility houses a wide variety of health and activity programs for members of all ages.



educational systems

State level data about Alaskan schools were collected from health education staff at the Department of Education and Early Development and staff from the University of Alaska through the key informant interview process. Regional level school data were retrieved from 54 of the 55 Alaskan school districts. Local school data were collected from 146 of 150 randomly selected elementary, middle, and high schools. School district and individual school data were retrieved via telephone survey. Superintendents or assistant superintendents were targeted for regional information, and school principals, physical education teachers, and/or food service directors were the contact persons for individual school data.

University of Alaska

At the University of Alaska Anchorage (UAA), the Health, Outdoor, and Physical Education (HOPE) Program is responsible for leadership in health, outdoor, and physical education for Alaska. Changes are currently being made within this program, and the degree most likely to be available in the future for physical education will be a Bachelor of Science in Physical Education with an emphasis in either adventure/outdoor Education or Exercise/Sport Leadership. Students completing this degree program would then be eligible to participate in a Masters of Teaching program in physical education, which would qualify those students to teach physical education.

On campus, a physical education and sports facility, the Wells Fargo Sport's complex, is available for students, faculty, staff, and the public for individual and organized recreation. The facility houses a gym, swimming pool, ice rink, fitness center, jogging track, and dance studio.

The University of Alaska-Southeast (UAS) offers a certificate in Outdoor Studies. An experienced staff of outdoor enthusiasts combine to teach a nine-month program that earns passing students a certificate in Outdoor Skills and Leadership. The Outdoor Studies program includes instruction and participation in physical activities such as ice climbing, rock climbing, sea kayaking, backpacking, skiing, snowboarding, and river rafting. UAS is currently building a new student recreation center which will provide students with courts, weights, a climbing wall, aerobics, and an outdoor recreation center.

While the University of Alaska Fairbanks (UAF) system does not offer a degree program in physical education, it does offer a variety of physical activity related supports. It offers the LIFE wellness program to all faculty, staff, and students. This program consists of a variety of activities, events, and workshops that emphasize personal wellness. Most of the activities are held at the Student Recreation Complex, which features courts, a climbing wall, weights, running track, an aerobics room, racquetball, pool, ice arena and has lockers/showers.



Department of Education and Early Development

Alaska Administrative Code (AAC) regulations state that two of the goals for our public school system are “graduating students who will be committed to their own health and fitness” (AAC.04.020) and “providing students with a working knowledge of skills for a healthy life” (AAC.04.030).

The Department of Education and Early Development is the state agency charged with helping schools accomplish these tasks (Alaska Statute 14.07.020). It developed the requirements that call for Alaskan high school students to complete one unit of health/physical education to be eligible to receive a high school diploma (AAC 06.075). High school students who take one credit (usually equal to two semesters) of health or physical education are eligible to graduate under this statute. Due to the wording of this regulation, we can say that physical education is optional at schools that also offer health classes. The Department of Education and Early Development does not require elementary and middle school students to take physical education.

The Department of Education and Early Development has developed content standards in eleven different subject areas, including *Skills for a Healthy Life*, for school districts to use when developing their curriculum. Content standards define what Alaskans want students to know and be able to do as a result of their public education.⁵ *Skills for a Healthy Life* content standards and curriculum framework address both individual health and the individual's contribution to the health of the community, and are intentionally broad so that individual communities can design programs specific to their community health needs. They do not include any performance standards or specific recommendations for student instruction in physical education.

The Department of Education and Early Development also addresses physical activity in schools through its Child Nutrition Services, which administers USDA Team Nutrition grants that support the creation of local policies focused on healthy eating and regular physical activity. Team Nutrition grantees receive training on the new USDA program called “Eat Smart. Play Hard.” In that program a physically active “Power Panther” is a mascot, who delivers nutrition and physical activity messages to children and their caregivers.

School Districts

To learn more about school district policies, programs, and environmental supports for physical activity, staff surveyed by telephone the superintendent or assistant superintendent of 54 out of 55 Alaskan school districts, for a response rate of 98.2%.

Question #1-Does your district currently have a policy requiring physical education?

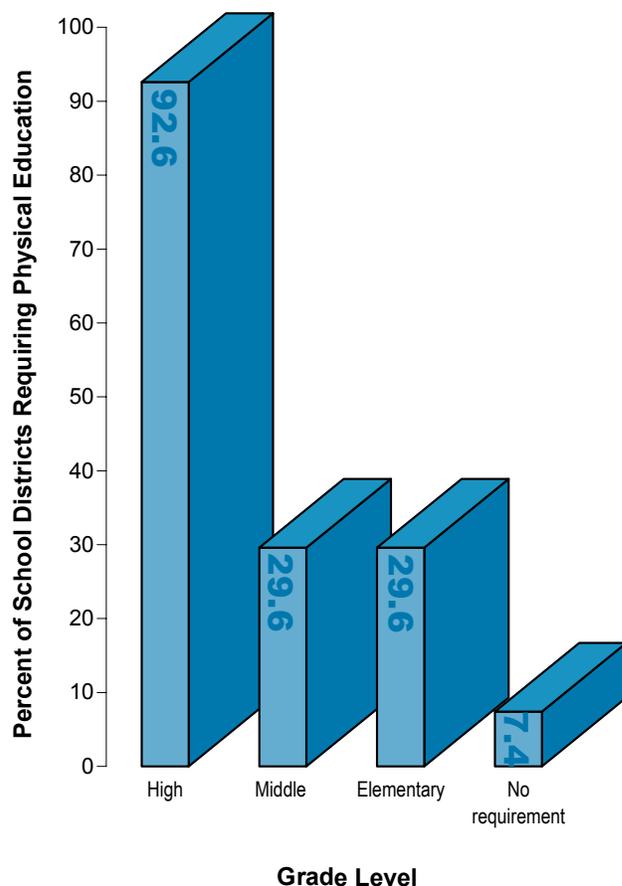
#1-A: What grades are covered by the policy?

Results: Fifty Alaskan school districts (92.6%) have a written policy requiring physical education. All of those districts require physical education for their high school students.



Sixteen of those districts have a policy requiring physical education at the elementary and middle school level. Four school districts have no written policy requiring physical education at any level.

Figure 5. Physical Education Requirement by Grade Level



1-B: What are time requirements for physical education in your district?

Results: At the elementary level, sixteen school districts require physical education thirty minutes or less per session. None of the districts surveyed require PE classes to last over 45 minutes. Twenty-two districts have no time requirements for elementary physical education classes.

In addition, twenty school districts have no requirement mandating how many days per week elementary physical education classes should be offered. Twenty-three districts don't require that children take physical education for any specific number of quarters/semesters per year and twenty-eight don't specify the number of years elementary students must take P.E. in order to be promoted to the next level of education.



At the middle school level, twenty school districts have no requirement for how many minutes physical education classes should last. However, of the districts that do have policies addressing such requirements, eleven required the recommended 45-60 minutes of class time for five days per week.

While nineteen districts have no requirement for how many days per week or how many **quarters/semesters per year** students must participate in physical education, eleven districts call for students to participate in PE five days per week, and sixteen districts require participation all year. Twenty-three districts do not regulate how many years middle school students must enroll in physical education to be promoted to high school.

At the high school level, thirty-seven school districts call for the recommended 45-60 minutes of physical education per class, thirty-three of which require participation five days per week. In different combinations of quarters and semesters, twenty school districts require high school students to take physical education for one year out of four. Twelve have a two-year requirement and four require physical education all four years of high school.

Question #2 – Does your district have a policy requiring unstructured recess for grades K-6?

Results: Thirty-nine districts have a policy requiring unstructured recess for grades K-6.

Question #3 – Does your district have a written policy prohibiting use of physical activity as punishment?

Results: Thirty-nine Alaskan school districts have a policy prohibiting the use of physical activity as punishment/discipline.

Question #4 – Does your district have a written policy requiring crossing guards at crosswalks in front of elementary and middle schools?

Results: None of the districts surveyed have a policy requiring crossing guards to be in front of elementary and middle schools when children are coming and going to school.

Question #5 – Does your district have a written policy requiring secure bike racks on school grounds?

Results: Three of the surveyed districts have a written policy requiring secure bike racks to be available to students on school grounds.



Question #6 – Does your district have a written physical education curriculum?

#6-A: Are physical education teachers required to follow this curriculum?

Results: Forty-six school districts report the presence of a written physical education curriculum. Of those districts, forty-five say that teachers are required to follow the physical education curriculum.

#6-B: Is your physical education curriculum based on the “skills for a healthy life” content standards endorsed by the Department of Education and Early Development?

Results: Forty districts report that they have based their physical education curriculum on the “skills for a healthy life” content standards endorsed by the State of Alaska Department of Education and Early Development.

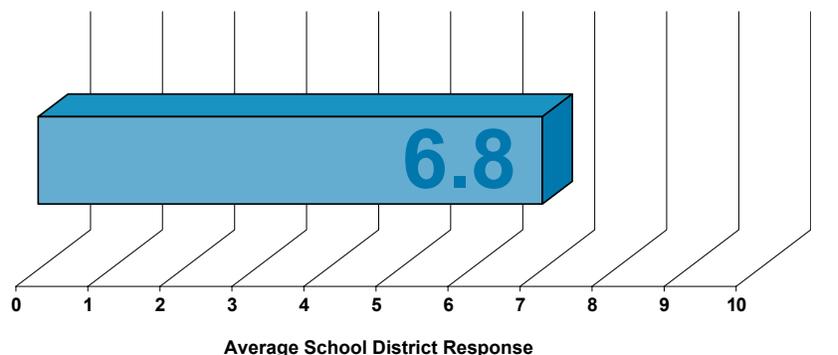
#6-C: Was your physical education curriculum developed by: 1) The district curriculum coordinator? 2) The district curriculum team? 3) The local School Board?

Results: The results from this survey show that school district physical education curriculums are developed by a variety of groups, the most common (45) being a district curriculum development team. Other districts used a district curriculum coordinator, the local school board, or a combination of the three.

Question #7 – Given your districts various priorities, how interested are you in discussing ways to improve student physical activity levels in you district? Please rate your interest level on a scale of 1 to 10.

Results: When asked to rate the level of interest in discussing ways to improve the physical activity level of their students given their districts various priorities, 45 district administrators indicated an interest level of 5 out of 10 or higher, with eighteen districts indicating an interest level of 8 out of 10.

Figure 6.





Schools

Even though schools operate under the policies of their district, individual schools are sometimes left to make decisions about their own policies and programs. For this inventory, an elementary, middle, and high school from each school district were randomly selected to participate in a telephone survey, resulting in an even distribution of rural and urban schools of all sizes. The following survey was conducted via telephone with school administrators, physical education instructors, or food service directors from 146 out of the 150 selected schools (97% response rate).

Note: Many rural schools have one school building that houses students in grades K-12. Even though they share the same building, there are often different policies and programs for each grade level. For this reason, schools housing students in grades K-12 were considered three separate schools for data reporting, bringing the total number of schools surveyed to 271. Also, schools combining grades K-12 tend to have different policies from standard schools. Because of this, some results in this section will highlight the differences between K-12 and standard schools.

Question #1-Does your school offer physical education?

Results: All but five of the surveyed schools offer physical education.

Question #2- Are students in your school required to take physical education?

Results: There were eighteen schools that didn't require students to take physical education.

Question #3- Is it possible for students to get a waiver from P.E. for participation in other physical activities?

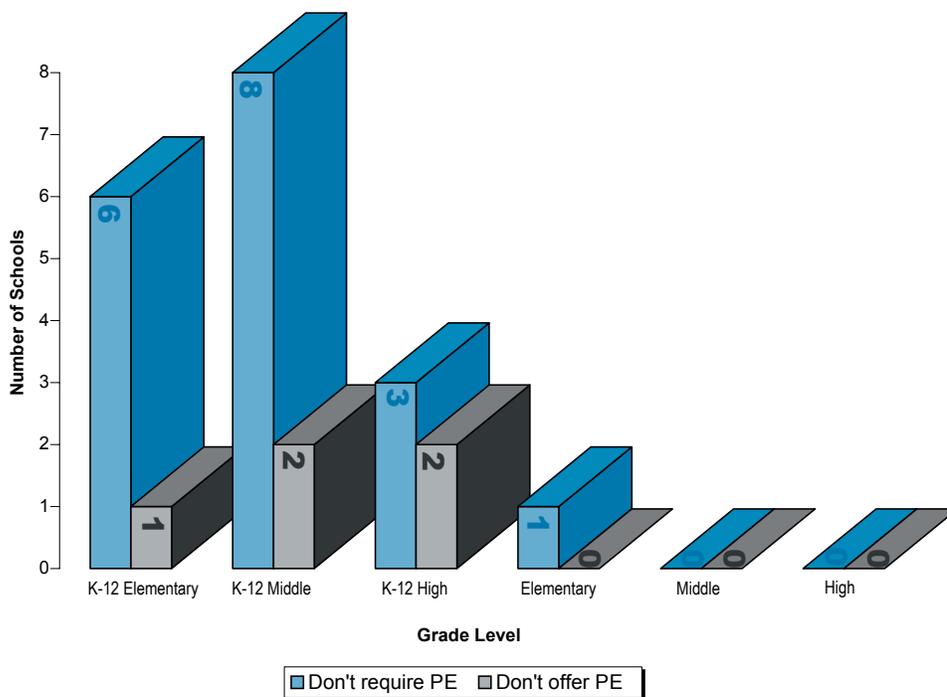
Results: The survey found that eighty-six of the 271 schools allow students to be excused from participation in physical education classes due to participation in other physical activities.

Question #4- What are time requirements for physical education in your school?

Results: In Alaskan elementary schools, time requirements for physical education are varied. Most elementary schools require students to participate in PE thirty minutes or less. K-12 schools are more likely to require five days of PE each week for the complete school year. Standard elementary schools are more likely to require two days of PE each week for the whole school year.



Figure 7. Availability of School Physical Education



The most common requirements for middle school students are for class sessions of 31 to 45 or 46 to 60 minutes, five days per week, for the whole school year. Fourteen of the ninety-two surveyed middle schools require students to participate in physical education all three years of middle school.

Fifty-six out of the seventy-two (77.0%) responding high schools require physical education classes to last more than forty-five minutes. Nearly sixty-six percent (65.7%) require those classes five days per week. A one-year (two-semesters or four quarters) requirement was reported by fifty-one of the seventy-four (68.9%) responding high schools.

Physical Education Teachers

Question #5 – Do you require that physical education classes be taught by certified PE teachers?

Results: Nearly three quarters (71.0%) of schools participating in this survey do not require that a certified PE teacher teach their physical education classes.



Question #6: Who teaches physical education at your school?

Results: Just over seventy-six percent (76.6%) of schools reported that someone other than a certified physical education teacher gives instruction in PE

Question #7: How many approved PE credit hours are required to teach PE?

Results: Over ninety-six percent (96.6%) of schools report that they don't require their physical education teacher to have any approved PE credit hours.

Curriculum, Assessment and Grades

Question #8 – Do students at your school receive a grade for physical education?

Results: More than seventy-seven percent (77.5%) of surveyed schools give grades for physical education class.

Question #9: Are PE grades calculated into student grade point averages?

NOTE: This question was not given to elementary schools.

Results: One hundred thirty-two out of the one hundred forty-six (90.4%) schools responding to this question indicate that they do calculate PE grades into the student grade point average.

Question #10 – Does your school have a written curriculum for physical education?

Results: About seventy-six percent (76.2%) of Alaskan schools surveyed have a written curriculum for physical education.

#10-A: Is your physical education curriculum based on recommendations made by a national physical education group such as the National Association of Sports and Physical Education (NASPE)?



Results: Nearly eighty-six percent (85.9%) of schools that have a written physical education curriculum say that it is based on NASPE standards.

#10-B: Are teachers required to follow the curriculum?

Results: Ninety-one percent (90.9%) of schools with a physical education curriculum indicate that teachers are required to follow the curriculum.

#10-C: Are teachers monitored to assure they are following the curriculum?

Results: Just over eighty-eight percent (88.5%) of schools monitor their teachers to assure compliance.

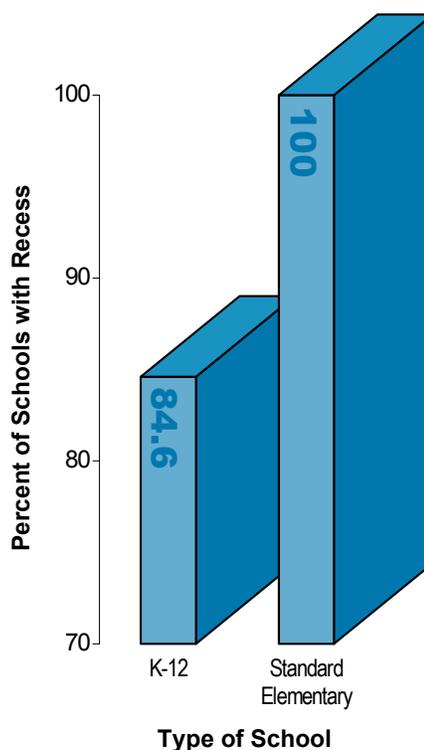
Physical Activity Related Policies

Question #11 – Does your school provide daily, unstructured recess for children in grades K-6?

NOTE: This question was only given to elementary schools.

Results: Just over eighty-four percent (84.6%) of K-12 schools participating in this survey with children in grades K-6 offer daily, unstructured recess. All of the standard elementary schools surveyed provided recess for K-6 students.

Figure 8. Occurrence of Unstructured Recess in Schools





Question #12 – Does your school have a written policy prohibiting the use of physical activity as punishment/discipline?

Results: Just over fourteen percent (14.5%) of K-12 schools surveyed have a policy prohibiting the use of physical activity as punishment/discipline, while over one quarter (25.3%) of standard schools have said policies.

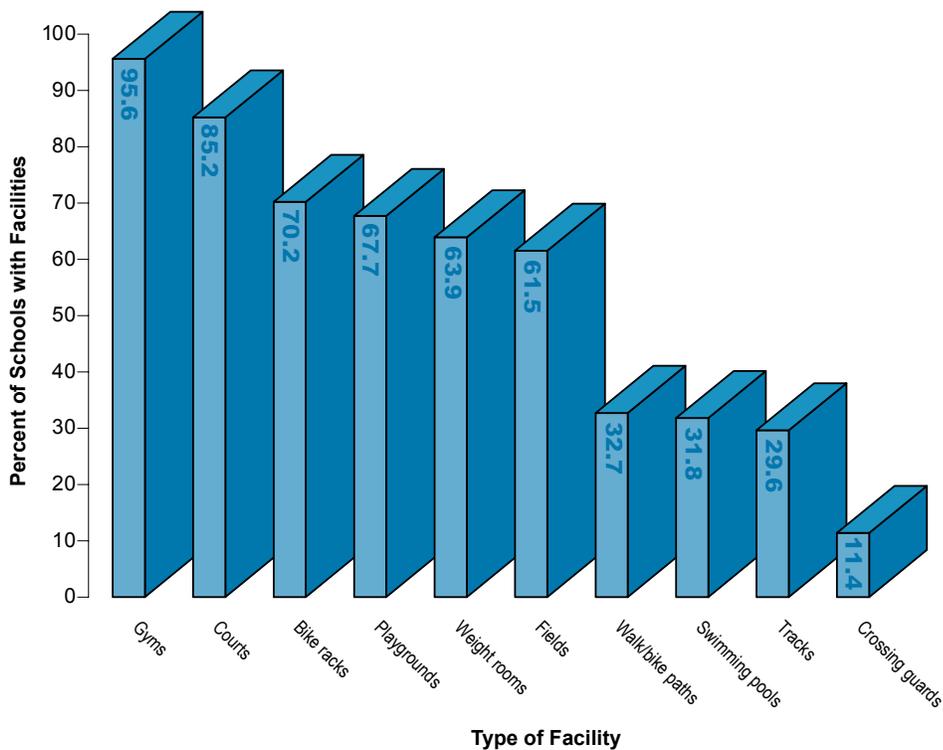
School Facilities

Question #13 – Which of the following on-campus environmental supports are available to your students?

Results: Gyms (95.6%), courts (85.2%), bike racks (70.2%), playgrounds (67.7%), weight rooms (63.9%), and fields (61.5%) appear in more than half of schools participating in this survey.

Walk/bicycle paths (32.7%), swimming pools (31.8%), tracks (29.6%), and crossing guards (11.4 %) are found in less than half of Alaskan schools surveyed.

Figure 9. Facilities offered on School Campus





Question #14 – Does your PE department have enough equipment to allow for maximum participation by students in a variety of activities?

Results: Nearly eighty-three percent (82.5%) of schools say they have enough equipment to allow a maximum number of students to participate in activities.

Question #15 – Does your PE department have a stable yearly budget for equipment?

Results: More than sixty-five percent (65.9%) of surveyed schools say that they have a stable yearly budget that helps replenish that equipment.

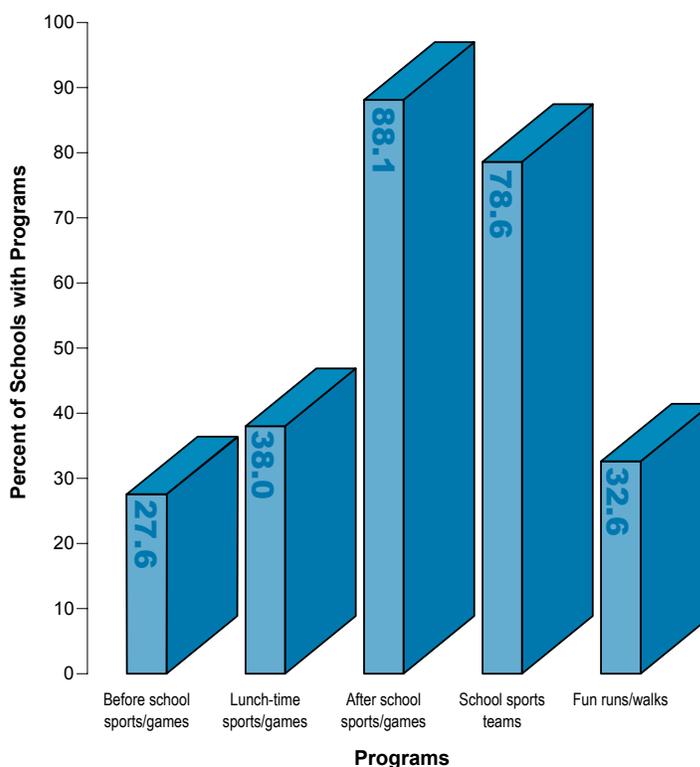
School Activities

Question #16 – Does your school offer any of the following physically active programs:

Before school sports/games? Lunch time sports/games? After school sports/games?
Sports teams/clubs? Fun runs/walks?

Results: More than twenty-seven percent (27.6%) of schools participating in this survey offer physically activities before school. During lunch 38% of schools offer some kind of sports or games. After school, 88.1% of schools surveyed offer sports/ games, and 78.6% offer sport teams/clubs. About one-third (32.6%) of schools sponsor fun runs/walks for their students.

Figure 10. Activity Programs in Alaskan Schools





School Nutrition

Question #17 – Does your school have a written nutrition education curriculum?

Results: Over seventy-two percent (72.2%) of surveyed schools say they have a written nutrition curriculum.

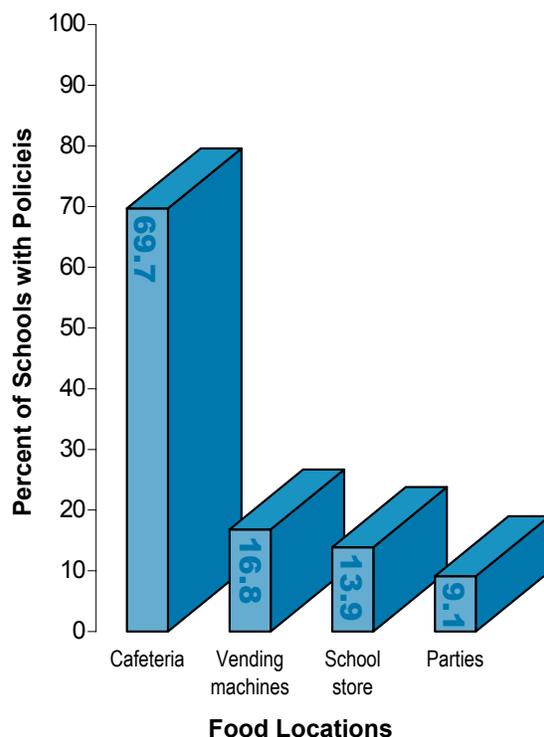
Question #18 – Does your school have a written policy prohibiting the use/denial of food as discipline/punishment?

Results: About nine percent (8.6%) of surveyed schools have a policy that prohibits the use of food as punishment/discipline.

Question #19 – Does your school have a policy that guides the nutritional value of foods offered in school vending machines, stores, cafeterias, and parties?

Results: Almost seventeen percent (16.8%) of schools with vending machines have a policy that regulates the content of those machines. During lunch hour, 69.7% of schools have a policy regulating the content of food in their school cafeteria lunches, most citing use of federal lunch programs. Only 13.9% of schools have a policy that guides what foods are offered at school stores, and 9.1% of schools have a policy that regulates the content of food at school parties.

Figure 11. Policies Governing Food Sales





Question #20 – Does your school have a nutrition advisory group that helps guide school nutrition policy?

Results: Around twenty-eight (28.8%) of schools in this survey have a nutrition advisory group that helps guide school nutrition policy.

Question #21 – Where Does profits from food sales on school premises go to? 1) school district, 2) school general fund, 3) student activities fund, 4) student group selling food, 5) other?

Results: The most popular uses of funds raised from food sales in school are the student activities fund (36.5%) and letting the student group selling the food keep the profits (39.9%).

Question #22 - If your school has a pouring right contract with a food/beverage distributor, does school administration have any influence over the content of drinks/food sold?

Results: About twenty-eight percent (28.1%) of schools in this survey report having entered into a pouring rights contract with a beverage distributor. Over seventy-seven percent (77.1%) of those schools state that they have at least some influence on the content of the food/drinks provided by that company.

Question #23 – Are lunch breaks at your school 30 minutes or longer?

Results: About ninety-six percent (96.2%) of schools participating in this survey indicate that lunch breaks are 30 minutes or longer.

Question #24 – Do the lunch breaks have structured eating and activity times?

Results: About eighty-one percent (81.3%) of surveyed schools have lunches with structured eating and activity times.

Question #25 – Are there lunch room seats for all students assigned to that lunch break?

Results: Just over eighty-one percent (81.7%) of surveyed schools report having enough seats for every student assigned to that lunch break.



Question #26 – Do students purchasing lunch wait 10 minutes or less?

Results: About seventy-four percent (74.4%) of surveyed schools have a 10 minute or less waiting time for students purchasing lunch.

Question #27 – Are students able to purchase fruits/vegetables daily?

Results: Over fifty-six percent (56.2%) of schools in this survey offer fruits/vegetables daily.

Question #28 – Is soda prohibited during the lunch hour?

Results: About twenty-seven percent (27.7%) of surveyed schools prohibit soda during lunch time.

Question #29 – Are milk, 100% fruit juice, or water available for purchase daily?

Results: Over eighty-one percent (81.9%) of surveyed schools have water, milk, or 100% fruit juice available for purchase daily.

Question #30 – Given your schools various priorities, how interested are you in discussing ways to improve student physical activity & nutrition levels in your school?

Results: Interest levels (on a scale of 1 to 10) of schools in discussing ways to improve student physical activity and nutrition practices range greatly, with 10 being the most common response.



Figure 12.

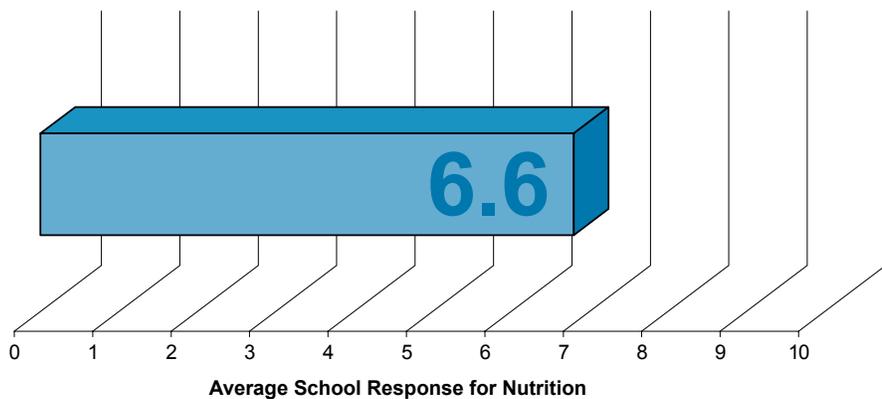
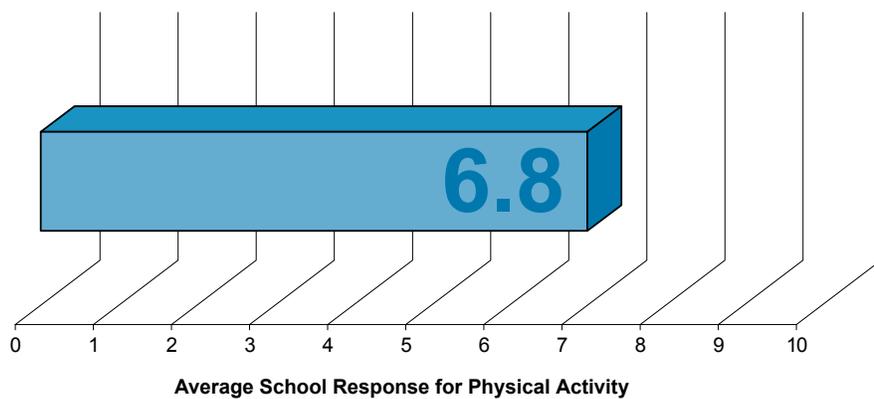


Figure 13.





Recommendations for school districts and schools

Results from the survey administered to Alaskan school districts and schools reveal some room for improvement in the policies, programs, and environmental supports they offer to Alaskan students. The following recommendations, accompanied by the survey question prompting the recommendation, are suggested by CDC for schools looking to promote cardiovascular health by taking advantage of the opportunities children have during the school day to be physically active and eat nutritious foods:

- ▶ Increase the number of policies that include daily physical education in school curricula for all students (school district survey question #1-A,B and school survey question #4);
- ▶ Increase the number of policies that require at least 20 minutes of scheduled and unstructured daily physical activity (recess) for all elementary school students (school district question #2 and school question #14);
- ▶ Increase the number of policies that require all physical education and physical activity courses, for all grades, to be overseen by certified P.E. teachers employed by the school (school district question #5-8);
- ▶ Increase the number of policies that support walking and biking to school (school district question #4, 5 and school question #16);
- ▶ Increase the percent of schools with facilities that offer a variety of competitive and non-competitive physical activity programs accessible to the majority of students (school question #19);
- ▶ Increase the number of policies that provide heart-healthy food choices outside of the food meal services (i.e., concession stands, vending machines, fund raisers, and a la carte lines) (school question #22, #30, #31 and #32).



worksites

Approximately 45% of working adults in Alaska are employed by organizations that employ 250 or more employees. Because larger organizations are also the most likely groups to have worksite programs, the statewide inventory targeted this group of employers for the telephone surveys. These organizations were identified by the Alaska Department of Labor and included 115 different employers, including both private companies and government organizations. Telephone surveys were administered to human resource/personnel directors for 97 out of the 115 (84.4%) employers of more than 250 people.

Question #1 – Approximately what percent of your company’s employees have jobs that require significant physical exertion?

Results: All but two companies surveyed said that at least some of their employees have a job that requires significant physical exertion. One-third (33.3%) of employers report that from 1% to 25% of their workers have jobs that require significant physical exertion.

Question #2 – Do you have seasonal employees? For what seasons are they hired?

Results: Seventy of the employers we surveyed have seasonal employees. Forty-seven employers have seasonal employees during the summer, and thirty have winter employees.

Question #3 – Does your company have more than one worksite?

Results: Eighty-eight (88.2%) surveyed employers have employees at more than one worksite.

Question #4 – In the past year, has your company sponsored any sports teams (e.g. softball, basketball teams) or physical activity events (e.g. fun runs, fitness challenges) for employees?

Results: More than half of businesses surveyed (49) sponsored an employee sports team or physical activity event in the past year.



Question #5 – Does your company have on-site exercise facilities?

Results: Fifty-three of the employers we surveyed have exercise facilities present in at least some of their worksites.

Question #6 – Does your company have signs promoting the use of stairs?

Results: Only six out of ninety respondents indicated that they have signs in the workplace promoting the use of stairs.

Question #7 – Does your company subsidize or offer discounted memberships to offsite fitness facilities?

Results: Forty-three surveyed employers indicated that they offer some kind of discount to an off-site exercise facility.

Question #8 – Does your company have a policy allowing employees to be physically active during normal working hours?

Results: Thirty-five employers report having a policy that allows flexibility in work schedules to allow for physical activity.

Question #9 – Can your employees obtain food or snacks at work?

Results: All but two employers make food or snacks available to their employees at work.

Question #10 – Are any of the following foods available in the workplace: 1) Fresh fruit? 2) Cooked vegetables? 3) Fat free/low fat salad dressing? 4) Fat free/low fat yogurt? 5) 100% fruit juice? 6) Fresh salads? 7) 1% or skim milk?

Results: The most popular healthy options available are 100% fruit juice (79) and fresh fruit (67). Sixty-two employers offer cooked vegetables, fat free/low fat yogurt, and fresh salads. Fifty-five offer fat free/low fat salad dressings, and fifty-nine have 1% or skim milk.

Question #11 – In the past year, has your company offered any of the following to employees at your worksite: 1) Blood pressure screening? 2) Cholesterol screening? 3) Blood sugar test?



Results: Results for risk factor screening offered to employees at work vary depending on the type of screening. Fifty-one (57.0%) of companies surveyed say that they have offered blood pressure screening at some or all of their worksites. Another thirty-five offered screening for cholesterol, and thirty-four have offered blood sugar screening in the past year.

Question #12– For those employees identified through screening as high risk, which of the following occurred: 1) Referral to physician? 2) Referral to a counseling/education program? 3) Given information/literature? 4) Nothing?

Results: Distribution of information/literature was the most common (21 employers) response to a high-risk designation as a result of a screening. Less common responses included referral to a clinician (19 employers), and referral to a counseling/education program (10 employers).

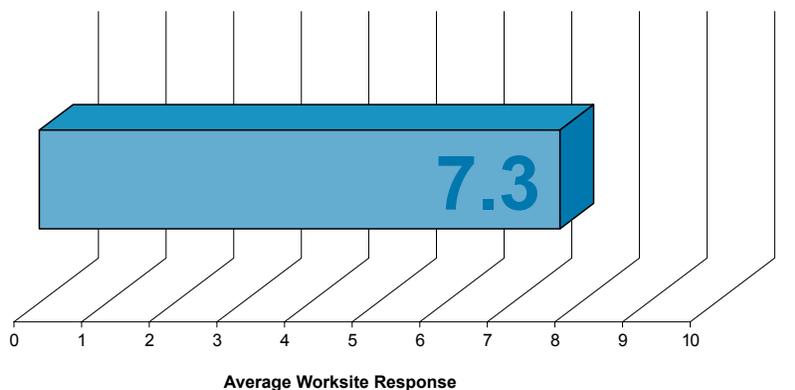
Question #13 – Does your company’s health insurance cover: 1) Blood pressure testing? 2) Blood sugar testing? 3) Cholesterol testing? 4) Tobacco cessation programs? 5) None of the above?

Results: Many employers indicated that screenings for risk factors are covered by their health insurance. Blood pressure (69 employers), blood sugar (68 employers), and cholesterol (65 employers) are covered most often. Thirty-one employers report that tobacco cessation is covered by their health insurance.

Question #14 – Given your company’s various priorities, on a scale of 1 to 10, how interested are you in discussing ways to improve the overall health of our employees?

Results: When asked their interest level (on a scale of 1 to 10) of discussing ways to improve the overall health of their employees, seventy-five of the eighty-three responding employers rate their interest at 5 or higher.

Figure 14.





Largest Alaskan Employers

Detailed information about health related benefits Alaskans receive at work was retrieved through key informant interviews with six of the ten largest Alaskan employers. The following chart lists the agencies contacted along with the number of Alaskans they employ, and the wellness initiatives they provide. While each of these agencies offer some kind of preventative measures, few have a formalized employee wellness program. Note: All six of the ten largest employers in Alaska that we were able to contact are public entities like school districts and state agencies. The four we were unable to contact consisted of a private seafood company, a federal agency, a private hospital, and a city government agency. It is important to consider the limitations in employee benefits and programs that a public agency might be able to provide for it's employees as opposed to a private business when viewing the following data.

Employer	Number of Employees	Wellness Initiatives
Anchorage School District	7,500	Discounted health club memberships, blood pressure, cholesterol, and blood sugar testing.
University of Alaska	4,500	\$400 health option (all), LIFE wellness program (UAF), Flextime (UAF), Access to fitness facilities (all).
Fairbanks North Star Borough School District	2,500	Access to fitness facilities, discounted memberships at health clubs, diagnostic screening, and wellness programs (some sites).
Mat-Su Borough Schools	2,000	Discounted health club memberships, occasional fitness events (some sites).
State of Alaska - Department of Transportation and Public Facilities	2,000	On-site fitness facilities, flex time, diagnostic screening (some sites).
State of Alaska - Department of Health and Social Services	1,600	Flex time (some sites).



University of Alaska Fairbanks
Let's Include Fitness Everyday (LIFE)
Fairbanks, Alaska

The University of Alaska Fairbanks (UAF) Athletics and Recreation Department provides the LIFE wellness program to all faculty, staff, and students. The program consists of wellness-related activities and events geared to improve overall health. Program participants get access to the student recreation center, and UAF employees are eligible for flextime if they are participating in a LIFE event held during normal working hours.

The UAF administration is aware that wellness programs on campus help reduce the incidences of mental and physical sickness, and their concomitant sick leave and help improve attitudes, especially during the long, dark, cold winters.



Recommendations for Alaskan Worksites

Results from the worksite telephone survey and key informant interviews show that worksites in Alaska are generally lacking in physical activity and nutrition-related policies, programs, and environmental supports. Recommendations for increasing physical activity and wellness at work include:

- ▶ Increasing the percent of worksites that have policies supporting physical activity for all employees during work time, (i.e., during working hours, using flextime, providing flexible breaks and lunch periods) (question #8);
- ▶ Increasing the percent of worksites that subsidize, either directly or through their insurance provider, health club or exercise facility memberships off-site (question #7);
- ▶ Increasing the percent of worksites with stairs that provide prompts or signage to promote their use (question #6);
- ▶ Increasing the percent of worksites that provide and promote company-sponsored exercise programs for employees, other than an exercise facility (i.e., walking, stretching, low back health, aerobics), at the worksite during the previous year (question #4);
- ▶ Increasing the percent of worksites that provide and maintain outdoor exercise areas and supports (i.e., playing fields, biking/walking trails, bike racks) for use by employees and others at the worksite (question #5);
- ▶ Increasing the percentage of worksites that provide showers and changing facilities for employees who want to exercise on their way to work or during working hours (question #5);
- ▶ Increasing the percent of worksites with cafeterias, snack bars, or on-site food vendors that offer heart-healthy food and beverage choices (question #10).



healthcare

Increasingly, healthcare settings are focusing on the prevention of chronic disease in addition to treatment. For this inventory, we conducted telephone interviews with every hospital and community health center in Alaska to find out about prevention services they provide relating to physical activity. In addition to questions about physical activity, each healthcare site was questioned about cardiovascular disease risk factor screenings and follow-up services they provide. Response rates for the telephone survey were high, with executive directors or head administrators from twenty-two hospitals (100%) and ten of eleven (91%) community health centers taking part.

A key informant interview was conducted with the largest community hospital, Providence Alaska Medical Center, to get even more details about the services it provides. Interviews were also conducted with representatives from Alaska Native Health Corporations to find out what is being done in the multitude of Alaska Native hospitals, health centers, and clinics around the state. Attempts were made to conduct a key informant interview with staff from the largest Alaska Native hospital, Alaska Native Medical Center, with no success.

Providence Hospital

The Providence Health System has been providing medical services to Alaskans for more than 100 years. Currently it operates medical facilities in Anchorage, Kodiak, Wasilla, and Seward. The Providence Alaska Medical Center (PAMC) in Anchorage is the largest hospital in Alaska, offering several physical activity related programs to both patients and non-patients.

For adults, Providence Heart Center provides diagnosis, treatment and rehabilitation of cardiovascular conditions through its Healthy Hearts Rehabilitation Program. It also runs a 12-week Weight Management Program designed to help patients integrate healthy food and exercise habits into their daily routine.

For children, the Providence Hospital Center for Child Development (a non-profit Early Childhood Education Program) provides a summer camp program called Camp Providence. This camp is open to children in the Providence System, children of Providence employees, or any child grade K-12. Through Camp Providence, the Children's Aquatic Program helps children be active, learn swimming skills, and develop positive attitudes about the water. Camp Providence campers are in the water for 40 minutes two times a week.

PAMC currently has one large exercise room that contains the necessary treadmills, recumbent bikes, elliptical stair machines, etc. to conduct all of the Healthy Hearts programs. The seventeen Healthy Hearts staff members hope that plans to relocate to a separate Health Promotion Center come true in the near future. That will give them the extra space and equipment they need to handle the increasing numbers of Healthy Hearts Program participants.

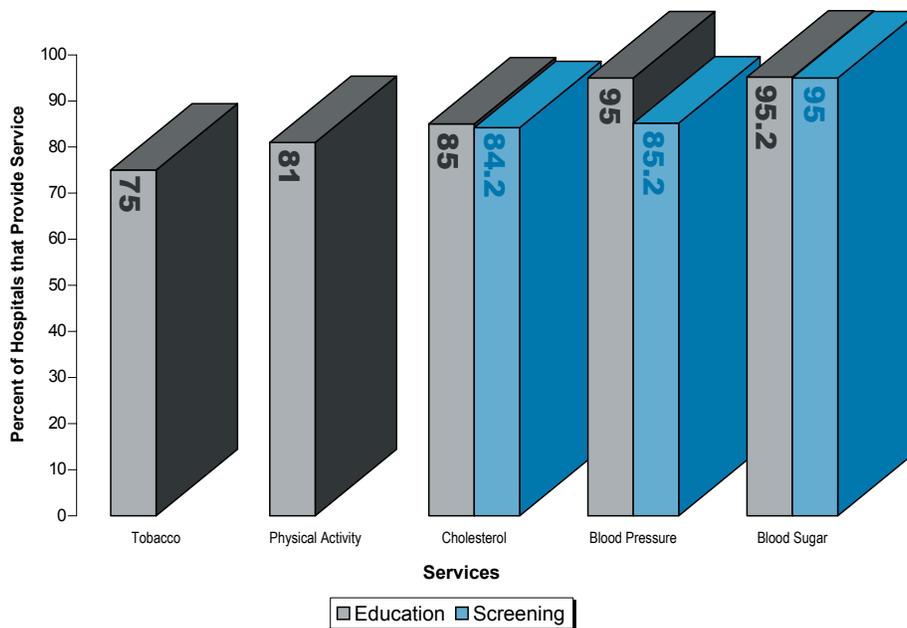


General Healthcare - Hospitals

Question # 1 – In the past year did your hospital conduct education programs for the public or non-patients relating to: 1) Physical activity? 2) High blood pressure? 3) Diabetes? 4) Cholesterol? 5) Tobacco cessation?

Results: In the past year, hospitals participating in this survey have conducted education programs for the public or non-patients in the following areas: physical activity (17 hospitals), high blood pressure (19 hospitals), diabetes (20 hospitals), cholesterol (17 hospitals), and tobacco cessation (15 hospitals).

Figure 15. Percent of Alaska Hospitals that Provide Education and/or Screening to the Public



Question #2 – In the past year, has your hospital conducted public or non-patient screenings for: 1) High blood pressure? 2) Cholesterol? 3) High blood sugar?

Results: Of the twenty-two hospitals surveyed, many have conducted public or non-patient screenings for high blood pressure (18 hospitals), cholesterol (16 hospitals), and high blood sugar (19 hospitals).



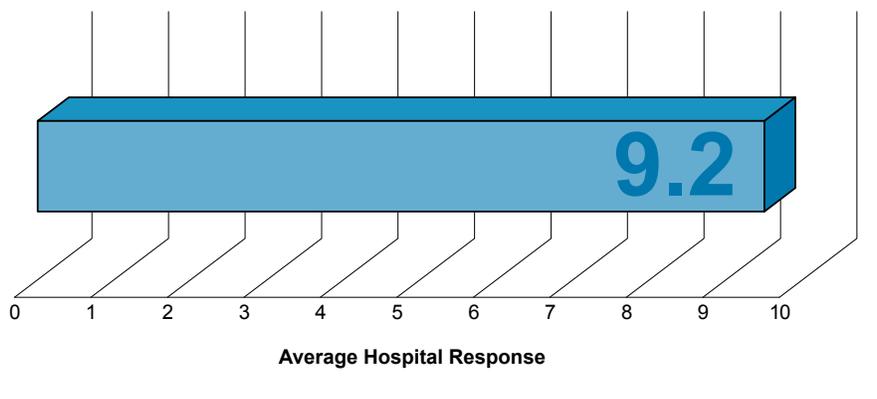
Question #3 – Does your hospital have staff with dedicated responsibilities for: 1) Physical activity? 2) Health promotion?

Results: Hospitals surveyed report the presence of dedicated staff with responsibilities for physical activity (10 hospitals) and health promotion (16 hospitals).

Question #4 – Given your hospital’s various priorities, on a scale of 1 to 10, how interested would you be in discussing ways to improve the overall health status of your community?

Results: When asked to rate their interest (on a scale of 1 to 10) in discussing ways to improve the overall health status of their community, all hospitals indicated a level 5 or higher. Eleven hospitals indicated an interest level of 10.

Figure 16.



General Healthcare - Community Health Centers

Question #1 – For individual patients that have been identified for high risk factors, do you routinely provide lifestyle counseling services for: 1) Tobacco use? 2) Overweight/obesity? 3) Physical inactivity?

Results: Nearly all of the ten community health centers participating in our survey indicated that they provide individual lifestyle counseling for patients that have been identified for tobacco use (9), overweight/obesity (10), and physical inactivity (9).



Question #2 – In the past year, have you provided lifestyle education/counseling for groups of patients in the following areas: 1) Physical activity? 2) High blood pressure? 3) High cholesterol levels? 4) Diabetes? 5) Tobacco cessation? 6) Weight management?

Results: In the past year, community health centers provided lifestyle education/counseling for patients in the following areas: physical activity (4 centers), high blood pressure (3 centers), high cholesterol (4 centers), diabetes (5 centers), tobacco cessation (5 centers), and weight management (5 centers).

Question #3 – In the past year, has your agency conducted education programs for the public or non-patients relating to: 1) Physical activity? 2) High blood pressure? 3) Cholesterol? 4) Tobacco cessation?

Results: In the past year, community health centers conducted education programs for the public or non-patients relating to: physical activity (5 centers), high blood pressure (5 centers), diabetes (6 centers), cholesterol (5 centers), and tobacco cessation (7 centers).

Question #4 – In the past year, has your agency conducted screenings for the following: 1) High blood pressure? 2) Cholesterol? 3) High blood sugar?

Results: In the past year, community health centers conducted screening for the following: high blood pressure (8 centers), cholesterol (8 centers), and high blood sugar (8 centers).

Question #5 – Does your agency have staff with dedicated responsibilities for: 1) Physical activity? 2) Health promotion?

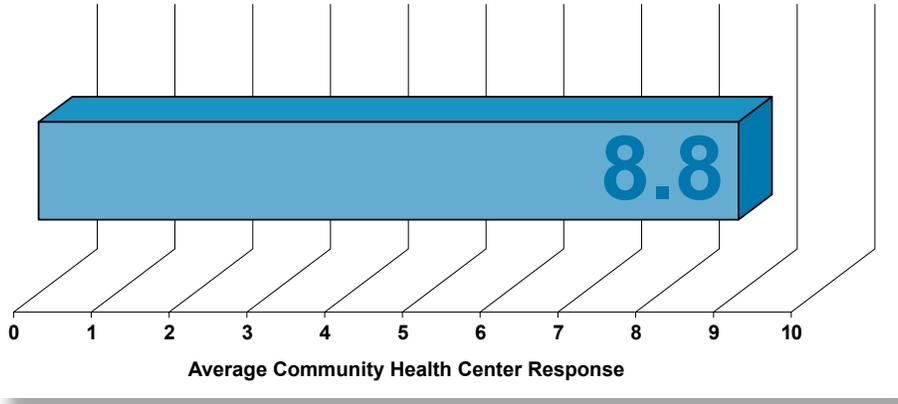
Results: Of the ten community health centers surveyed, four report the presence of staff with dedicated responsibilities for physical activity and seven with staff for health promotion.



Question #6 - Given your health center's various priorities, on a scale of 1 to 10, how interested would you be in discussing ways to improve the overall health status of your community?

Results: Each community health center participating in this survey indicated an interest level of at least 7 for increasing the overall health of its community. Four said that their interest level is 10.

Figure 17.



Native Health

The Alaskan Native healthcare system is comprised of twenty-two regional health corporations. These health corporations provide medical services to Alaska Natives in each region of the state. Many of these corporations are now looking at preventing chronic disease through physical activity related programs.

To find out more about these prevention efforts, we conducted key informant interviews with representatives from 15 of the 22 (68.2%) corporations. The following grid summarizes the activities of corporations that have significant physical activity related programs underway. Programs that have been highly successful are highlighted in the "model practices" segments.



Health Corporation	Physical Activity Efforts
Aleutian/Pribiloff Islands Association	10K Steps, Summercise, Yogafit, fitness training classes.
Bristol Bay Area Health Corporation	Walk to be Fit, Jump 4 Health, Sponsor Youth Sport, Treadmill Program, Aerobics Program.
Chugachmiut	10K Steps, exercise room, exercise equipment.
Copper River Native Association	Treadmills, stairmasters, weights, fitness videos.
Eastern Aleutian Tribes	“Iditarod” walking program, exercise bikes.
Kodiak Area Native Association	10K steps program, Mini-grants, diabetes education program with physical activities, KANA Wellness Center with 14 pieces of exercise equipment.
Maniilaq Health Center	Cross country skiing, ice skating, a local basketball team, and 10K steps programs.
Metlakatla Indian Community	Wellness Center, Olympic - sized swimming pool, Water Aerobics, Walking Program, low-impact aerobics.
Native Village of Eklutna	Kids individual fitness program, exercise field trips.
Ninilchik	“Ninilchik Walkers” walking club, Summer Youth Development Camp, exercise videos for use in group exercise classes.
Norton Sound Health Corporation	Summercise, Diabetes Prevention/Healthy Living Grant, Step by Step, Water Aerobics.
Seldovia Village Tribe	Walking program, exercise swimming program, teen walks.
Southcentral Foundation	Yoga classes, a stretching/strength class, elders exercise class, individual exercise program prescriptions, exercise room that contains treadmills and recumbent bicycles, three exercise physiologists and two exercise technicians.
Southeast Alaska Regional Health Consortium.	WISEWOMAN, Traditions of the Heart, 10,000 Steps, Ravens vs. Eagles intertribal physical activity contest, 100 Mile Club, Canoeing, D.E.F.Y summer day camp, Indoor winter walking (Sitka), Pool/gym passes & physical activity classes.
Tanana Chiefs Conference	1049 Mile Fitness Walking Program, Physical Activities Grant Program.
Yukon/Kuskokwim Health Corp.	“Get Moving” walking program, summer swimming & safety program, bicycle rodeo.



***Bristol Bay Area Health Corporation
Community Aerobics Program
Dillingham, Alaska***

The Bristol Bay Area Health Corporation (BBAHC) serves thirty-three communities in the 46,000 square mile area near Dillingham. Many of the communities in this region lack the programs and facilities necessary to be physically active year round. In response to this need, the BBAHC Diabetes Program created an indoor aerobics program that provided activity classes to over 1,300 participants last year alone!

To staff these classes, the Diabetes Program continually recruits individuals in the Bristol Bay area to become certified aerobic instructors and teach aerobic/exercise classes in their community. The diabetes program supports the cost of certification, travel for instructors and participants, and lodging for interested individuals to attend the aerobic certification training.

The diabetes program has also supported the cost of maintaining the certification required for teaching aerobic classes, as well as the cost of stereo equipment, exercise videos, music, exercise mats, hand weights, body bars, and step platforms. In addition, seventeen of the thirty-three communities in the service area received a treadmill so that residents can maintain their walking programs during snow, bear, and bug seasons.

As a result of some creative thinking, communication, and effort, a total of thirty-three certified aerobic instructors in eight Bristol Bay area communities are now available to teach classes like aerobics, yoga, low-impact aerobics, kickboxing, and step classes. Who says there is nothing fun to do in rural Alaska?



Norton Sound Health Corporation

- Summercise -

Nome, Alaska

In response to the lack of healthy activities available to children in Nome during the summer months, Angie Gorn, Director of Nutrition Services at Norton Sound Health Corporation created a nutrition and physical activity day camp for kids age 8 to 15 called "Summercise".

This summer (2003) will mark the fourth year of operation for the Summercise program. Last summer 159 children (up from 50 in year one) participated in a variety of healthy activities like a healthy cooking class, food pyramid relay races, karate, rope climbing, softball, greens picking on the tundra, hiking up Anvil Mountain, and swimming!

Incorporating fun activities with healthy educational messages has proven to be a formula for success. Parents report that their children are more active after attending Summercise, and testing shows that most camp participants improve their fitness levels as well as their knowledge of healthy eating and nutrition.

Word is quickly spreading across the state about this low-cost, fun, and healthy program. Recently, Gorn and her Summercise crew won the 2002 Municipal League community award of excellence in the human services category. Now, other communities in the region are inquiring about how to get a Summercise program of their own. Communities like Elim, Unalakleet, and Dillingham are all starting similar programs, with many others sure to follow.



Southeast Alaska Regional Health Consortium (SEARHC)

- Ravens vs. Eagles -

Juneau, Alaska

The Ravens vs. Eagles Walk is an intertribal physical activity contest between members of the Raven and Eagle clans of Southeast Alaska. Program participants record the amount of time they spend engaging in physical activity during a designated six-week period. For every 30 minutes of physical activity, participants earn one point. The team with the most points at the end is declared the winner, and the losing clan hosts a potlatch for the winning clan.

Walking is the highlighted activity because it is easy, affordable, and requires no special equipment. However, one of the highlights of this program is that it aims to teach people that physical activity doesn't have to be strenuous exercise. Activities like yoga, berry picking, and canoeing also count toward team point totals.

Originally developed in Klukwan, a small village near Haines, the program is now run in several southeast communities. It is open to the public, and participants can join as teams of up to five. That gives families a chance to participate together – yet another benefit of the program.



Recommendations for Healthcare

The results from the telephone surveys and key informant interviews show that both hospitals and community health centers are focusing on increasing their prevention and education efforts. Alaska Native Health Corporations are also working to prevent chronic diseases through physical activity and nutrition education programs. Recommendations for our healthcare settings are to:

- ▶ Maintain or increase the number of facilities offering education/counseling for physical activity and nutrition to patients and non-patients (hospital question #1; health center #2, 3);
- ▶ Maintain or increase the number of facilities offering screening and education for high blood pressure, high blood sugar, high cholesterol, diabetes, and tobacco cessation to patients and non-patients (hospital question #2; health center #4);
- ▶ Increase the number of staff with dedicated responsibilities for physical activity and nutrition education/promotion (hospital #3; health center #5).



conclusion

Alaskans face special challenges in their efforts to become more physically active. Even with “The Last Frontier” right in their backyard providing a myriad of physical activities, weather conditions, availability of indoor facilities, and a variety of other factors help contribute to a high percentage of sedentary residents.

This inventory documents some of the efforts that are being made around the state to improve physical activity levels of Alaskans. It shows that the communities, schools, worksites, and healthcare sites around the state are already doing some positive things to improve the health of Alaskans through physical activity, but it also shows that there is room for improvement in several areas.

The State of Alaska has four departments that develop policies, programs, and/or environmental supports relating to physical activity. Many individual cities have begun to think of ways to increase non-motorized transportation and how to make recreation easy and affordable to their residents. Several non-government service organizations also work to provide Alaskans with physically active recreation opportunities. Still, large numbers of Alaskans who live away from our main cities often do not have the proper local policies, programs, or facilities to stay active year round.

The most common facilities for physical activity in Alaskan communities are gyms, parks/playgrounds, trails, and outdoor courts/fields. This is worrisome, because in many places the only indoor recreation area is the school gym which may or may not be open to the public during convenient hours. Alaskans need a variety of indoor facilities so that they can be active in harsh winter weather.

The State of Alaska does not require children in school to participate in physical education. Although many school districts and individual schools may require this of their own students, it is possible in some districts for a student to complete grades K-12 and receive a diploma without ever breaking a sweat. Even when children are enrolled in a physical education class, odds are that their teacher is not certified in that subject area. Schools have problems finding certified physical education teachers, because only one University of Alaska campus offers training in physical education instruction.

Many large employers in Alaska do not have policies, programs, or a physical environment that encourages physical activity during work hours. Simple things like signs promoting the use of stairs, or designated times during the day for staff walks/fitness breaks can save employers money through increased employee health.

Healthcare sites around the state are helping physical activity promotion efforts by offering physical activity education and events to patients and the public. Many healthcare sites are also offering screenings for cardiovascular disease risk factors. Several Alaska Native Health Corporations around the state are working to combat diabetes with programs that include physical activity.



In the final analysis, it is clear that, while efforts to promote physical activity for recreation, transportation, and health are already underway, more policies, programs, and environmental supports for physical activity are needed to ensure that all Alaskans are able to meet the minimum activity recommendations each day.

While strategies in the past to reduce chronic disease focused primarily on changing the behavior of individuals, policy and environmental change interventions that affect entire cities and states have become increasingly popular due, in part, to successes realized by tobacco control efforts. By creating local and statewide policies that create active environments and making quality programs and environmental supports available to all, it may be possible to raise physical activity levels in Alaska to recommended levels.

It is now up to individuals and organizations around the state to address the gaps highlighted in this document. Working together, Alaskans can make changes to our environment that will help increase physical activity levels and decrease the detrimental effects of cardiovascular and other chronic diseases.



references

- ¹ State of Alaska Department of Health and Social Services, Division of Public Health, Take Heart Alaska Coalition. 2003. Take Heart Alaska: A Cardiovascular Disease Prevention Plan for Alaska.
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appendices

Appendix A: State Programs

Trails and Recreational Access for Alaskans (TRAAK) - The goals of the TRAAK program are to improve trails and recreational access for Alaskans, the coordination of state agencies to cooperate with federal agencies to develop new and better opportunities for trails and recreational access on public land, and to help Alaska build and maintain a role as a world-class visitor destination.

Department of Natural Resources

Recreational Trails Grant Program - provides funds for trail development, trail maintenance, environmental protection or safety education programs relating to trail use.

Land and Water Conservation Fund (LWCF) Grant Program - This federal grant program provides up to 50% matching funds (less State administrative fee) to state agencies and local communities for the acquisition and/or development of outdoor recreation facilities.

Alaska Heritage Trails Program - this program serves to protect recreational trails with legally established easements acquired from all landowners.

Department of Transportation and Public Facilities

Bicycle and Pedestrian Program - This program is designed to provide a safe, well-designed, well-maintained, affordable all-season multimodal transportation system that affords users convenient access to neighborhoods, schools, recreation, commercial and industrial areas while protecting the integrity of communities and the environment. The bicycle and pedestrian program, staffed by the DOT&PF bicycle and pedestrian coordinator aims to:

- 1) Establish a baseline to measure bicycle and pedestrian use in Alaska;
- 2) Provide a more bicycle and pedestrian friendly transportation network;



3) Reduce by ten percent the number of bicyclists and pedestrians killed and/or injured in traffic accidents on public roadways by 2015;

4) Develop a model program of bicycle and pedestrian friendly incentives for employers.

Bicycle and Pedestrian Safety Program - this program seeks to decrease the number of injuries and fatalities for bicyclists and pedestrians. Coordinated through the Alaska Highway Safety Office (AHSO), this program offers highway safety programming focused on public outreach and education, enforcement, promotion of new safety technology, integration of public health strategies, collaboration with safety and private sector organizations and cooperation with state and local governments.

Bicycle and Pedestrian Safety Mini-Grant Program - this program attempts to reduce the number of injuries to elementary and middle-school age children around the state through bicycle and pedestrian education programs.

Department of Health and Social Services

Division of Public Health, Section of Epidemiology –

- ◆ Arthritis Program
- ◆ Diabetes Prevention and Control Program
- ◆ School Health Program
- ◆ Obesity Program
- ◆ Cardiovascular Health Program
 - ▶ Take Heart Alaska
 - ▶ Alaskans Promoting Physical Activity
- ◆ Community-Based Health Promotion
- ◆ Tobacco Prevention and Control Program

Department of Education and Early Development

Division of Teaching and Learning Support – School Health

- ◆ Child Nutrition Services
 - ▶ Team Nutrition



Appendix B: State Policies

Administrative Order No. 161 signed by Governor Tony Knowles in 1996 established the Trails for Recreational Access for Alaskans (TRAAK) Citizens Advisory Board (CAB).

Administrative Order No. 193 established the **Alaska Trails System**; comprising forty-one trails that are recognized for their recreational, scenic, and historic value.

AS 34.17.055 established the **Landowner Liability Law** which gives liability protection for private landowners who grant public trail easements across their property.

Vision: 2020, the Statewide Transportation Policy Plan includes the following policies related to physical activity.

- ◆ Accommodate bicycle and pedestrian travel in the design and construction of all highway projects; implement the Bicycle and Pedestrian Plan and update when necessary.
- ◆ Institute minor improvements to state buildings to encourage workers to commute on foot or by bicycle, and encourage other state and local government agencies to do the same. Improvements might include items such as showers, lockers, bicycle racks, etc.
- ◆ Adopt and implement practices and procedures in coordination with local governments and public land managers to:
 - 1) Develop community street networks that enhance circulation and the sense of community;
 - 2) Encourage use of the transportation system by bicyclists, pedestrians, and transit riders;
 - 3) Provide disincentives for residential and commercial development on major highways;
 - 4) Incorporate local long-range plans in the planning of roads, airports and harbor facilities;
 - 5) Consider how communities want transportation facilities to look and function;
 - 6) Balance the need to improve traffic flow with the need for livable neighborhoods and pedestrian safety.
- ◆ Minimize the impact of transportation projects on significant visual resources, wildlife, and recreation and subsistence areas.
- ◆ Incorporate into road projects trails and trailheads that connect with community, regional and statewide trail systems to enhance safety, access and mobility; work with private and public land managers to establish trail easements.



Bicycle and Pedestrian Plan

- ◆ **Design Standards** – The Alaska Department of Transportation and Public Facilities has adopted, with minor changes, the geometric design elements in the American Association of State Highway and Transportation Officials’ (AASHTO) guide for Development of Bicycle Facilities. Areas to pay particular attention to include: pavement marking, rumble strips, snow storage area, signs/signals, drainage, rail crossings, pavement structure, and special designs for winter use. The Alaska DOT&PF Highway Preconstruction manual states that during the development of each project, the needs of bicyclists and pedestrians shall be addressed in the design study report.

- ◆ **Road and Trail Planning** – DOT&PF will work with local governments and other agencies to analyze the existing system to identify program improvements through the Needs List and STIP process which will provide a more bicycle-and-pedestrian-friendly transportation system. Improvements might include:
 - a) Arterial and collector network: make the major road network compatible with pedestrian and bicycle travel needs;
 - b) Low-volume connector network: provide a network of low volume streets and roads for through bicycle and pedestrian travel;
 - c) Local street network: work with local governments to solve traffic problems in neighborhoods. Install sidewalks, eliminate hazards, add traffic calming measures as needed;
 - d) Major barriers to non-motorized travel: eliminate major barriers to bicycling and walking. Provide access through, around, over, or under major barriers;
 - e) Transit systems: provide for bikes and/or skis on transit systems where appropriate. Provide appropriate long-term bicycle parking and bicycle/pedestrian access at transit stops;
 - f) Special bicycle and pedestrian facilities: Bicycle lanes, paths, and structures shall comply with DOT&PF approved guidelines. The department will strive to ensure connectivity through additions of missing links on road networks.

- ◆ **Construction Practices** – In addition to providing for safe detours for motor vehicles during construction, DOT&PF crews and contractors must ensure that appropriate provisions are made for bicycles and pedestrians. Cones, warning signs, equipment, etc. should not be placed so that they block bike lanes, trails, sidewalks etc.



- ◆ **Maintenance** – Proper maintenance needs to be addressed before construction of new bicycle and pedestrian facilities begins. DOT&PF has adopted the policy of requiring local governments or organizations to agree to maintain new facilities before they are constructed. Maintenance needs of existing facilities should be examined with the following in mind: debris removal, winter use, and utilities.



Appendix C: City Policies

Fairbanks Comprehensive Plan Policies & Goals		
Number	Title	Description
POLICY 11 - Transportation	Design Standards	Establish design standards to ensure safe, attractive and well-defined walkways where possible in the urban area, and particularly in downtown Fairbanks and North Pole.
POLICY 12 - Transportation	Bicycle/Pedestrian Design	Integrate safe bicycle circulation into road networks and maintain bicycle trails to provide for commuter and recreational purposes.
POLICY 11 - Public Services	Parks and Recreation Comprehensive Plan	Adopt a Parks and Recreation Master Plan as an element of the Comprehensive Plan and update the plan as necessary to accommodate growth and change.
GOAL I - Natural Systems	Open Spaces	Ensure that natural/open space areas in proximity to the urbanized areas of the Borough are maintained, enhanced, and conserved to provide for the opportunity to enjoy the outdoors such as hiking, canoeing, wildlife viewing, photography, and camping.
GOAL III - Natural Systems	Trail System	Encourage the development of a permanent trail system geographically distributed throughout the Borough to accommodate all trail user groups.
City Ordinances		
Sec. 70-191	Sidewalk construction and repair	All sidewalks must be constructed to specifications and maintained so as not to be dangerous to the public. Sidewalks must remain free of snow and ice.
Sec. 70-321	Snow and ice; removal	Snow and ice must be removed from sidewalks and must not be placed on sidewalks from private property.
Sec. 78-40	Use of coasters, roller skates and similar devices restricted.	Riding roller skates, blades, skis, skateboards is prohibited on roadways.
Sec. 78-39	Certain non-motorized traffic to obey regulations.	Non-motorized vehicles (bicycles) have same rights as motorized vehicles, and must obey all traffic laws.
Sec. 78-242	Right-of-way on sidewalks	Vehicles must yield to pedestrians on sidewalks.
Sec. 78-243	Obedience to school crossing guards	Drivers must obey signals from crossing guards near schools where children are visibly present.
Sec. 78-507	Bicycle licenses	All bicycles operated on public streets or paths must be licensed each year by the director of public safety.
Sec. 78-578	Driving motorized vehicles in certain areas prohibited	Driving motorized vehicles on sidewalks, bike paths, in parks, playgrounds and school grounds is prohibited.
6.24.010	Proper restraint of animals	No owner or caretaker shall fail to properly restrain his or her animal to prevent it from running at large.
6.24.020	Animal waste	No dog or cat owner shall fail to remove the excreta deposited by his dog or cat on public areas, recreation areas, or on any other person's property.



Anchorage Policies - From Anchorage 2020 – Anchorage Bowl Comprehensive Plan		
Policy #12	Land Use & Transportation	New high density residential development shall be accompanied by access to multi-modal transportation, including transit, safe pedestrian facilities, adequate public or private open space, parks or other public recreational facilities.
Policy #13		New rural residential subdivisions shall be designed to link to existing adjacent road and trail systems.
Policy #23		Major employment centers shall be pedestrian-oriented environments that include expanded sidewalks, crosswalks, street furniture, bus shelters, and landscaping.
Policy #24		Existing and new town centers shall have public facilities including but not limited to: indoor recreational facilities, parks, branch libraries, ice skating arenas, schools, post office, and transit facilities; AND an enhanced pedestrian environment with good connections within and between the core and surrounding residential development.
Policy #34		Transit-supportive Development Corridors shall create a pedestrian-oriented environment that includes expanded sidewalks, crosswalks, street furniture, bus shelters, and landscaping.
Policy #36		New transportation projects shall accommodate new trail sections and easements identified in the Area Wide Trails Plan.
Policy #37		Design, construct, and maintain roadways or rights-of-way to accommodate pedestrians, bicyclists, transit users, the disabled, automobiles, and trucks where appropriate.
Policy #38	Design & Environment	Design, construct, and maintain roadways or rights-of-way to promote and enhance physical connectivity within and between neighborhoods.
Policy #45		Connect local activity centers, such as neighborhood schools and community centers with parks, sports fields, greenbelts, and trails, where feasible.
Policy #54		Design and construct neighborhood roads and walkways to ensure safe pedestrian movement and neighborhood connectivity, and to discourage high-speed, cut-through traffic.
Policy #55		Provide pedestrian and trail connections within and between residential subdivisions in new plats, including replats.
Policy #74	Public Facilities and Services	Level of service standards for transportation and snow removal along roads and sidewalks within designated Transit-Supportive Development Corridors shall be given high priority.
Policy #75		The first priority for uncommitted municipal lands shall be to serve documented or projected needs for municipal facilities, including schools, parks, sports fields, and open space.
Policy #78		Design municipal facilities frequented by the public, particularly schools, to accommodate year-round multi-purpose activities.
Policy #81		Prioritize snow removal to maximize pedestrian movement and safety.
Policy #84		Develop an acquisition strategy to secure sufficient and suitable public lands for parks, sports fields, greenbelts, open space, trails, and other public facilities based upon applicable level of service standards.



Policy #85		Municipal land acquired for or converted to long-term or permanent park or recreational uses shall be officially dedicated as parkland.
Policy #86		Encourage public/private collaboration for acquisition, development, and maintenance of recreational spaces, parks, sports fields, public use facilities, and trails.
Policy #87		Encourage the year-round use of public schools as neighborhood and community centers.
Anchorage City Ordinances		
4.60.090	Parks and Recreation Commission	Establishes Anchorage Parks and Recreation Commission.
27.30.080	Anchorage Parks and Recreation Service Area	Establishes boundaries of Parks and Recreation Service area.
23.15.1105.4.4	Accessibility of Recreation facilities	Mandates accessibility to facilities by disabled persons.
21.75.010	Plat approval	Platting Authority may only issue approval if plat promotes health, provides open space, recreation.
9.40.170	Unlawful operation of motor vehicles	Motorized vehicles prohibited in parks, sidewalks, trails, bike paths.
25.25.080	General school site selection criteria	School site selection must consider recreational space, proximity to neighborhoods, and access.
16.55.480	Daycare Activity program; discipline and behavior management	Day care providers must provide opportunities for vigorous physical activity, outdoor time, and must limit T.V. viewing.
16.55.190	Daycare Outdoor areas	Day care must provide adequate space for outdoor activities.
25.70.060	Activities prohibited in parks	Prohibits use of motorized vehicles, unrestrained animals, and firearms.
21.85.090	Sidewalks in new developments	Establishes standards for inclusion of sidewalks in new developments.
24.50.020	Sidewalk construction and repair	Sidewalks must be built to code and maintained to safe standards.
9.38.070	Riding on sidewalk	Prohibits riding bicycles on sidewalks in business areas.
24.80.090	Removal of snow and ice from sidewalks and accessible parking spaces	Sets standards for removal of snow and ice for property owners.



City and Borough of Juneau Policies – From CBJ Comprehensive Plan

Policy 4.13.6	Community Schools	Community use of schools for educational, recreational, and cultural purposes.
Policy 4.16	Recreation and Parks	Providing quality dispersed outdoor recreational opportunities; acquiring land for parks.
Policy 4.16.7	Joint Facility Use	Joint use of parks, school facilities, and sports fields.
Policy 4.17	Acquiring Open Space	Require open space areas which possess important recreational and other environmental qualities.
Policy 4.3.10	Bike Trails	Complete a continuous bike/pedestrian trail between valley and town.
Policy 4.3.11	Bike Trails	Sidewalks and bicycle paths for access and recreation and safety.
Policy 4.3.14	Sidewalks and Bike Trails	Pedestrian routes in the downtown area and methods to reduce the conflicts between pedestrian, bicycle, and vehicular traffic.
Policy 4.4.1	Non-motorized Transportation	Alternative modes of transportation; walking/biking for commuters.
Policy 4.4.7	Downtown Pedestrians	New pedestrian facilities including skywalks between downtown buildings.
Policy 5.10	Mixed Use	Mixed use development is encouraged in the downtown area and other areas.
Policy 5.5.1	Development	Proposals for residential development are evaluated for preservation of open space and natural features, safe and convenient circulation for autos, pedestrians, and bicycles.



City and Borough of Juneau Ordinances

03.10.040	Parks and Recreation Department mission and duties	The Parks and Recreation Department shall be responsible for the supervision and operation of recreation programs and for the maintenance and operation of parks and recreation facilities.
08.30 – 08.45	Dog restraint, waste control	The keeper of any dog shall keep the dog under restraint at all times and shall not permit the dog to be at large. The keeper of an animal shall prevent the animal from growling, snapping at, jumping upon or otherwise menacing, injuring or frightening persons.
36.20.056	Urban bear control	No owner or person in charge of property shall willfully or negligently cause or allow the storage of garbage on that property or any right-of-way adjacent thereto.
49.15.670	Planned unit development design standards	Pedestrian or bicycle pathways shall be provided to facilitate movement within the development and to ensure access to common open space, common facilities and to public services, where available.
62.10	Sidewalk obstruction	It shall be unlawful for any person to cause or allow any impairment of a pedestrian way.
62.15	Ice/Snow removal from sidewalks	Every person having the care and control, either as owner or occupant, of premises bordered by a graded, paved or wooden sidewalk shall remove any snow which may fall thereon, and shall remove or sand any ice which forms thereon.
67.01	Prohibited uses of parks	No person shall operate any motor-driven vehicle within any recreation area; Dogs shall not be permitted in park or recreation areas unless the dog is restrained on a leash no longer than ten feet held by a person capable of controlling the dog, unless the dog is participating in an officially organized activity which requires it to be unleashed.
72.24.075	Placing snow in public ways	No person may place or cause to be placed any snow or ice on any sidewalk, street, roadway, parking place, or other public place so as to impede or render unsafe vehicle or pedestrian use.
72.10.140	Use of skateboards, roller skates, roller blades and similar devices restricted	No person operating a skateboard, roller skates, roller blades, unicycle, coaster or similar device shall go upon any roadway or street except while crossing a roadway or street in a crosswalk.
72.02.400	Riding bicycles on roadways	Every person operating a bicycle upon a roadway has all the rights and is subject to all of the duties applicable to the driver of any other vehicle.
72.02.487	Driving on sidewalks	The driver of any vehicle, except a bicycle, shall not drive within any sidewalk area except at a permanent or temporary driveway.



Appendix D: Key Informant Interview Questions

1. Which, if any, policies does your agency have relating to physical activity?
2. What physical activity programs does your agency administer?
3. Describe any environmental supports for physical activity your agency has.
4. Describe any other resources (staff, funds, etc.) your agency has dedicated to physical activity.
5. Where do you see gaps in service applicable to physical activity services provided by your agency?
6. What future plans does your agency have to advance physical activity efforts?
7. What barriers does your agency face in implementing physical activity promotion efforts?