What is the KCPA Plan for?

The Kansas City Physical Activity Plan (KCPA) is the city’s first ever plan designed to increase physical activity.

At Children’s Mercy Hospital, 65% of children that did not meet the national recommended physical activity guidelines were at a higher risk for obesity.

To encourage active living among all individuals, a National Physical Activity Plan was developed. It included a comprehensive set of policies, programs, and initiatives to empower individuals to meet their physical activity goals.

The KCPA Plan is an effort to work across the sectors that influence physical activity and develop teams that will adapt the National Plan for Kansas City.

Who will use the KCPA Plan?

The goal of the KCPA Plan is to translate the National Physical Activity Plan into accessible strategies and tactics for local organizations to pursue together.

This process will be led by sector-based Teams to identify and prioritize what has worked and what could work in KC.

The final KCPA Plan will be shared as a region-wide resource to support organizations whose efforts align with improving physical activity.

How will the KCPA Plan work?

Each sector will form a work-group of professionals, researchers, community members and leaders who will come together to identify the highest priority strategies and tactics for the respective sector, specific to the needs and strengths of our KC region.

During our 2020 meetings, sectors will help design community listening sessions for community engagement.

Teams will contribute to and review the Community Profile and help identify early projects and assist with implementation.

THE 4 PRINCIPLES OF THE KCPA PLAN

1. Provide **equitable** access to safe spaces for physical activity.
2. Use **evidence-based** approaches.
3. Informed by the **community**.
4. Develop **systems-wide** policy and environmental change.

Join us on March 19th for the Weighing In Quarterly Meeting

Save the Date for the Physical Activity Summit June 9th, 2020 at the Kauffman Foundation Center!