

ISCA North America Report

By Jayne Greenberg

ISCA NORTH AMERICA PARTNERS WITH THE NATIONAL ACADEMY OF HEALTH AND PHYSICAL LITERACY



Through a robust partnership, the NAHPL has partnered with the International Sport and Culture Association (ISCA), and ISCA North America, to bring innovative opportunities to become part of a global movement to get kids more physically active while advocating for school and community-based programs. As a partner organization, members of NAHPL will have the opportunity to engage, in advocacy and campaigns, such as NowWeMove, a world-wide campaign to promote sport and physical activity while tackling the physical inactivity pandemic; MOVE Week, an annual global event showcasing the benefits of being active; and No Elevators Day, a global initiative to get busy people more physically active, to name just a few. Additionally, NAHPL members can sign up for professional development and online learning, as well as several other programs involving physical literacy and healthy lifestyles, sport and activity for inclusion, and urban design and sustainability, just to name a few.

THE PHYSICAL ACTIVITY ALLIANCE RELEASED THE 2023 NATIONAL PHYSICAL ACTIVITY PLAN

PHYSICAL ACTIVITY ALLIANCE

MOVE WITH US

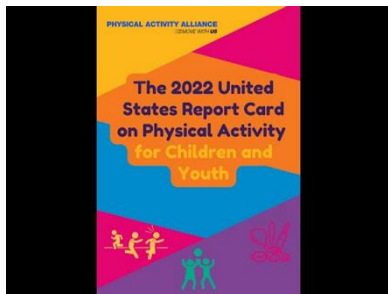
PAA's National Physical Activity Plan (NPAP) is a comprehensive set of policies, programs, and initiatives for increasing physical activity in all segments of America. The Plan aims to foster a national culture that supports physically active lifestyles and lead the population to achieve the US Surgeon General's Physical Activity Guidelines for Americans. Its ultimate purpose is to improve health, prevent disease and disability, and enhance quality of life for all.

The Plan is organized into 10 societal sectors that bridge the gap between research, policy, and community action. The Plan recognizes the remarkable diversity of the American population and addresses the substantial disparities in physical activity across gender, age, race, ethnicity, socioeconomic status, physical, cognitive or sensory ability, and geography in all sectors, strategies, and tactics.



The Plan can be found at <https://paamovewithus.org/overview/>

THE PHYSICAL ACTIVITY ALLIANCE RELEASED THE 2022 UNITED STATES REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH



The full report card can be found at:

<https://paamovewithus.org/wp-content/uploads/2022/10/2022-US-Report-Card-on-Physical-Activity-for-Children-and-Youth.pdf>

THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES RELEASED THE PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS MIDCOURSE REPORT: IMPLEMENTATION STRATEGIES FOR OLDER ADULTS



The full report can be found at:

<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines/midcourse-report>

THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES: THE NATIONAL YOUTH SPORTS STRATEGY

The National Youth Sports Strategy aims to unite U.S. youth sports culture around a shared vision: that one day, all youth will have the opportunity, motivation, and access to play sports.

The Strategy is based on research and best practices from the scientific community and successful youth sports programs across the United States. It offers actionable ideas for parents, coaches, organizations, communities, and policymakers to support youth sports participation for all.



The National Youth Sports Strategy can be found at:

<https://health.gov/our-work/nutrition-physical-activity/national-youth-sports-strategy/about-national-youth-sports-strategy>

[Read the Top 10 Things to Know About the National Youth Sports Strategy.](#)

THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES: MOVE YOUR WAY CAMPAIGN



Resources and activities can be found at:

<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources>

Move Your Way is the **national campaign to promote the second edition of the Physical Activity Guidelines for Americans**. It aims to help people understand how much physical activity they need to be healthy and how to fit it into their daily lives.

ASPEN INSTITUTE PROJECT PLAY SUMMIT 2023



The Aspen Institute, Project Play, hosted the 10th anniversary Summit in Colorado Springs with incredible sessions and advocacy efforts. The recap of the summit can be found at:
<https://projectplay.org/news/2023/5/19/project-play-summit-recap-olympic-reform-panel-explores-big-changes-1>