

<b>Title of Intervention</b>	<b>Point of Decision Prompts to Increase Stair Use</b>	
<b>Website</b>	<a href="http://www.thecommunityguide.org/pa/environmental-policy/podp.html">http://www.thecommunityguide.org/pa/environmental-policy/podp.html</a>	
<b>Intervention Strategies</b>	Campaigns and Promotions	
<b>Purpose</b>	Increase use of stairs, thereby increasing individual's cumulative physical activity.	
<b>Populations</b>	General	
<b>Settings</b>	Community-based, shopping mall	
<b>Partners</b>	Not mentioned	
<b>Intervention Description</b>	Point-of-decision prompts are motivational signs placed on or near stairwells or at the base of elevators and escalators to encourage individuals to increase stair use. This can also include additional environmental modification such as painting stairwells, adding music, or otherwise decorating the stairs.	
<b>Theory</b>	Not mentioned	
<b>Resources required</b>	<b>Staff/Volunteers:</b>	Not mentioned
	<b>Training:</b>	None
	<b>Technology:</b>	None
	<b>Space:</b>	Wall space near stairs, elevators, and/or escalators.
	<b>Budget:</b>	Minimal - printing cost
	<b>Intervention:</b>	Signs or banners
	<b>Evaluation:</b>	Direct Observation
<b>Evaluation</b>	<b>Design:</b>	Systematic review and a case study
	<b>Methods and Measures:</b>	Measure stair and elevator use pre and post intervention. Interviews.
<b>Outcomes</b>	<b>Short term impact:</b>	This is a low cost way to moderately increase levels of physical activity.
	<b>Long term impact:</b>	Not known
<b>Maintenance</b>	None	
<b>Lessons Learned</b>	Single message promotions with higher visibility work best. There is no evidence that additional area enhancements increase the effect of point-of-decision prompts.	
<b>Citation(s)</b>	Soler RE, Leeks KD, Ramsey Buchanan L, et al. Point-of-decision prompts to increase stair use: a systematic review update. Am J Prev Med 2010; 38(2S):292-300.	
	Webb, Oliver J and Eves, Frank F. (2005) Promoting Stair Use: Single Versus Multiple Stair-Riser Messages. American Journal of Public Health. Vol. 95, No. 9. 1543-1544	
<b>Current Program Status</b>	Examples of point-of-decision prompts can be found at (print ready signs available in PDF format): <a href="http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/motivational_signs.htm">http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/motivational_signs.htm</a>	