



PUBLIC HEALTH AND WALKING

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MISSION

- The mission of the Prevention and Health Promotion Administration is to protect, promote and improve the health and well-being of all Marylanders and their families through provision of public health leadership and through community-based public health efforts in partnership with local health departments, providers, community based organizations, and public and private sector agencies, giving special attention to at-risk and vulnerable populations.

VISION

- The Prevention and Health Promotion Administration envisions a future in which all Marylanders and their families enjoy optimal health and well-being.

Why Walking?

- One out of every two U.S. adults living with a chronic disease, such as heart disease, cancer, or diabetes.²
 - 1 in 4 adults has multiple chronic conditions.
 - These diseases contribute to disability, premature death, and health care costs.^{3,4}
- That is almost 3 million people in Maryland (US Census, 2014)
 - Heart disease: 3.2% (BRFSS, 2014)
 - Cancer: 451.5 new cases per 100,000 (CDC NPCR-SS, 2014)
 - Diabetes: 10.5% (ever told diabetes, BRFSS, 18+, 2014)
 - Prediabetes: 1.7 million adults (18+, 2014)

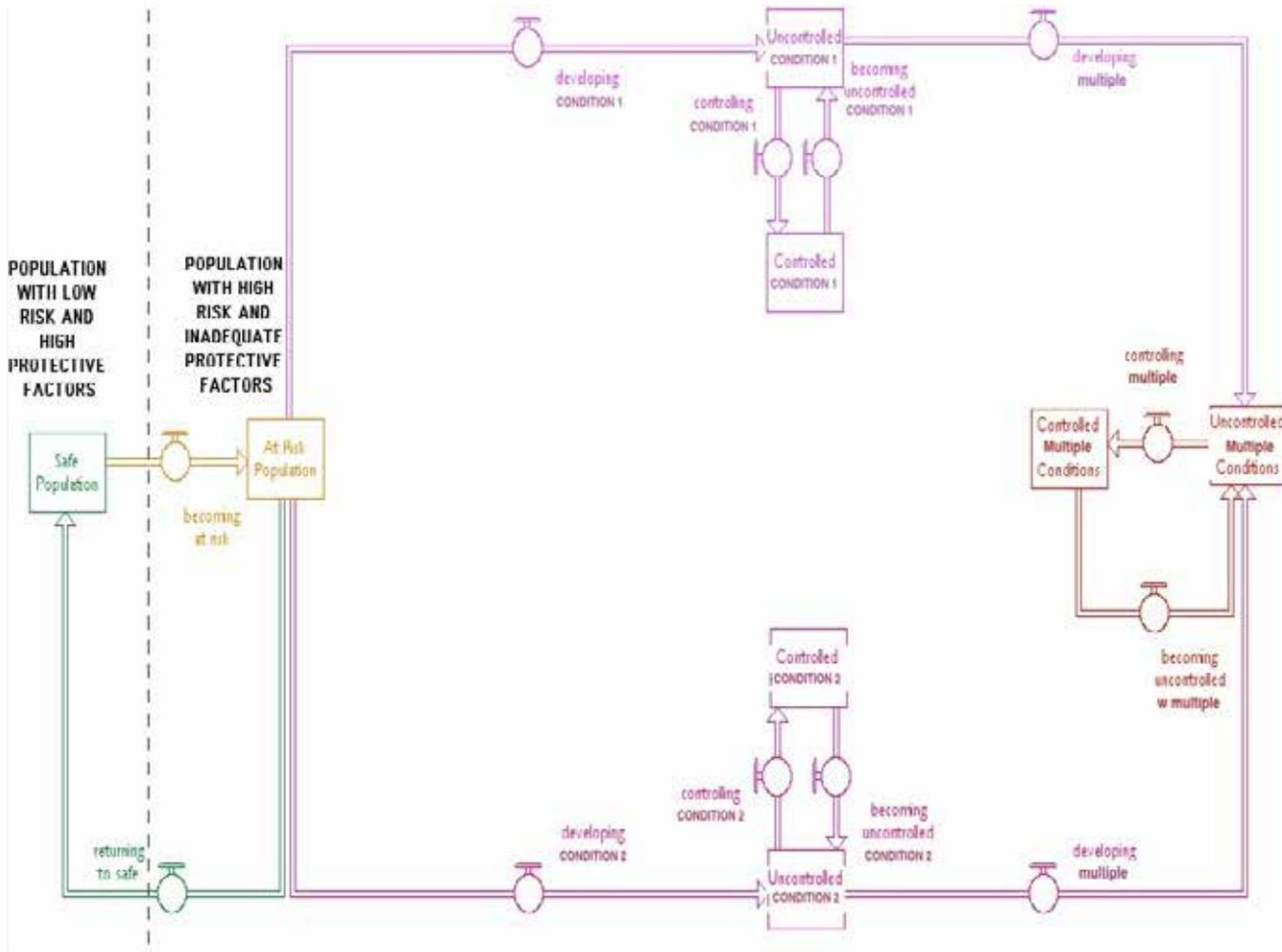
Health Benefits of Walking

- Increase physical activity levels
 - Reduce risk factors for disease (high blood pressure and weight gain)
 - Protect against multiple chronic diseases (heart disease, stroke, some cancers, type 2 diabetes, and depression).^{5,6}
- In children and adolescents, improve bone health, cardiorespiratory and muscular fitness, and body composition.^{5,6}
- Improve management of chronic conditions, possibly prevent disease progression and premature death,^{5,7-11} and improve mobility.^{8,11}
- Among adults, physical activity is associated with improved quality of life,^{5,12,13} emotional well-being,^{5,14,15} and positive mental health.^{5,14-16}
- Regular physical activity also important for healthy aging⁵ and may delay the onset of cognitive decline in older adults.^{5,17-19}

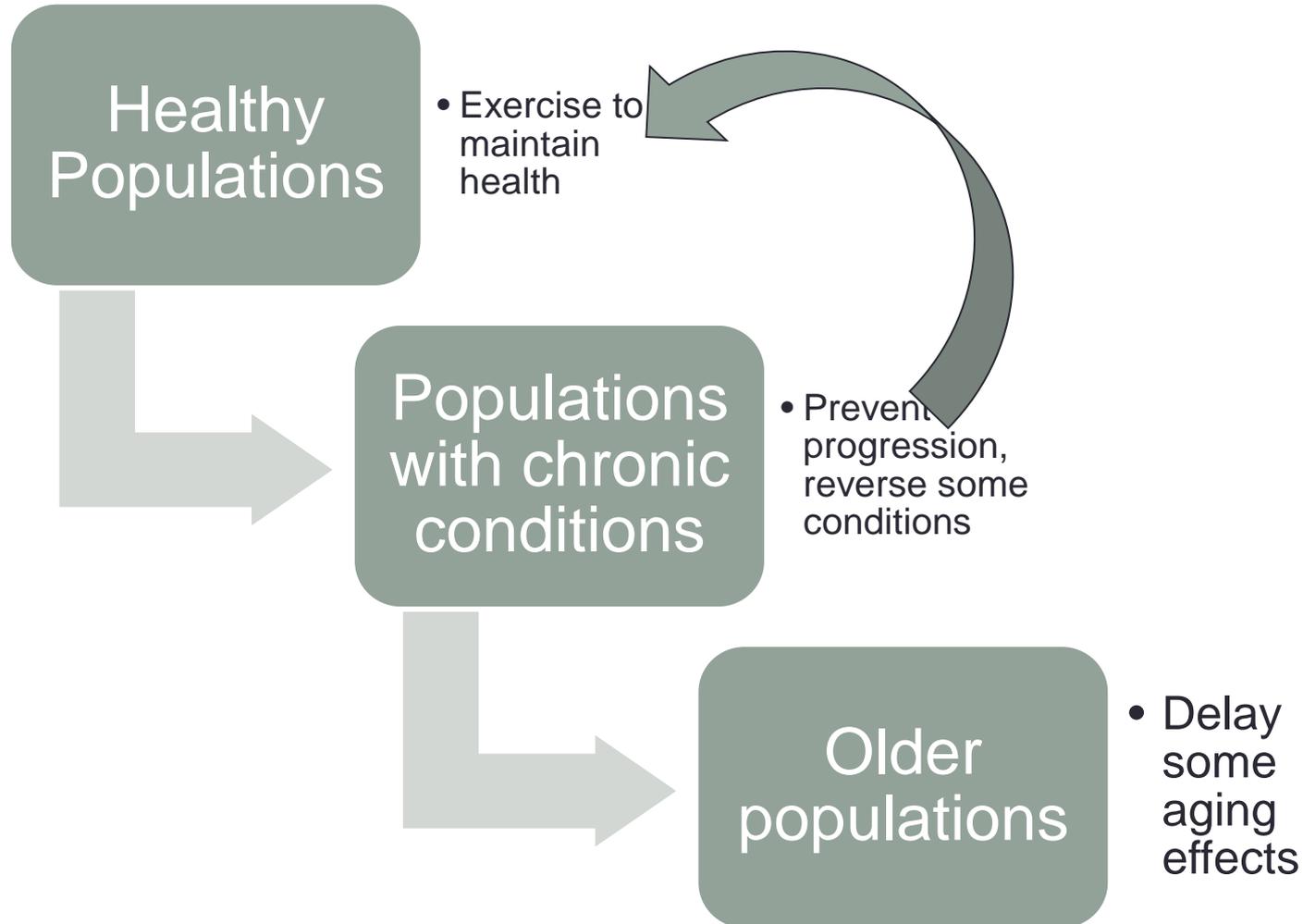
Challenges

- Only one-half of U.S. adults reported levels of physical activity consistent with the guideline for aerobic physical activity in 2013.²⁰
 - Disparities by age, race, gender, education, and SES
 - Concerns: personal security, road safety, distance, lack of destinations, mobility limitations

State Promotion and Support of Walking Working Upstream



Support of Walking Working Upstream





Surgeon General's Call to Action: Step It Up!

- *Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities* recognizes the importance of physical activity for people of all ages and abilities.¹
- Americans called on to be more physically active through walking; Nation called on to better support walking and walkability
- Goal – increase walking across the United States
 - Improved access to safe and convenient places to walk and wheelchair roll
 - Creating a culture that supports these activities for people of all ages and abilities



Step It Up! Goals

— Maryland Support and Promotion of Walking

- Goal 1. Make Walking a National Priority
 - WalkMD Day
 - Engaging Partners- Council on Physical Fitness
- Goal 2. Design Communities that Make It Safe and Easy to Walk for People of All Ages and Abilities
 - Community walking plans
- Goal 3. Promote Programs and Policies to Support Walking Where People Live, Learn, Work, and Play
 - Comprehensive School Physical Activity Programs (CSPAP)



Step It Up! Goals

— Maryland Support and Promotion of Walking

- Goal 4. Provide Information to Encourage Walking and Improve Walkability
 - Community promotion of physical activity through signage, social support, worksite policies, joint use agreements
- Goal 5. Fill Surveillance, Research, and Evaluation Gaps Related to Walking and Walkability
 - BRFSS
 - Social Network Analysis- engagement of local partners from various sectors



Ways to measure walking and biking

- Behavioral Risk Factor Surveillance System data to report physical activity levels; exploring new tools managed by other organizations and agencies
- Need more comprehensive and accurate information
- What data sources do you use?
- What data does the field need?



Contact Information

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