

# Statewide Action Plans

## *Partnerships for Healthy Weight Cardiovascular Health Coalition*

The Massachusetts Department of Public Health is partnering with groups from communities, businesses, schools and healthcare sites to create statewide action plans to promote health and prevent disease. Together we are developing strategies to decrease risks for heart disease, stroke, obesity, cancer and diabetes. Below are key draft objectives related to improving physical activity:

### **In Work Sites:**

- Increase moderate physical activity in the course of a workday by increasing the number of people who walk, bike or take public transportation to and from work and/or during the workday by using stairs or walking/ biking during the workday.

### **In Community Settings:**

- Increase walking and biking as alternative modes of transportation and leisure activity.
- Support community efforts to develop and strengthen local coalitions to address overweight and obesity and position these coalitions as catalysts for community change.

### **In School Settings:**

- Mobilize school groups to improve opportunities for physical activity by:
  - Increase the number of public and private schools from Pre Kindergarten to Grade 12 that provide daily physical education that conforms to national and state guidelines
  - Increase opportunities for physical activity in preK-12 public and private schools before, during, and after school.

### **In Healthcare Settings:**

- To create a referral system for connecting providers to a broad array of chronic disease related community resources for patients.

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We need partners to assist in *developing* and *implementing* strategies across the state in all of the settings. If interested, please contact:

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