How to use the National Prevention Strategy Implementation Toolkit

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

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

**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.