

Case Studies in Action: Applying the My AFI Tool



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The My AFI Community Application Tool is a resource designed to help smaller communities not included in the AFI Data Report assess their own level of community fitness and build understanding of the individual and societal behaviors related to physical activity in their community.



To engage the undergraduate Kinesiology students of Pennsylvania State University in public health at a local level, Dr. Melissa Bopp piloted a creative service learning opportunity with the use of the My AFI Community Application Tool.

Groups of students were assigned a city in Pennsylvania that was not currently included in the AFI Data Report. These cities include: Scranton, Altoona, York, Harrisburg, State College, Reading and Allentown. Students were then responsible for gathering the necessary data to complete the My AFI Community Application Tool.

americanfitnessindex.org

Process

Students gathered personal and community health indicator data for their assigned community. The main sources for these data are the U.S. Census, Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS), and the Trust for Public Land. Additionally, students conducted key informant interviews to gather qualitative data regarding the status of health and fitness in the community. After compiling data, students assessed the areas of excellence and improvement priority areas relative to the other communities being studied.

Outcomes

Findings were shared with the health departments and the parks and recreation departments of the seven Pennsylvania cities. Accompanying the findings, cities were also provided with a resource sheet directing contacts to the *ACSM American Fitness Index Community Action Guide*.

Dr. Bopp will issue the My AFI Community Application Tool assignment to another group of undergraduate students in the coming year. The AFI team looks forward to seeing the continued efforts of the students and using the lessons learned to improve the tool for future users.

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