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.\textsuperscript{2}
  • 1 in 4 adults has multiple chronic conditions.
  • These diseases contribute to disability, premature death, and health care costs.\textsuperscript{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).\textsuperscript{5,6}

• In children and adolescents, improve bone health, cardiorespiratory and muscular fitness, and body composition.\textsuperscript{5,6}

• Improve management of chronic conditions, possibly prevent disease progression and premature death,\textsuperscript{5,7-11} and improve mobility.\textsuperscript{8,11}

• Among adults, physical activity is associated with improved quality of life,\textsuperscript{5,12,13} emotional well-being,\textsuperscript{5,14,15} and positive mental health.\textsuperscript{5,14-16}

• Regular physical activity also important for healthy aging\textsuperscript{5} and may delay the onset of cognitive decline in older adults.\textsuperscript{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.  
  • 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

Healthy Populations

- Exercise to maintain health

Populations with chronic conditions

- Prevent progression, reverse some conditions

Older populations

- Delay some aging effects
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.  

- 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?
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Sources


