

Overview



- **Program Objective:** To improve population health by providing information and opportunities for incorporating physical activity into daily routine
- **Point of Contact:** OSD/MC&FP
- **Total Force Fitness Domains:** Physical, Social

Program Description



The StairWELL to Health initiative provides tools for installations to improve population health by providing information about and opportunities for incorporating physical activity into the daily routine. The StairWELL Initiative is based on the Centers for Disease Control and Prevention's (CDC) program "StairWELL to Better Health" (<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/index.htm>). Stairwells represent an important opportunity to increase daily physical activity because they provide low personal cost and convenience.

Point of decision prompts and motivational signs that encourage stair use are placed at the locations where people have a choice between the stairs and the elevators to encourage people to use the stairs. Stairway appearance and accessibility may need to be improved for the greatest impact.

Anticipated Impact on Population Health at Installation



StairWELL provides an opportunity to increase physical activity throughout the day. This is an important part of battling the potential negative impacts of modern sedentary lifestyles.

Performance Measures



- Percent of vertical transportation users opting for stairs (one month per quarter)

Additional Information