



Steps to a Healthier You!

Help your community improve its overall health by creating opportunities for safe and fun physical activity!

The [U.S. Surgeon General's Call to Action to Promote Walking and Walkable Communities](#) stresses the importance of physical activity for people of all ages and abilities. It calls on Americans to be more physically active through walking and for all of us to support walking and walkability as a strategy to promote optimal health. Further, the [Pennsylvania State Health Improvement Plan \(SHIP\) 2015-2020](#) identifies its number one priority as obesity, physical inactivity and nutrition.

WalkWorks, a collaboration of the Pennsylvania Department of Health and the University of Pittsburgh, aims to increase opportunities for physical activity through the development of fun, fact-filled walking routes and sustainable walking groups in communities across Pennsylvania. As the program enters its fourth year, WalkWorks is excited to expand its network of 67 routes in 14 counties by adding a limited number of new communities! WalkWorks is seeking organizations with interests in improving the health status of their communities.



Kim Liao, of the Chester County Health Department, visiting a WalkWorks route in Historic Hollidaysburg, Blair County!

Selected organizations will be asked to:

- ✔ Identify a walking route of one to two miles, including points of interests that would appeal to walkers;
- ✔ Establish a stakeholder group to ensure each route is consistent with residents' interests;
- ✔ Collaborate with community organizations to optimize longevity, including sustainable walking group(s);
- ✔ Organize a kick-off celebration for the route; and
- ✔ Support local changes to policy and plans pertaining to active transportation.

Selected organizations will receive:

- ✔ Technical assistance with route selection;
- ✔ Guidance for creating sustainable walking groups and identifying walking group leaders;
- ✔ Learning from the experience of partners and affiliates already engaged in the program;
- ✔ Promotional materials and signage for your walking routes; and
- ✔ Network emails, newsletters and webinars.

Candidates will demonstrate the need of the community they serve, as well as their ability to implement and sustain the program to ensure lasting impact.

The application attached to this announcement must be completed and returned to PAWalkWorks@pitt.edu no later than 5:00pm, September 1, 2017.



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Please reflect your interest in becoming a **WalkWorks** affiliate by completing the following brief questionnaire and returning it to pawalkworks@pitt.edu by 5:00pm, September 1, 2017

Applicant Organization: Click or tap here to enter text.	
Please check the option that best describes your organization: <input type="checkbox"/> Governmental <input type="checkbox"/> Non-profit <input type="checkbox"/> Health Care System <input type="checkbox"/> Other (Please specify.)	
City or Borough: (if applicable) Click or tap here to enter text.	County : Click or tap here to enter text.
Primary Contact: Click or tap here to enter text.	Primary Contact email/phone number: Click or tap here to enter text.
Does your organization currently have a community in mind in which to establish a walking route of one-two miles? Choose an item.	If yes, please select the option that best describes this community: <input type="checkbox"/> Rural <input type="checkbox"/> Small borough/township <input type="checkbox"/> Urban <input type="checkbox"/> Suburban <input type="checkbox"/> Other Please specify
Have you identified a walking route of one-two miles in the built environment? If yes, please briefly explain: Click or tap here to enter text.	

If your organization has already identified a community with which to establish a walking route, what are some of the attributes and challenges of this community with regard to health status, walkability and active transportation (pedestrian and bicycle use)?

Click or tap here to enter text.

Please explain how the WalkWorks program will help to achieve the mission or goals of your organization.

Click or tap here to enter text.

Please describe your organization's capacity to implement the WalkWorks program (staff, student interns, etc.).

Click or tap here to enter text.

If you are selected to be a WalkWorks Affiliate, what other organizational entities would you consider involving in the project (i.e., public agencies, voluntary or civic organizations, stakeholder groups)?

Click or tap here to enter text.

A goal of WalkWorks is to ensure (amend or adoption of) policy. Please explain any relationships your organization currently has with decision-making bodies and the extent to which you envision being able to assist with the introduction of plans/policy to elected officials in your area.

Click or tap here to enter text.

If selected as a WalkWorks Affiliate, your organization will be provided technical assistance and support through June 30, 2018. Please describe your ideas for sustainability of the walking route and walking group after this period.

Click or tap here to enter text.