

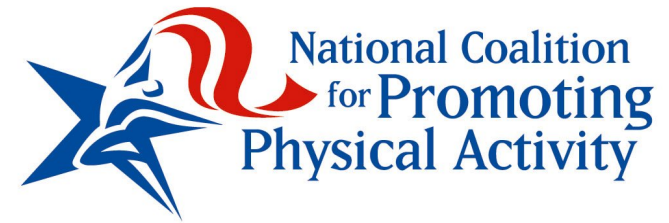
Our Membership –

Organizations that join NCPPA align themselves with some of the most visible, active and vibrant organizations, associations and corporations in America today. NCPPA's membership roster reads like a "who's who" of health promotion, disease prevention, sports – the American Cancer Society, the American Diabetes Association, the YMCA of the USA, United States Track & Field, Nike, the American Heart Association, the International Health, Racquet, and Sports Association; the Sporting Goods Manufacturers Association; the National Recreation and Parks Association and many others.

NCPPA members interface on a regular basis with representatives of these organizations who share their goals and vision for a healthier, more active society. As such, NCPPA members have come to recognize that the networking opportunities available to them by joining NCPPA are unlimited.

Lead Organization Members

American Alliance for Health, Physical Education, Recreation & Dance
American Cancer Society
American College of Sports Medicine
American Council on Exercise
American Heart Association
International Health Racquet & Sportsclub Association
McNeil Nutritionals, a Johnson and Johnson Company
National Athletic Trainer's Association
National Recreation and Park Association
Pharmaceutical Research and Manufacturers of America
SnowSports Industries America
Sporting Good Manufacturers Association
United States Tennis Association
USA Track & Field
YMCA of the USA



Physical Inactivity and our Society –

- More than 60% of Americans do not engage in the levels of physical activity that could bring them important health benefits. Low income and less educated Americans exercise even less.
- The U.S. Surgeon General has declared that lack of exercise and poor diet are the second leading cause of death in America today—second only to tobacco.
- Thirty years ago, two-thirds of American children walked to school each day. Today, less than one-in-five kids either walk or bike to school.
- The rates of daily physical education in our Nation's schools for high school, middle school, or elementary-aged children are less than 10%.
- For adults, more than half do not get enough physical activity to provide them with the necessary health benefits and less the one-quarter are not active at all.

The National Coalition for Promoting Physical Activity (NCPPA) is the leading force on the national scene promoting physical activity and fitness initiatives. A diverse blend of associations, health advocacy organizations, and private corporations, NCPPA is advocating for exciting national initiatives that encourage Americans of all ages to become more physically active. Established in 1996, NCPPA's membership has seen remarkable growth in recent years as more and more organizations recognize the important role that physical activity plays in America's fight against chronic disease.

What We Do –

Legislation

Through the work of its headquarters staff and its cadre of members both in Washington and throughout the United States, NCPPA encourages federal and state policymakers to promote regular physical activity in homes, schools, work sites, public parks and trails, health clubs, and neighborhoods. In addition to meeting with lawmakers to advocate for its own legislative initiatives, NCPPA lends its voice to support many state and national programs that meet our objectives.

Publications

NCPPA's communication vehicles include the bi-monthly publication *NCPPA News*, a comprehensive electronic newsletter that highlights physical activity issues in the news, conference updates and grant opportunities. On a monthly basis, NCPPA publishes *Activity Advocate* an update on national legislative initiatives in the area of physical activity. NCPPA's monthly *State Legislative Reports* track physical activity legislation in all 50 states.

NCPPA News and *Activity Advocate* are distributed widely to individuals and organizations interested in the growing national movement to encourage physical activity. The *State Legislative Report* is distributed exclusively to member organizations as a benefit of their membership.

Conferences

NCPPA has both hosted and participated in many national, regional and local conferences and training sessions dedicated to promoting physical activity in our society. Its staff and leadership are asked to present at conferences on a regular basis to highlight the importance of regular physical activity in America's fight against chronic disease.

Networking/Collaborating

NCPPA provides an on-going forum for our members where ideas can be shared, information exchanged, and efforts to advance America's physical activity promotion agenda can be coordinated. We do this through our board of directors meetings which take place three times per year as well as through regular conference calls of our various subcommittees.

How Government Action Can Impact Physical Inactivity in America -

This trend toward physical inactivity has been emerging for years, even decades. Similarly, reversing this trend will take years of focused and intensive effort on the part of all levels of our culture. NCPPA believes that governments at all levels need to encourage and even provide incentives for people to take action – to improve their own health as well as for the overall health of our society. That is why NCPPA's initiatives have included both removing barriers to Americans' becoming more physically active as well as adding economic and other incentives for Americans of all ages to engage in regular exercise programs and activities.

What We've Accomplished –

- NCPPA has been selected to manage the implementation of the nation's first National Physical Activity Plan.
- NCPPA has become a fully self-sustaining, financially independent organization due to unprecedented organizational growth stemming from an increase in societal concern about the effects of physical inactivity on chronic disease.
- NCPPA has provided national leadership in calling to the attention of the U.S. Congress the role that regular physical activity plays in the academic success of America's youth and is actively working for the inclusion of physical activity in the Elementary and Secondary Education Act.
- NCPPA has drafted and proposed its own signature legislation to a bi-partisan group of national legislators that would provide economic incentives to individuals to become more physically active.
- NCPPA has emerged as the most comprehensive source of information in the United States on local, state and national efforts to combat chronic disease through regular physical activity.
- With the support of the Centers for Disease Control and Prevention (CDC), NCPPA has conducted national conferences highlighting Federal and State policy enactments to promote physical activity and profiling easily-enacted "best practices" to promote physical activity on the local level.