

With support from the WellPoint Foundation and with the help of some of the finest public health, sports medicine and exercise science professionals in the country, the American College of Sports Medicine (ACSM) introduced the ACSM American Fitness Index™ (AFI) program in May 2008. AFI aims to improve the health, fitness and quality of life for all Americans by promoting and encouraging a physically active society.

PROGRAM COMPONENTS

Data: The AFI data report provides a scientific, accurate measure of the state of health and community fitness in America's 50 most populous metro areas. Each year, AFI will collect, aggregate and report on community level data. The result will be a composite of indicators for preventive health behaviors, levels of chronic disease conditions, access to health care, and community supports and policies for physical activity. The data report allows communities to better assess its state of health and fitness, confirm areas of success and recognize areas that need improvement.

Resources: There are small steps and simple strategies every community can employ to encourage its residents to live healthier, more active and more fulfilling lives. AFI serves as a resource for promoting and integrating scientific research, education and practical applications of health and community fitness. Beginning in 2009, AFI will offer some new tools that will help any city or town (regardless of size) assess its community assets that encourage physical fitness. Additionally, AFI will be issuing guidelines to assist communities in their efforts to promote health and fitness.

Health Promotion Partners: We all need to work together to create a healthier, fitter America. AFI assists communities interested in connecting and partnering with organizations and existing programs to collaborate on physical activity/healthy lifestyle initiatives. Connect with local, state, and national partners and resources to help the nation become a more physically active society.



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