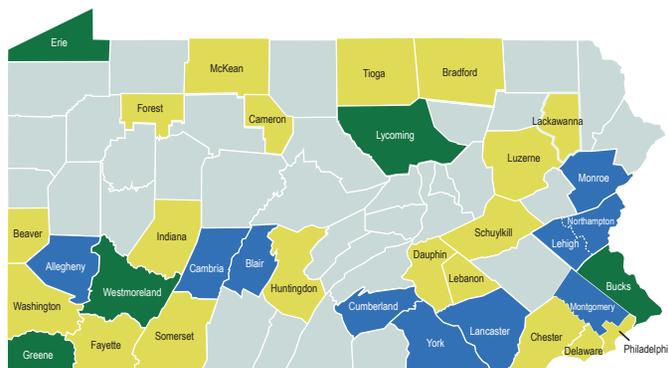


WalkWorks — a collaboration between the Pennsylvania Department of Health and the University of Pittsburgh Graduate School of Public Health — is a program designed to establish activity-friendly routes that connect to everyday destinations.



WalkWorks Routes and Support for Active Transportation Plans and Policies



- Yellow square: WalkWorks routes
- Dark green square: WalkWorks funding to assist w/ development of Active Transportation Plans/Policies
- Blue square: WalkWorks routes + funding to assist w/ development of Active Transportation Plans/Policies

At the time of this printing, the WalkWorks network consists of 100 walking routes in 28 counties. WalkWorks has provided grants to 24 agencies to assist with the development of active transportation plans and policies.

For more information, please email pawalkworks@pitt.edu.



Steps to a Healthier You

pawalkworks.com



University of Pittsburgh

Graduate School of Public Health
Center for Public Health Practice

Funding is provided by the Pennsylvania Department of Health through the State Physical Activity and Nutrition Grant and Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.



What is WalkWorks?

WalkWorks aims to establish activity-friendly routes that connect to everyday destinations through:

- Developing fun, fact-filled walking routes that are accessible to individuals of all ages and abilities;
- Facilitating walking groups led by a group leader; and
- Developing and adopting active transportation plans and policies.

Why WalkWorks?

According to the Centers for Disease Control and Prevention (CDC), increased physical activity can improve health, enhance quality of life, and reduce health care costs. While we often hear about the benefits of physical activity, a few evidenced-based statistics help emphasize “Why WalkWorks?”:

- Only one-half of adults in Pennsylvania get the physical activity needed to help reduce and prevent chronic diseases;
- More than one in three adults in Pennsylvania, aged 65 years or older, are inactive;
- Only 40 percent of school-aged youth, living a mile or less from school, report that they usually walk to or from school;
- More than 33.6 percent of Pennsylvania K-12 students were overweight or obese during the 2016-2017 school year;
- Physical inactivity contributes to one in 10 premature deaths;
- It is estimated that total direct medical expenses attributed to diagnosed diabetes in Pennsylvania were \$9.3 billion in 2017;
- \$117 billion in annual health care costs are associated with inadequate physical activity; and
- Physical activity can lower the risk of numerous conditions and diseases, such as heart disease, high blood pressure, type 2 diabetes and several cancers.

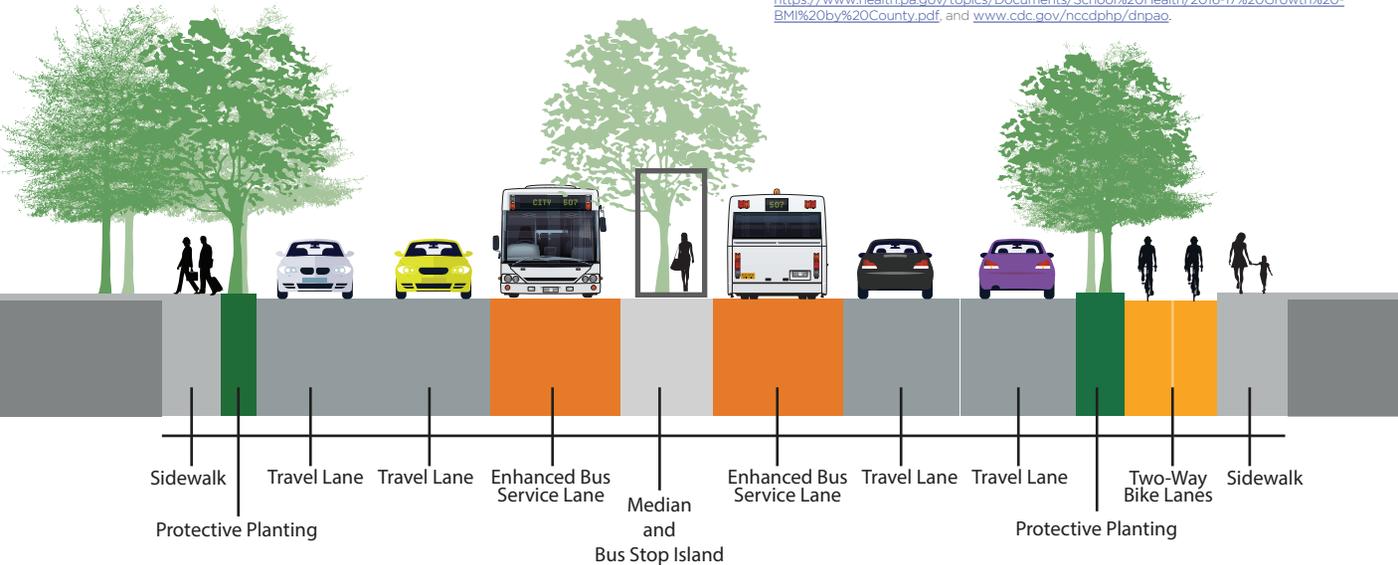
Sources: <https://www.cdc.gov/physicalactivity/activepeoplehealthynation/this-work.html>; <https://www.health.pa.gov/topics/Documents/School%20Health/2016-17%20Growth%20-BMI%20by%20County.pdf>; and www.cdc.gov/nccdphp/dnpao.

Get Active with WalkWorks!

Activity-friendly routes connected to everyday destinations can make it safe and convenient for people of all abilities to run, walk, bike, skate or use wheelchairs. WalkWorks continues to expand its network, with the help of community-based partners, making it easier to find safe and accessible walking routes in your area. Walking is a great way to get the physical activity needed to obtain health benefits. It does not require any special skills or talent nor does walking require a gym membership or expensive equipment.

In recent years, WalkWorks has assumed a new and significant strategy. The program now provides financial support and technical assistance to selected communities to help with the development of active transportation plans and policies. The plans and policies, when implemented, will improve walking, bicycling and transit connections to everyday destinations and increase safe and accessible opportunities for residents to be physically active. By funding these plans and policies, WalkWorks is able to further its aim to address major risk behaviors that contribute to chronic disease.

See the back panel for the locations of our walking routes and where active transportation plans and policies have been developed. Visit pawalkworks.com to see the individual routes illustrated by maps that highlight places of interest along the way, as well as how to join a walking group in your area.



“I wanted to thank you for the WalkWorks program! When the program started, I was at my heaviest weight and had recently been given the diagnosis of pre-diabetes. My A1C was 5.7. I have enjoyed the fellowship and networking with my Monday evening walking group. After a summer of walking, I lost a total of 40 lbs. and my A1C is down to 5.2, back in the normal range. Thanks for helping me to kick-start a healthy lifestyle. I am so happy about my results and plan to continue living this way.”

—Testimonial from Tawanda Stallworth, Southwest Lancaster City