

## Webinar: Walking 101

### Walking 101: The Role of Maternal, Child, and Adolescent Health Programs

Date: Thursday, April 23, 2015

#### Presenters:

1. Suzanne Haydu, M.P.H., R.D. [1]

Nutrition and Physical Activity Coordinator, MCAH/CDPH

2. Scott Bricker, M.U.R.P. [2]

Executive Director, America Walks

[americawalks.org](http://americawalks.org) [3]

3. Lisa Cirill, M.S., P.A.P.H.S. [4]

Chief, California Active Communities, CDPH

#### Outline & Objectives:

##### 1. Walking 101: The Role of Maternal, Child, and Adolescent Health

- a. Understand MCAH's role in promoting walking as a healthy form of physical activity
- b. Explain how our environments can affect the ability to walk
- c. Identify specific ways for MCAH programs to promote walking
- d. Identify other partners that MCAH programs may collaborate with

##### 2. Making America a Great Place to Walk

- a. Overview of America Walks
- b. Health benefits of physical activity and walking
- c. Preferences of people for Walkable Communities
- d. Partners and programs to increase walking
- e. Transportation and health solutions ? focus on safety
- f. Transportation and health solutions ? case study

##### 3. Opportunities for Collaboration to Promote Walking

- a. Public health approach to support walkability in California
- b. Active Transportation Program (ATP) ? goals, funding opportunities, and eligibility
- c. Challenges to overcome regarding improving walkability
- d. Successful collaborations of walkability efforts
- e. Example

#### Recording:

? Streaming recording link [5]

#### Presentations:

? Suzanne Haydu, CDPH

Walking 101: The Role of Maternal, Child, and Adolescent Health Programs [6] (pdf)

? Scott Brinker, America Walks

- America Walks Part 1 <sup>[7]</sup>(pdf)
- America Walks Part 2 <sup>[8]</sup> (pdf)
- America Walks Part 3 <sup>[9]</sup> (pdf)
- ? Lisa Cirill, CDPH
  - Opportunities for Collaboration to Promote Walking <sup>[10]</sup> (pdf)

**Referenced Links and Materials:**

- ? 2008 Physical Activity Guidelines for Americans <sup>[11]</sup> (pdf)
- ? Centers for Disease Control and Prevention (CDC)
  - o Americans are Walking More to Improve their Health <sup>[12]</sup>
  - o National Health Worksite Program <sup>[13]</sup>
  - o Vital Signs: More People walk to Better Health <sup>[14]</sup>, August 2012
  - o Walk This Way! Taking Steps for Pedestrian Safety <sup>[15]</sup>
  - o The Guide to Community Prevention Services <sup>[16]</sup>
- ? National Center for Safe Routes to School <sup>[17]</sup>
- ? GirlTrek <sup>[17]</sup>: Healthy Black Women and Girls
- ? BGH: Black Girl Health ? Our Bodies Tell our Stories <sup>[18]</sup>
- ? Vision Zero Initiative: Traffic Safety <sup>[19]</sup>
- ? Oregon Department of Transportation and Health working together
  - o For more information, contact Michael Tynan <sup>[20]</sup>
  - o Other States ? Massachusetts, Iowa, Minnesota, North Carolina, and Washington
- ? California walk to School Headquarters <sup>[21]</sup>: Initiate and implement walk to school programs
- ? Safe Communities America: <sup>[22]</sup> pedestrian safety
- ? CATSIP: California Active Transportation Safety Information Pages <sup>[23]</sup>? an online resource for improving pedestrian and bicycle safety in California

Contact Us  
UCSF Main Site

© 2013 The Regents of the University of California

---

**Source URL:** <https://fhop.ucsf.edu/webinar-walking-101>

**Links**

- [1] <mailto:Suzanne.Haydu@cdph.ca.gov>
- [2] <mailto:sbricker@americawalks.org>
- [3] <http://americawalks.org/>
- [4] <mailto:Lisa.Cirill@cdph.ca.gov>
- [5] [https://picasaweb.google.com/115500554113267944237/Walkability\\_Apr232015](https://picasaweb.google.com/115500554113267944237/Walkability_Apr232015)

- [6] [https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/Walking%20Webinar\\_Haydu\\_Apr232015.pdf](https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/Walking%20Webinar_Haydu_Apr232015.pdf)
- [7] [https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/America%20Walks\\_Part%201\\_CDPH%20Webinar\\_Apr232015.pdf](https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/America%20Walks_Part%201_CDPH%20Webinar_Apr232015.pdf)
- [8] [https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/America%20Walks\\_Part%202\\_CDPH%20Webinar\\_Apr232015.pdf](https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/America%20Walks_Part%202_CDPH%20Webinar_Apr232015.pdf)
- [9] [https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/America%20Walks\\_Part%203\\_CDPH%20Webinar\\_Apr232015.pdf](https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/America%20Walks_Part%203_CDPH%20Webinar_Apr232015.pdf)
- [10] <https://fhop.ucsf.edu/sites/fhop.ucsf.edu/files/wysiwyg/Cirill%20MCAH%20Walkability%202015.pdf>
- [11] <http://www.health.gov/paguidelines/pdf/paguide.pdf>
- [12] <http://www.cdc.gov/features/walking-counts/>
- [13] <http://www.cdc.gov/nationalhealthyworksites/join/walkingtools.html>
- [14] <http://www.cdc.gov/vitalsigns/walking/>
- [15] <http://www.cdc.gov/Features/PedestrianSafety/>
- [16] <http://www.thecommunityguide.org/pa/index.html>
- [17] <http://www.saferoutesinfo.org/>
- [18] <http://www.blackgirlhealth.com/>
- [19] <http://www.visionzeroinitiative.com/>
- [20] <mailto:michael.a.tynan@state.or.us>
- [21] <http://www.caactivecommunities.org/w2s/>
- [22] <http://www.nsc.org/learn/NSC-Initiatives/Pages/safe-communities.aspx>
- [23] <http://catsip.berkeley.edu/california-and-national-agency-programs-walking-and-biking>