

# Welcome

Office for State, Tribal, Local and Territorial Support  
presents...

## *CDC Vital Signs:* More People Walk to Better Health

August 14, 2012  
2:00 pm–3:00 pm (EDT)



Centers for Disease Control and Prevention  
Office for State, Tribal, Local and Territorial Support

# Agenda

- |         |                             |  |
|---------|-----------------------------|--|
| 2:00 pm | Welcome & Introductions     | <b>Gregory S. Holzman, MD, MPH</b><br>Deputy Director, OSTLTS, CDC   |
| 2:04 pm | <i>Vital Signs</i> Overview | <b>Dianna Carroll, PhD</b><br>Epidemiologist, Division of Nutrition, Physical Activity, and Obesity,<br>National Center for Chronic Disease Prevention and Health<br>Promotion, CDC  |
| 2:10 pm | Presentations               | <b>Charmaine Lindblad, MHA</b><br>Executive Director,<br>New Mexico Health Care Takes On Diabetes<br><br><b>Hillary Hanson, MS, MPH</b><br>Director of Population Health Services and Deputy Health Officer for<br>RiverStone Health in Yellowstone County |
| 2:30 pm | Q&A and Discussion          | <b>Gregory S. Holzman</b>  |
| 2:55 pm | Wrap-up                     | <b>Gregory S. Holzman</b>  |
| 3:00 pm | End of Call                 |  |



**CDC**  
*Vital*signs™ Teleconference  
to support STLT efforts and build  
momentum around the monthly  
release of CDC *Vital Signs*





# Walking Among US Adults

Dianna D. Carroll, PhD

Epidemiologist

Division of Nutrition, Physical Activity, and Obesity

CDC *Vital Signs* Town Hall

August 14, 2012



National Center for Chronic Disease Prevention and Health Promotion

Division of Nutrition, Physical Activity, and Obesity

# August 2012 *Vital Signs*

Key message:

Improving spaces and increasing the number of places to walk can help more people become physically active

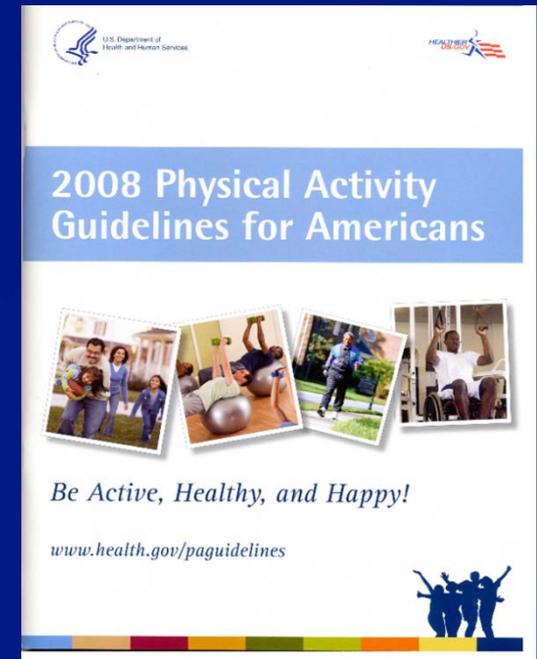


# Main Supporting Points

- Regular physical activity improves health
- More adults report walking and it is associated with achieving the recommended amount of aerobic physical activity
- Less than half of US adults meet this physical activity guideline
- Evidence-based strategies exist to improve physical activity

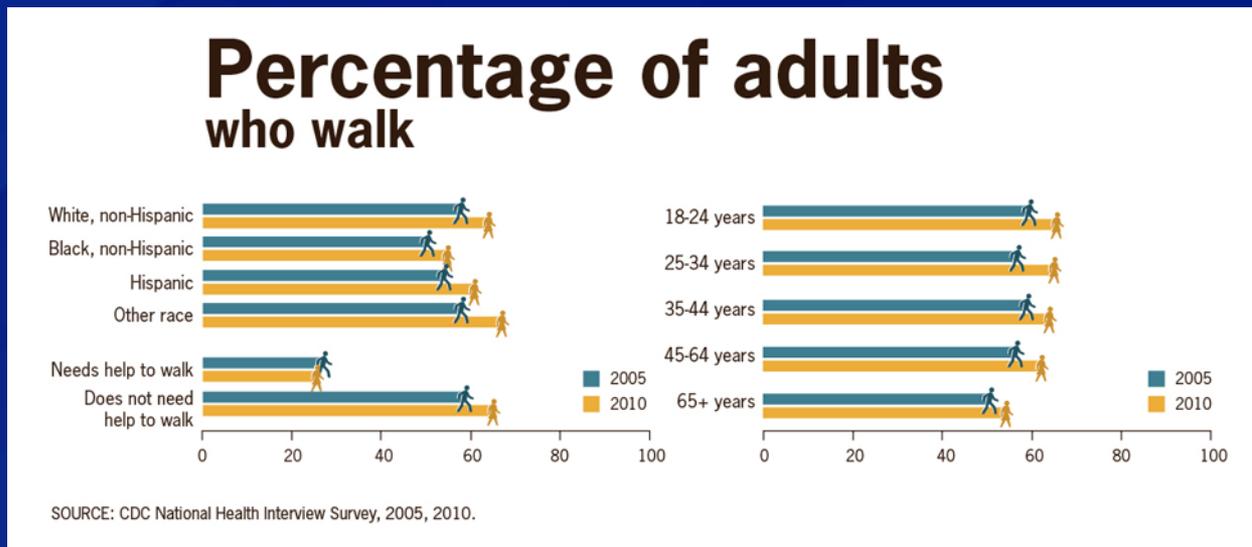
# Regular Physical Activity Improves Health

- Lowers risk of premature death, heart disease, stroke, high blood pressure, diabetes, certain cancers, depression, and falls
- *The 2008 Physical Activity Guidelines for Americans* recommend adults get 2.5 hours of moderate-intensity aerobic physical activity (e.g., brisk walk) each week for substantial health benefits
- The guideline can be achieved in activity sessions of 10 minutes or more

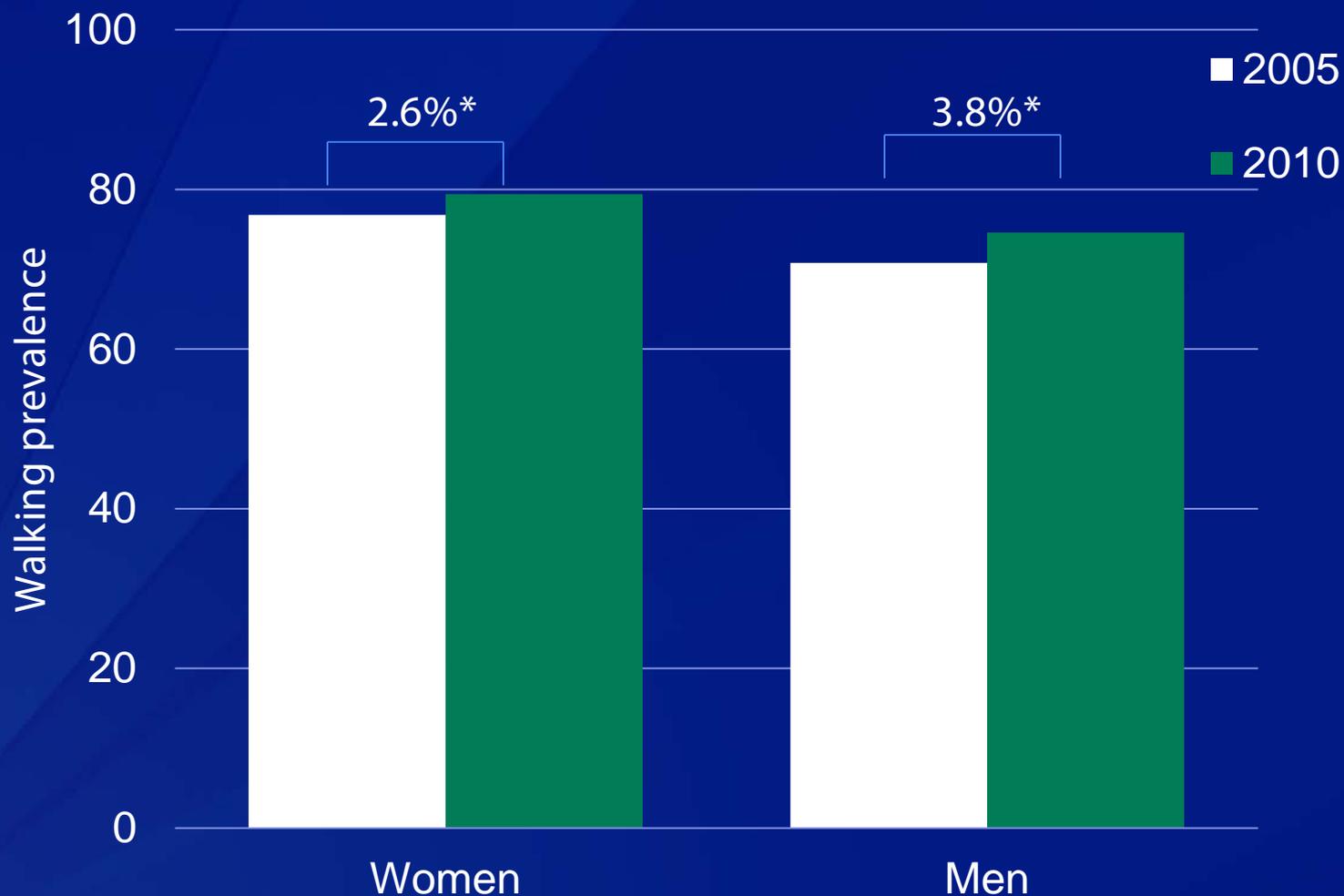


# Good News! More Adults Report Walking

- Increased prevalence of walking in US adults overall (55.7% in 2005 to 62.0% in 2010) and among nearly all groups surveyed
  - Men and women, all educational levels, across weight status categories, persons with arthritis & hypertension
  - Walking participation increased in most regions with the South making the largest gain of 7.7%



# Prevalence of Walkers among Adults Meeting the Aerobic Physical Activity Guideline



\*significant increase

# Walking is Associated with Achieving the Recommended Amount of Physical Activity

Category	aOR	Category	aOR
<b>Total</b>	<b>2.95</b>		
<b>Age group (years)</b>		<b>Region</b>	
18-24	2.54	Midwest	3.12
25-34	2.73	Northeast	2.60
35-44	3.00	South	3.31
45-64	3.18	West	2.61
≥65	3.36		
<b>Race/Ethnicity</b>		<b>BMI</b>	
White, non-Hispanic	2.99	Under/normal weight	3.07
Black, non-Hispanic	2.70	Overweight	2.78
Hispanic	2.96	Obese	3.04
Other race	3.28		
<b>Education level</b>		<b>Chronic disease</b>	
< high school graduate	2.63	Arthritis	2.96
High school graduate	3.12	Hypertension	2.91
Some college	2.99	Diabetes	2.79
College graduate	2.96		
<b>Walking assistance status</b>			
Needs assistance	2.52		
Does not need assistance	2.98		

Adults who walk are nearly 3 times as likely to get the recommended amount of aerobic physical activity as non-walkers



# Less than Half of US Adults Get the Recommended Amount of Physical Activity

- Only 48% of adults get the recommended amount of physical activity
- Too many Americans are still inactive
- How can we help adults achieve the physical activity levels needed for health benefits by promoting walking?

# Why Walking?

- One of the most popular forms of physical activity for adults
- Does not require a special skill or expensive equipment
- Can be done indoors or outdoors
- Can be done for multiple purposes (e.g., transportation, exercise, walk the dog)
- Can be incorporated into a busy lifestyle
- Promotion of walking is a practical public health strategy

# Evidence-based Strategies Exist

- The Guide to Community Preventive Services recommends
  - Creating more places for physical activity with information and outreach
  - Considering walkability in community- and street-scale design
  - Using community-wide campaigns to provide health education and social support for physical activity

[www.thecommunityguide.org/pa/index.html](http://www.thecommunityguide.org/pa/index.html)

# What Can Be Done

- US government is
  - Working with partners to implement the *National Prevention Strategy* to make physical activity easier where people live, work and play
- State or local governments can
  - Make sure existing walking paths are well maintained and do not have obstacles, like snow, fallen tree limbs or trash
- Employers can
  - Identify walking paths around or near the work place and promote them with signs and route maps
- Individuals can
  - Walk to more places more often

**What Can Be Done**

**US government is**

- Working with partners to carry out the National Prevention Strategy to make physical activity easier where people live, work, and play [www.healthcare.gov/prevention/nplppbc/strategy/index.html](http://www.healthcare.gov/prevention/nplppbc/strategy/index.html)
- Helping people get active through programs like Community Transformation Grants and Nutrition, Physical Activity, and Obesity state programs [www.cdc.gov/obesity/stateprograms/cdc.html](http://www.cdc.gov/obesity/stateprograms/cdc.html), and by working with partners like Safe Routes to Schools [www.saferroutespartnership.org/](http://www.saferroutespartnership.org/)
- Studying ways that communities can make it easy and convenient for people to be more active.

**State and local government can**

- Considering walking when creating long-range community plans.
- Consider designing local streets and roadways that are safe for people who walk and other road users.
- Consider opportunities to let community residents use local school tracks or gyms after classes have finished.
- Make sure existing sidewalks and walking paths are kept in good condition, well lit and free of problems such as snow, rocks, trash, and fallen tree limbs.
- Promote walking paths with signs that are easy to read, and route maps that the public can easily find and use.

**Employers can**

- Create and support walking programs for employees.
- Identify walking paths around or near the work place and promote them with signs and route maps.
- Provide places at work to shower or change clothes, when possible.

**Individuals can**

- Start a walking group with friends and neighbors.
- Help others walk more safely by driving the speed limit and yielding to people who walk.
- Use crosswalks and crossing signals when crossing streets and not jaywalk.
- Participate in local planning efforts that identify best sites for walking paths and sidewalks.
- Work with parents and schools to encourage children to walk to school where safe.

[www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns)

[www.cdc.gov/mmwr](http://www.cdc.gov/mmwr)

For more information, please contact  
Telephone: 1-800-CDC-INFO (232-4636)  
TTY: 1-888-232-6348  
E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)  
Web: [www.cdc.gov](http://www.cdc.gov)  
Centers for Disease Control and Prevention  
1600 Clifton Road NE, Atlanta, GA 30333  
Publication date: 08/08/2012

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# August 2012 *Vital Signs*

Key message:

Improving spaces and increasing the number of places to walk can help more people become physically active

# Acknowledgements

## Division of Nutrition, Physical Activity, and Obesity/NCCDPHP

Joan Dorn                      Janet Fulton  
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## Division of Human Development and Disability/NCBDDD

Brian Armour  
Vince Campbell

For more information please contact Centers for Disease Control and Prevention

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Telephone, 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348  
E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)    Web: [www.cdc.gov](http://www.cdc.gov)

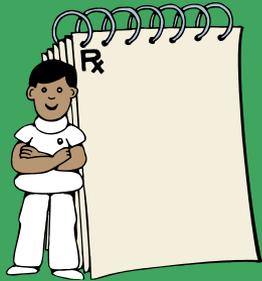
The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



National Center for Chronic Disease Prevention and Health Promotion

Division of Nutrition, Physical Activity, and Obesity

# Prescription Trails Program—New Mexico



A program designed to give all health care professionals tools to increase walking and wheelchair rolling on suggested routes, targeting and promoting healthy lifestyles for individuals and families (and pets too).

## Contact information:

Charm Lindblad

New Mexico Health Care Takes On Diabetes and Prescription Trails

505-796-9121

[clind48535@aol.com](mailto:clind48535@aol.com)

[www.nmtod.org](http://www.nmtod.org)

[www.prescriptiontrailsnm.org](http://www.prescriptiontrailsnm.org)



# Parks and Public Lands Must Help Solve the Problem



The epidemics that result from an indoor, sedentary lifestyle requires action from all sectors of society. Parks and public lands are an underutilized health care resource that can and must be used to help solve the problem.

- The combined percentage of overweight and obese children is 38.6% for third graders and 30.5% for kindergarteners (2011 New Mexico Childhood Obesity Report)
- In New Mexico, 6 out of every 10 deaths can be attributed to chronic diseases (New Mexico Vital Records and Health Statistics, April 2004)



# Implementation



- **Research community park and open space settings**
  - Use existing park infrastructure
- **Develop a collaborative team—partners are key to success**
  - Engage community and business partners
  - Involve city, state, and national parks and recreation agencies
  - Enlist health care, health department, and physician champions
  - Enlist volunteers
- **Secure funding**
- **Develop a implementation plan to utilize existing community resources—parks, trails, loops, school tracks, indoor malls, and swimming facilities**



# Audience



## Health Care Professionals

- Provide training and tools to implement the program
- Explain reasons for the health care provider to communicate this message
- Promote a healthy environment for all species

## Patients

- Adopt walking as a life-long activity
- Walking is good for most chronic conditions
- Parks are local and free
- Become an advocate for the environment
- Walk with a friend—human or canine



# Prescribing Physical Activity



## Work toward a healthy weight

### • Make it easy

- Perceived rate of exertion
  - Very, very low intensity
  - Moderate intensity
  - Very, very intense
- Social support
  - Family
  - Co-workers, neighbors, friends
  - Pets
- Park environment
  - Convenient, clean, and safe



# Park Assessment Worksheet



Park assessment and evaluation is critical

- Must have a good experience in park—willing to return
- Park location—street, parking, and transit
- Trail surface, width, slope  $>2\%$ , and grade  $>5\%$
- Trails distance and steps, loops preferred
- Shade, benches, and resting areas
- Attractions for kids
- Public facilities
- Signage and lighting
- Safety, and visibility
- Public use
- Trail grade definitions



# Make the Link

## Health, Lifestyle, Environment



- How can we influence a cultural shift to value parks and open spaces for health?
- People need to know safe and convenient places to walk and be physically active
- Communities can be designed and built to make it easier to walk and encourage physical activity
- Participate in local planning efforts that identify priorities for parks and open spaces
- Promote **One Health** for all species



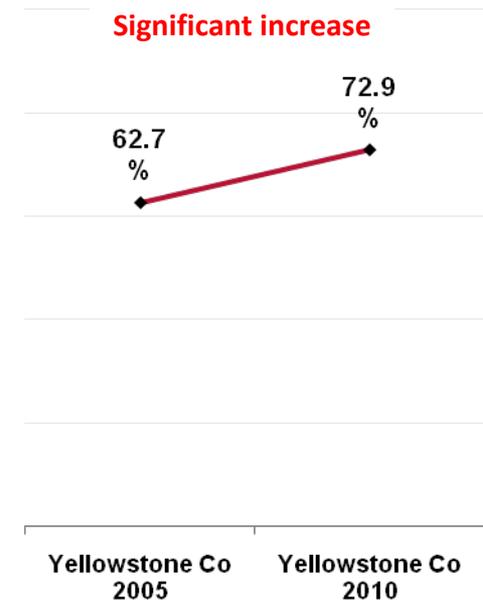
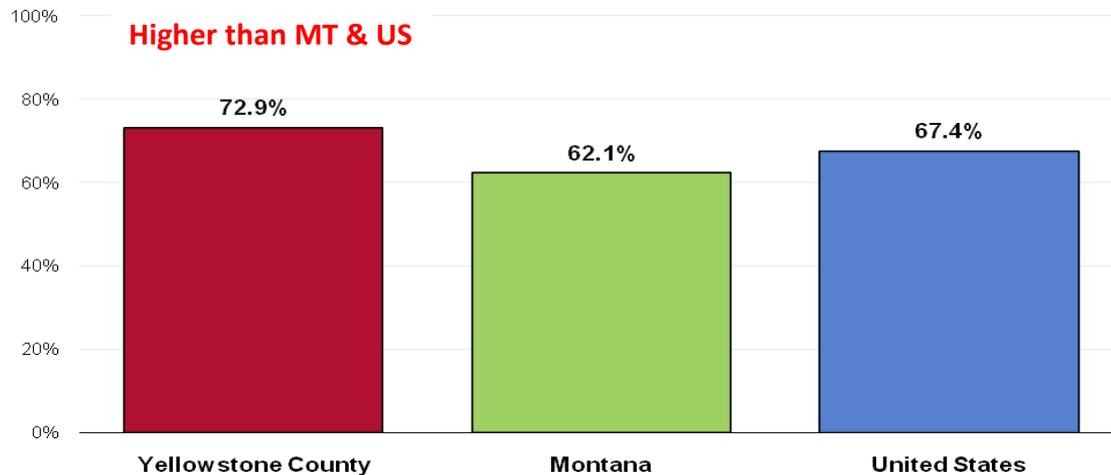


# **Promoting Walking by Creating a Community that is *Healthy By Design***

Hillary Hanson  
RiverStone Health  
Billings, MT

# 2011 Community Health Assessment Results

- 72.9% are overweight or obese
- This is over a 10% jump in five years!



# Response to 2006 CHA



**Action:** Form the Healthy by Design Coalition

**Vision:** A community that is Healthy By Design

**Mission:** Collaborate across sectors to create healthier lifestyles



# Increasing Walking— Community Design

*...it is not a matter of whether the community grows,  
but rather how it grows*

**Tool:** Health impact assessment

**Topic:** Yellowstone County/City of Billings Growth Policy

**Result:** Community Health Section—seven public health issues, seven policies to address each issue, and 40 strategies to be implemented to support the policies

# Increasing Walking— Community Design



BILLINGS GAZETTE

## 'Complete streets' plan wins City Council approval

AUGUST 22, 2011 10:06 PM • BY ED KEMMICK OF THE GAZETTE STAFF

A resolution establishing a "complete streets" policy for the city of Billings won the unanimous approval of the City Council Monday night.

# Involve Implementers

- Determine who will have to implement the policy
- Have an honest discussion
- Find your champions
- Involve them in the WHOLE process



# Involve the Community

## ■ Diversity matters



### Healthy by Design Advisory Committee

- Better Billings Foundation
- Big Sky EDA
- Big Sky State Games
- Billings Clinic
- Billings Family YMCA
- Cancer Control Coalition
- Chamber of Commerce/CVB
- City-County Planning Dept.
- community health advocates
- League of Women Voters
- McCall Development
- MET Transit
- MSU-Billings
- MSU Extension Service
- Nutrition for the Future
- RiverStone Health
- Safe Routes to School
- St. Vincent Healthcare
- School Health Advisory Committee



## ■ Have specific “asks” for group

**Action requested: Before 4pm on Monday, August 22, please contact (call or email) the Billings City Council and Mayor Hanel to voice your support for Complete Streets.**

# Localize



## Community Investment Plan 2010 City Council & Staff Strategic Priorities

### GOAL:

Development of a comprehensive, multi-modal transportation system

#### Priorities:

- Continuously evaluate Public Transportation funding, ridership and routes for efficiencies and alternatives
- Collaboration and celebration of successes
- Multi-modal and “complete streets”
- Enforcement and Safety
- Balance of limited resources and priorities
- Multi-use trail development and connectivity

- Localize all materials
- Tell your message in a variety of ways
- Link to any goals in the community



# Measuring Success

- Complete Streets Report Card
  - Health
  - Safety
  - Economics
  - Connectivity
  - Implementation



healthy  
by  
design

Hillary Hanson

[Hillary.han@riverstonehealth.org](mailto:Hillary.han@riverstonehealth.org)

[www.healthybydesignyellowstone.org](http://www.healthybydesignyellowstone.org)

# CDC *Vital Signs* Electronic Media Resources

Become a fan on Facebook:

[www.facebook.com/cdc](http://www.facebook.com/cdc)

Follow us on Twitter:

[twitter.com/cdcgov/](http://twitter.com/cdcgov/)

Syndicate *Vital Signs* on your website:

<http://tools.cdc.gov/syndication/search.aspx?searchURL=www.cdc.gov%2fvitalsigns>

*Vital Signs* interactive buttons and banners:

[www.cdc.gov/vitalsigns/SocialMedia.html](http://www.cdc.gov/vitalsigns/SocialMedia.html)

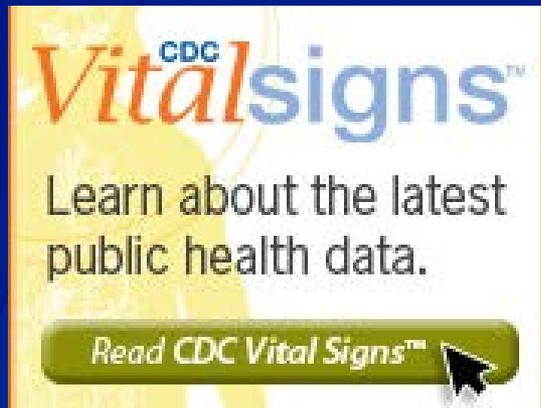
# Public Health Practice Stories from the Field

- Stories about the implementation of public health practices in the field



[www.cdc.gov/stltpublichealth/phpracticestories](http://www.cdc.gov/stltpublichealth/phpracticestories)

Provide feedback on this teleconference:  
[OSTLTSFeedback@cdc.gov](mailto:OSTLTSFeedback@cdc.gov)



Please mark your calendars  
for the next **OSTLSTown  
Hall Teleconference:**  
**September 11, 2012**  
**2:00 pm–3:00 pm (EDT)**

For more information, please contact Centers for Disease Control and Prevention.

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