The AIM

In 5 states, teams of public health nutritionists sought to increase the number of schools or programs implementing select components of the Comprehensive School Physical Activity Program (CSPAP) model. These teams supported state Title V programs to promote physical activity through collaborative training and quality improvement practices.

The Adaptations for Special Needs program was supported by a grant (U7NMC30388) from the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) to serve as an example of what Title V programs can accomplish with the national Healthy Weight Collaborative Improvement and Innovation Network (CoIIN).

**Children’s Healthy Weight CoIIN**

**Physical Activity Workstream**

**Workstream Drivers**

**Adaptations for Special Needs**

**Coalition Development**

**Best Practices**

**Needs Identification**

- Identify, adopt, and disseminate community assessment tools to determine needs

**Coalition Development**

- Recognize the importance of family and community involvement in the success of physical activity programs

**Best Practices**

- Identify or develop resource listings of recommended adaptations for various settings

**Resources and Training**

- Identify curricula that provide training in improving physical fitness

**Training Opportunities**

- Increase training opportunities for school and community personnel

**Evidence-Based Physical Activity**

- Increase professional development opportunities—those involving evidenced-based methods to provide students a minimum of 30 minutes of daily physical activity

**Collaborative Relationships**

- Recruit successful schools, coalitions and communities as mentors

**Technical Assistance and Professional Development**

- Develop a toolbox of data and information practices for community change

**Physical Activity Before, During and After School**

- Promote and support before and after-school physical activity opportunities including community events, intramurals and non-competitive sports programs

**Active Transport and Increased Student Physical Activity**

- Promote and support before and after-school physical activity opportunities including community events, intramurals and non-competitive sports programs

**Collaborations For Whole Family Regular Physical Activity**

- Participate on committees and coalitions to align and support programs that promote active living

**Physical Activity That is Safe, Developmentally- and Culturally-Appropriate**

- Identify, adopt and disseminate guidance regarding physical activity

**Number of Teams That Worked on These Drivers**

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