

Physical Activity Data and Surveillance

Quick Start Resource

This resource is intended to provide key references and tools for planning and implementing physical activity surveillance. Nonfederal Web site addresses are provided for informational purposes only, and this listing is not exhaustive nor implies CDC endorsement of these programs.

Where can I find general background information about surveillance?

- **Principles and Practice of Public Health Surveillance, second ed.** Teutsch SM and Churchill RE, eds. Oxford University Press, Inc., New York, New York, 2000. *This book describes the history and role of surveillance in public health and methods used for chronic and infectious disease surveillance.*
- **Council of State and Territorial Epidemiologists**
www.cste.org.
This professional organization of state and territorial epidemiologists publishes guidelines for surveillance.
- **Behavioral Risk Factor Surveillance System (BRFSS)**
<http://www.cdc.gov/brfss/>.
This website provides survey questionnaires, data, documentation, health risk factor maps, contact information, state data usage descriptions, publications, and training information.

Where can I find background information about physical activity surveillance?

- **CDC/DNPA- An Explanation of US Physical Activity Surveys**
http://www.cdc.gov/nccdphp/dnpa/physical/health_professionals/data/physical_surveys.htm
This website provides background and other information for several national surveys that track physical activity for various age groups and levels of activity related to national public health objectives, and compares these surveys.

Where can I get help with using and/or interpreting physical activity data?

- **CDC/DNPA- Physical Activity Statistics**
<http://www.cdc.gov/nccdphp/dnpa/physical/stats/index.htm>
This website provides a link to BRFSS questions, as well as physical activity data and observations resulting from the BRFSS questions.
- **Healthy People 2010**
<http://wonder.cdc.gov/data2010/>
DATA 2010 is interactive and provides updates to Healthy People 2010 objectives, data, and operational definitions. Also has option to select and construct tables of various health indicators or demographics.
- **Behavioral Risk Factor Surveillance Screening (BRFSS) – (SMART)**
<http://apps.nccd.cdc.gov/brfss-smart/index.asp>
“SMART” is the Selected Metropolitan/Micropolitan Area Risk Trends project which uses BRFSS to analyze data from these selected areas (MMSAs) with 500 or more respondents. The data can be used to identify, establish and track health objectives, and develop and evaluate public health policies and programs.
- **CDC- Prevalence of Physical Activity, Including Lifestyle Activities Among Adults --- United States, 2000—2001. MMWR 2003;52:764-769.**
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5232a2.htm>
This MMWR article compares definitions of physical activity measures from the Behavioral Risk Factor Surveillance System (BRFSS).



Where can I find some examples of uses of physical activity data?

- **Behavioral Risk Factor Surveillance System (BRFSS) Data--List of State Uses.**
<http://www.cdc.gov/brfss/stateinfo.htm>
This web page describes ways that each state has used BRFSS data for health monitoring and program planning. In addition, it provides state publications that use and reference BRFSS data.
- **DNPA State Physical Activity Program Directory**
<http://apps.nccd.cdc.gov/DNPAProg/>
This program directory may be used to search other state programs and profiles for guidance, includes contact information to follow-up with a state physical activity coordinator.
- *Specific state health statistics web sites should be referenced for specific public health risk factors and chronic conditions and diseases. Use “state health statistics” as a keyword.*

What other resources will assist in planning, collecting and reporting data?

- **University of South Carolina-Prevention Research Center**
<http://prevention.sph.sc.edu/tools/index.htm>
This site provides reports and tools for physical activity measures developed either exclusively by the PRC or in collaboration with other community agencies and partners.
- **San Diego State University –Jim Sallis page-Physical Activity Measures and Surveys**
<http://www-rohan.sdsu.edu/faculty/sallis/measures.html>
This website provides a listing of physical activity instruments of measure available for direct download.
- **University of Rhode Island-Cancer Prevention Research Center- Behavioral measures**
<http://www.uri.edu/research/cprc/measures.htm#Exercise>
This website provides questionnaires to measure behavioral stages of change.
- **Moving to the Future**
Data resources
http://www.movingtothefuture.org/story_files/229/229_ss_file1.doc
This resource provides Information on agencies that collect, analyze, and report on food, nutrition, physical activity, and surveys. Also provides state/local reports.
Capturing community opinion
http://www.movingtothefuture.org/story_read.php3?sid=d27993&story_id=171&chapter_id=12&or_igin1=chapter_contents
This resource includes steps on how to hold a community forum; conduct focus groups or key informant interviews, and perform media surveys.
Summarizing and Reporting information
http://www.movingtothefuture.org/story_read.php3?sid=d27993&story_id=180&chapter_id=12&or_igin1=chapter_contents
This resource provides worksheets for prioritizing health concerns and guidance for community health assessment process and outcomes.
- **Collecting, Using, and Disseminating Health Data on Minority Populations**
<http://www.ahcpr.gov/news/ulp/minorpop/ulpmipop.htm>
This page provides proceedings from a workshop regarding the collection, use, and dissemination of health data on minority populations.
- **User’s Guide to Evaluation for National Service Programs**
A reference manual that includes general concepts for the beginner data collector.
Data collection:
http://nationalserviceresources.org/filemanager/download/Evaluation/users_guide/catacoll.pdf

Data analysis:

http://nationalservicerresources.org/filemanager/download/Evaluation/users_guide/dataanal.pdf

Reporting your results:

http://nationalservicerresources.org/filemanager/download/Evaluation/users_guide/report.pdf

