



## Active Aging Community Task Forces

The California Center for Physical Activity, a program of the California Department of Health Services, has established 31 *Active Aging Community Task Forces* in counties throughout the state that work to increase the number of Californians over 50-years-old who engage in everyday physical activity.

The Center has disseminated a successful model, developed by the Marin Association of Senior Strength Trainers, through a mini-grant program to Area Agencies on Aging and County Public Health Departments. The Task Forces:

- **Increase public awareness of the benefits of physical activity for older adults.**
- **Train a cadre of instructors to teach senior strength-training, balance and mobility classes, which accommodate older adults at all functional fitness levels.**
- **Implement community-based physical activity programs that include strength-training, balance and mobility exercises aimed at maintaining functional fitness and reducing the risk of chronic disease and falling in older adults.**

“Your staff has been very generous about sharing and mentoring, particularly with other state health departments trying to build active aging programs. They’ve been fantastic.”

**Jeanne Alongi, MPH**  
Program Consultant  
Association of State and  
Territorial Chronic Disease  
Program Directors

For more information on the *Active Aging Community Task Forces*, email [cacenterforpa@dhs.ca.gov](mailto:cacenterforpa@dhs.ca.gov).





## About Us

The California Center for Physical Activity, a program of the California Department of Health Services, creates opportunities for everyday physical activity by connecting partners to active living resources and helping develop more walkable and bikeable communities for the state's diverse population. The Center works through strategic alliances with physical activity experts, statewide coalitions, local health departments, community-based organizations and like-minded public- and private-sector partners.

Projects of the California Center for Physical Activity are nationally — and internationally — renowned. The Center's work to promote more walk- and bike-friendly communities is commended for its ability to engage non-traditional partners such as transportation engineers and land use planners. The Center's work to establish community-based physical activity programs for older adults serves as a model across the nation and has received state, national and international honors.

### Center projects include:

**ACTIVE AGING COMMUNITY TASK FORCES** have been established in 31 counties throughout the state to increase the number of Californians over 50-years-old who daily engage in physical activity. The Task Forces implement community-based physical activity programs aimed at improving strength, balance and mobility; maintaining functional fitness; and reducing the risk of chronic disease and falling among older adults.

**HEALTHY TRANSPORTATION NETWORK** assists California's local officials with ways to design more walk- and bike-friendly communities. The Center partners with California and national experts with real-life experience in building and redesigning communities to be walk- and bike-friendly and collects and organizes input from these experts that can be shared with communities across the state.

**CALIFORNIA'S WALK TO SCHOOL HEADQUARTERS** provides all the materials, ideas and technical assistance needed to get a Walk to School program started in a neighborhood. Whether hosting a first Walk to School event or conducting a year-round program, our tools, services and technical assistance can help build a tailored program for school districts statewide.

California is the first state in the nation to offer **WALKABLE COMMUNITY WORKSHOPS** that are led by trained, in-state experts. The four-hour workshops convene community stakeholders and serve as the impetus for policy and environmental changes that make it easier and safer to walk in a community. Workshops can focus on safe routes to school, safe routes to transit and safe routes for seniors.



“Your office has provided training and technical assistance to help county health departments initiate different physical activity-related programs. We wouldn't be where we are at today without your help. You've provided good program models and follow-up assistance.”

**Sara Sundquist**  
Health Education Specialist  
Shasta County  
Public Health Department