

# CVD/DIABETES PREVENTION: BOX 4 FISHBONE DIAGRAM - Physical Activity

Increase sports during P.E. classes

Increase scholarships & availability for physical activity programs

Free transportation for after-school programs

Diversify options for after-school non-sport physical activity

Fund travel & expenses for out-of-town events (i.e. tournaments)

Affordable & free sports equipment

WHAT could help us reach our aim?  
—HOW do we do it?

**AIM**  
Cost will never be a barrier to participate in a variety of physical activities for students

- Research current PE courses & activities
- Implement an MOV or IGA to receive commitment from schools
- Provide equipment to implement intramural sports
- Outside help from nonprofits, parks and Rec
- Influence PE Curriculum

- Meet & work with physical activity organizations
- Financial incentive for youth's continued attendance in physical activity organizations

- Walking school bus for high use routes (i.e. Bear Creek to Boys & Girls Club)
- School IDs as bus passes (partner with CET)
- Offer bus for kids who stay late for activities
- More program offerings at schools

- Discuss needs for success with adult leaders
- Identify possible leaders in the areas chosen
- Select top options to focus on
- Survey students on possible activities

- Special district funding to cover buses for sports travel
- Funding for non-bus transportation (i.e. gas cards for families)
- Supplement admin/coach time to coordinate transportation
- Connect school lunches/ meals to sports teams

- Supporting organizations during fundraising
- Writing letters of support for outside grants
- Identify companies willing to offer good used or discounted new equipment
- Send out RFP to partners

- Invite them to workgroup meetings
- Promote their successes and offer help
- Make the grant process simple
- Meet with them where they are
- Engage YAC leaders to survey students
- Form county committees focused on physical activity
- Ask for insight on the aim
- Platform for communicating between them, schools, & the workgroup
- Identify concrete goals for partnership

- Obtain free & reduced lunch data by school

- Partnering and meeting with PCPs
- Partnering and meeting with physical activity organizations
- Create closed loop referrals system
- Financial incentive for youth's continued attendance for physical activity organizations

- Fund "bike check" at schools and/or locks
- Access to bikes
- Student incentives to lead walking school bus
- Commute Options Program for high schools

- Support schools in obtaining funding
- LOS
- Identify sports with low/no cost
- Help schools bridge the funding gap
- Provide grants/stipends to families

- Provide grants for teachers/coaches for peaceful playground modules & orientation
- Pilot one small school with Peaceful Playground equipment

Build relationships with schools & Parks and Rec

Identify the # of students with cost as a barrier to physical activity

Provider referrals to physical activity & scholarships

Increase active modes of transportation

Free/no fees to participate in sports

Provide Peaceful Playground training and equipment