



Physical Activity

Economic Evidence

Economic Evaluations: Cost-Benefit Analysis or Program Cost Per Average Unit of Improvement

Systematic reviews of economic evaluations were completed for only those interventions that were either Strongly Recommended or Recommended. The information provided here is **only a summary**. The complete evidence tables summarizing economic evaluations can be found at <http://www.thecommunityguide.org/pa/pa-econ-ev-tables.pdf>.

Intervention	Summary Measure ^a	Comparison Group
Informational Approaches to Increasing Physical Activity		
Community-wide campaigns	No economic evaluations were identified that met Guide inclusion criteria.	
Point-of-decision prompts	No economic evaluations were identified that met Guide inclusion criteria.	
Behavioral and Social Approaches to Increasing Physical Activity		
School-based physical education	No economic evaluations were identified that met Guide inclusion criteria.	
Social support interventions in community settings	No economic evaluations were identified that met Guide inclusion criteria.	
Individually-adapted health behavior change programs	CER per intervention arm: ^b \$0.05-\$5.39 <i>n</i> =1 ^c	Baseline
Environmental and Policy Approaches to Increasing Physical Activity		
Creation of or enhanced access to places for physical activity	Net Present Value: ^d \$655 Cost: \$451 Benefits: \$1,106 Net Present Value: \$96million Cost: \$43 million Benefits: \$139 million <i>n</i> =1 <i>n</i> =1	Baseline No comparison group

^a All summary measures are in 1997 U.S. dollars

^b Range average based on high and low estimates of costs

^c *n* represents number of studies

^d Range average. Range based on high and low estimates of NPV

Publication:

- American Journal of Preventive Medicine May 2002 supplement ([Am J Prev Med. 2002; 22 \(4S\)](#)). - Evidence, findings, and expert commentaries. See www.thecommunityguide.org/pa/ for individual articles.

The Guide to Community Preventive Services (Community Guide) provides recommendations on population-based interventions to promote health and to prevent disease, injury, disability, and premature death, appropriate for use by communities and healthcare systems. For more information about the Community Guide (including links to publications and a variety of resources) see www.thecommunityguide.org for **Physical Activity** see www.thecommunityguide.org/pa/.