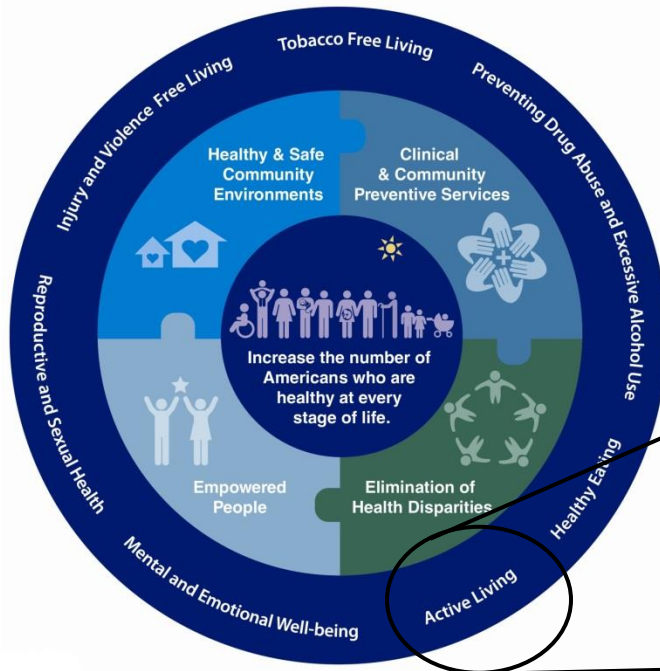
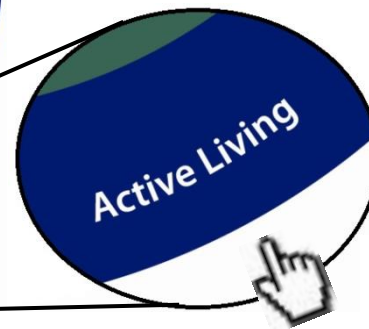


# How to use the National Prevention Strategy Implementation Toolkit



Each of the 11 categories on the round image opens a new page containing resources for implementing the NPS.



**CLICK!**

The resources are contained in five drop-menus, labeled with step-by-step actions that you can take to implement the NPS in your state, described below.

## Active Living

This section contains resources for increasing regular physical activity, which strengthens bones and muscles, reduces stress and depression, and makes it easier to maintain a healthy body weight. The dropdown menu below contains resources to help states achieve the following:

- Design safe neighborhoods that encourage physical activity;
- Convene multi-sector partners to consider health impacts when making transportation or land use decisions;
- Assess their needs, evaluate active living initiatives and track their progress; and
- Develop strategies to support institutions, policies and programs in meeting physical activity standards consistent with the *Physical Activity Guidelines for Americans*.

NPS Recommendations for Active Living

- Begin with Examples of State Collaboration** +
- Assess State Needs and Priorities** +
- Review Evidence-Based Recommendations** +
- Take Action to Make Change** +
- Align Policies and Laws** +

### Begin with Examples of State Collaboration

See how others have put the NPS into practice and utilized it to work across sectors and with multiple partners.

### Assess State Needs and Priorities

Identify gaps in programming and policy efforts and then prioritize those for future opportunities for action and partnerships.

### Review Evidence-Based Recommendations

Use these guidelines and recommendations from reliable sources to inform your efforts.

### Take Action to Make Change

Work towards successful outcomes with these how-to guides and explore examples of states that have used these tools.

### Align Policies and Laws

Review examples of policies and laws that help meet NPS goals and consider the changes possible in your state.