

**11<sup>th</sup> Conference on National Scenic and Historic Trails**

**Connecting Trails  
and Healthy Communities**

**Chris Kimber, Minnesota Department of Health**

**September 11, 2007**

**Where are you from?**

**Where do you work?**

# Connecting Trails and Healthy Communities

1. Health benefits of physical activity
2. How physical activity contributes to healthy communities
3. Connecting trails with healthy communities



# **1. Health benefits of physical activity**

# 1. Health benefits of physical activity

- Regular physical activity is associated with a healthier, longer life.
- Physical activity improves nearly every aspect of health.

# **If you are inactive, you have a higher risk of:**

- Heart Disease, High Blood Pressure, and Stroke
- Type 2 Diabetes
- Colon Cancer
- Osteoporosis
- Depression and Anxiety
- Breast Cancer
- Falls among the elderly

# Minnesota Adults

- 49% report not meeting recommendation for physical activity

*Behavior Risk Factor Surveillance Survey, 2005*

- 16% report no physical activity

*Behavior Risk Factor Surveillance Survey, 2004*



**The challenge:**

**make the healthy choice**

**the easy choice!**



## **2. How physical activity contributes to healthy communities**

# How physical activity contributes to healthy communities

- Personal benefits
- Social benefits
- Economic benefits
- Environmental benefits

# Walkability includes

- Safe and accessible “facilities”
- Reasonable walking distances
- Connections to destinations



16503

NO  
PARKING  
FOR  
LOADING

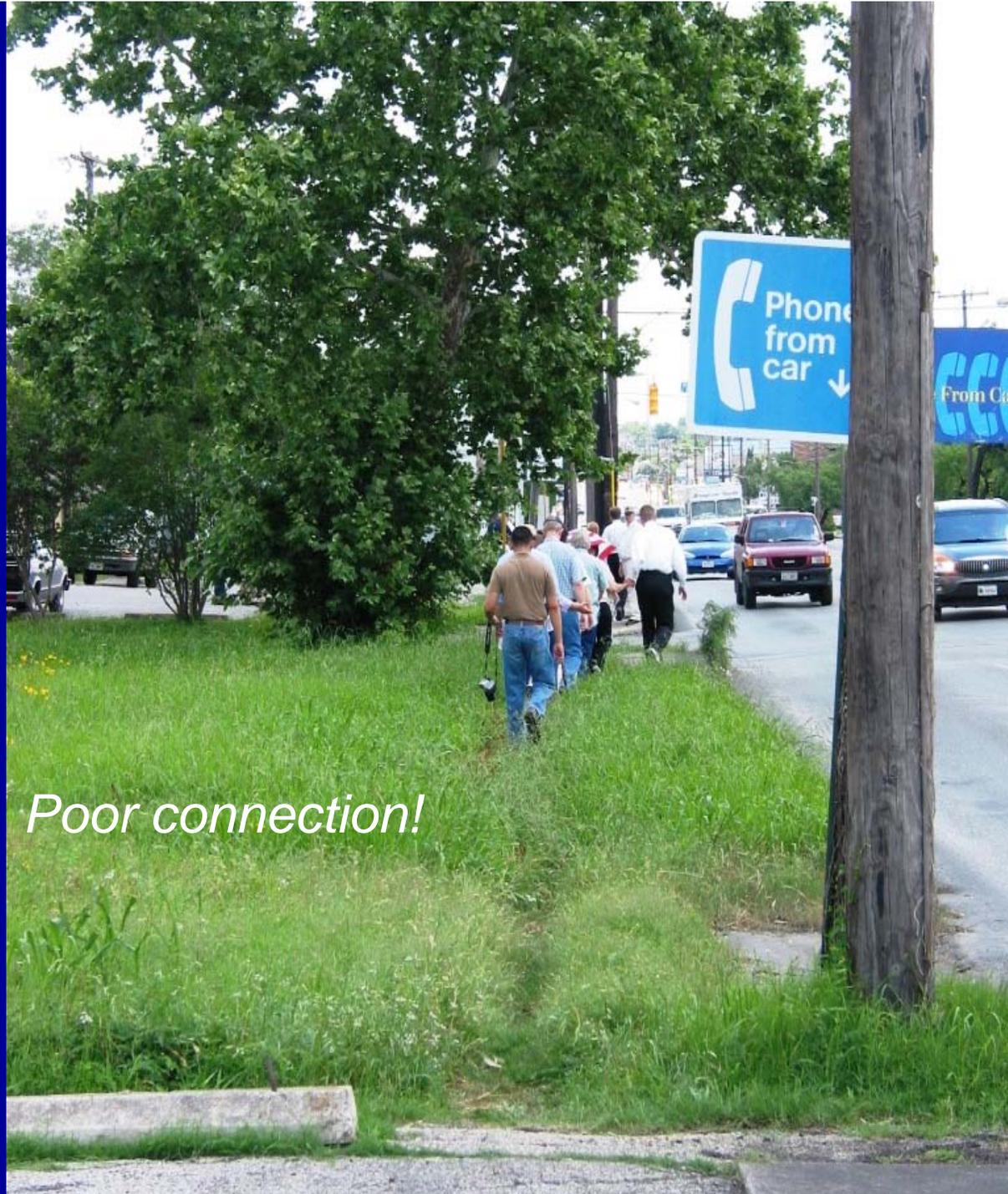


# Reasonable walking distances:

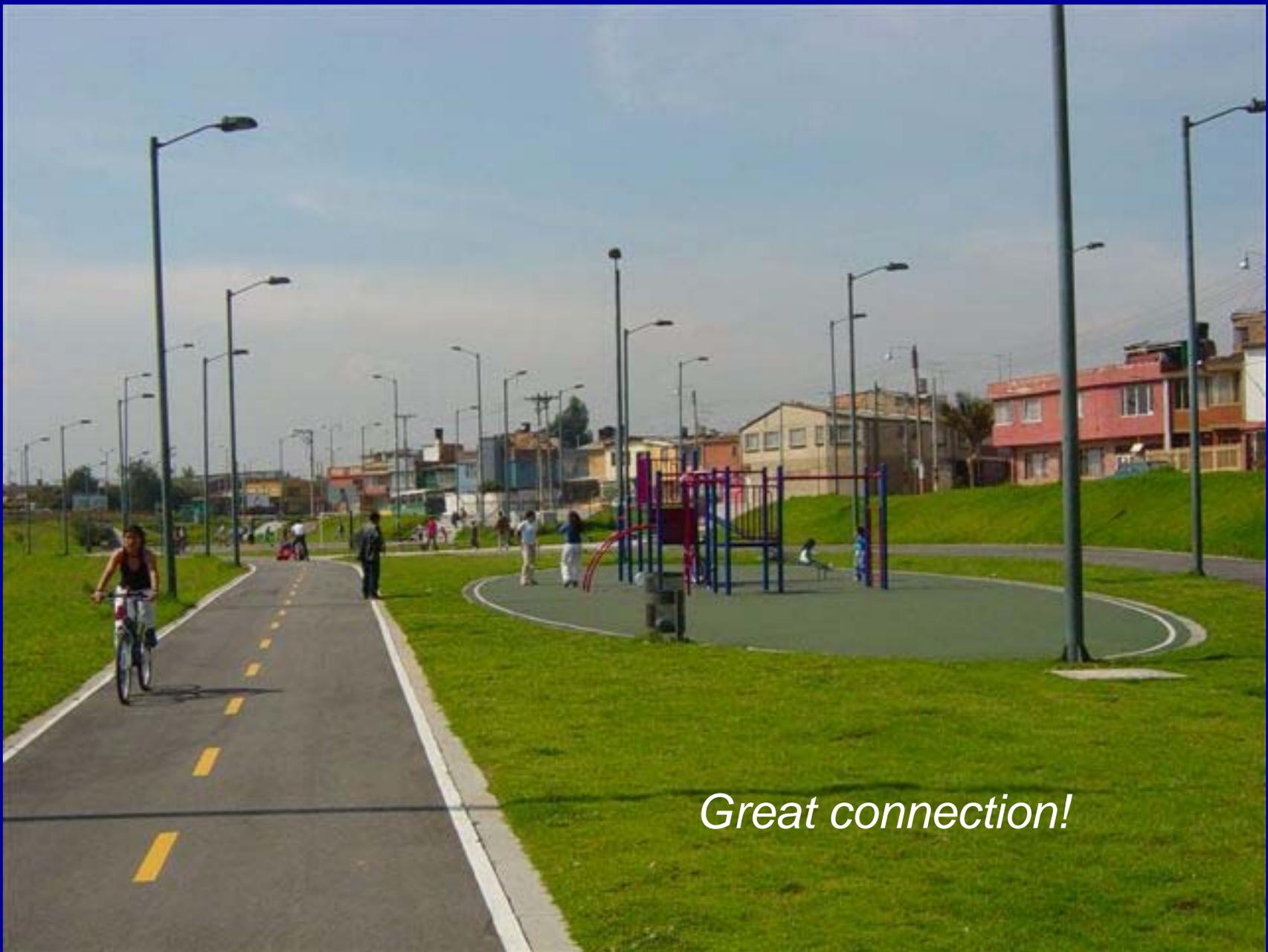
- For most walking trips, a reasonable distance is less than 2 miles.
- Most people walk 1 mile in about 15-20 minutes.
- One mile equals about 2,000 steps.

# Connections to destinations:

- Homes and residential areas
- Workplaces
- Schools
- Shopping, food and entertainment
- Parks and recreation facilities
- *TRAILS!*



*Poor connection!*



*Great connection!*

# **3. Connecting trails with healthy communities**

# **Health agencies and organizations:**

- 1. Public health agencies**
- 2. Non-profit organizations**
- 3. For-profit organizations**

## Chronic Disease Prevention

- Chronic Disease
- Home
- Overview
- CDC's Chronic Disease Programs
- Tracking Conditions & Risk Behaviors
- Major Accomplishments
- Scientific Observations
- Exemplary State Programs
- State Profiles
- Publications

- About CDC's Chronic Disease Center
- Press Room
- Funding and Grants
- Postgraduate Opportunities
- Related Links

Contact Info  
Centers for Disease Control and Prevention



### Featured Items:

- World Heart Day 2007**  
Heart disease and stroke are the world's greatest killers, claiming 17.5 million lives a year which represents nearly one third of all deaths in the world.
- September is Fruits & Veggies — More Matters™ Month**  
Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases.

Chronic diseases—such as heart disease, cancer, and diabetes—are the leading causes of death and disability in the United States. Chronic diseases account for 70% of all deaths in the U.S., which is 1.7 million each year. These diseases also cause major limitations in daily living for almost 1 out of 10 Americans or about 25 million people. Although chronic diseases are among the most common and costly health problems, they are also among the most preventable. Adopting healthy behaviors such as eating nutritious foods, being physically active, and avoiding tobacco use can

- Email this page
- Printer-friendly version

**Chronic Disease Awareness**  
As of September 10, approximately 1,172,632 people have died from chronic disease this year.

- ### Programs & Campaigns
- Arthritis
  - Cancer Control
  - Diabetes
  - Epilepsy
  - Genomics
  - Global Health
  - Healthy Aging
  - Healthy Youth
  - Heart Disease and Stroke
  - Nutrition and Physical Activity
  - Oral Health
  - PHHS Block Grant
  - Prevention Research Centers
  - REACH
  - Safe Motherhood
  - Steps to a HealthierUS
  - Tobacco
  - WISEWOMAN

# **1. Public health agencies**

**A. Nutrition and Physical Activity**

**B. Steps to a HealthierUS**

**C. Prevention Research Centers**

**[www.cdc.gov/nccdphp](http://www.cdc.gov/nccdphp)**

## **A. Nutrition and Physical Activity programs:**

***\*Physical Activity Contact:***

**[www.physicalactivitysociety.org](http://www.physicalactivitysociety.org)**

**click on “Resources”**

**click on “State Coordinator”**

- Chronic Disease**
  - [Home](#)
  - [Overview](#)
  - [CDC's Chronic Disease Programs](#)
  - [Tracking Conditions & Risk Behaviors](#)
  - [Major Accomplishments](#)
  - [Scientific Observations](#)
  - [Exemplary State Programs](#)
  - [State Profiles](#)
  - [Publications](#)
- 
- [About CDC's Chronic Disease Center](#)
  - [Press Room](#)
  - [Funding and Grants](#)
  - [Postgraduate Opportunities](#)
  - [Related Links](#)

**Contact Info**

Centers for Disease Control and Prevention  
 National Center for Chronic Disease Prevention and Health Promotion  
 NCCDPHP  
 4770 Buford Hwy, NE  
 Atlanta, GA 30341-3717

[Contact NCCDPHP](#)

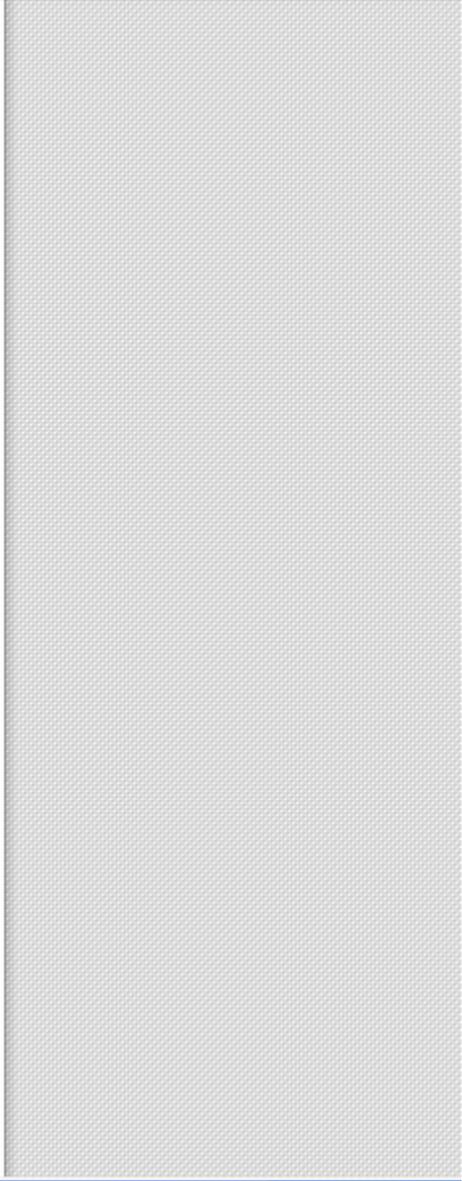
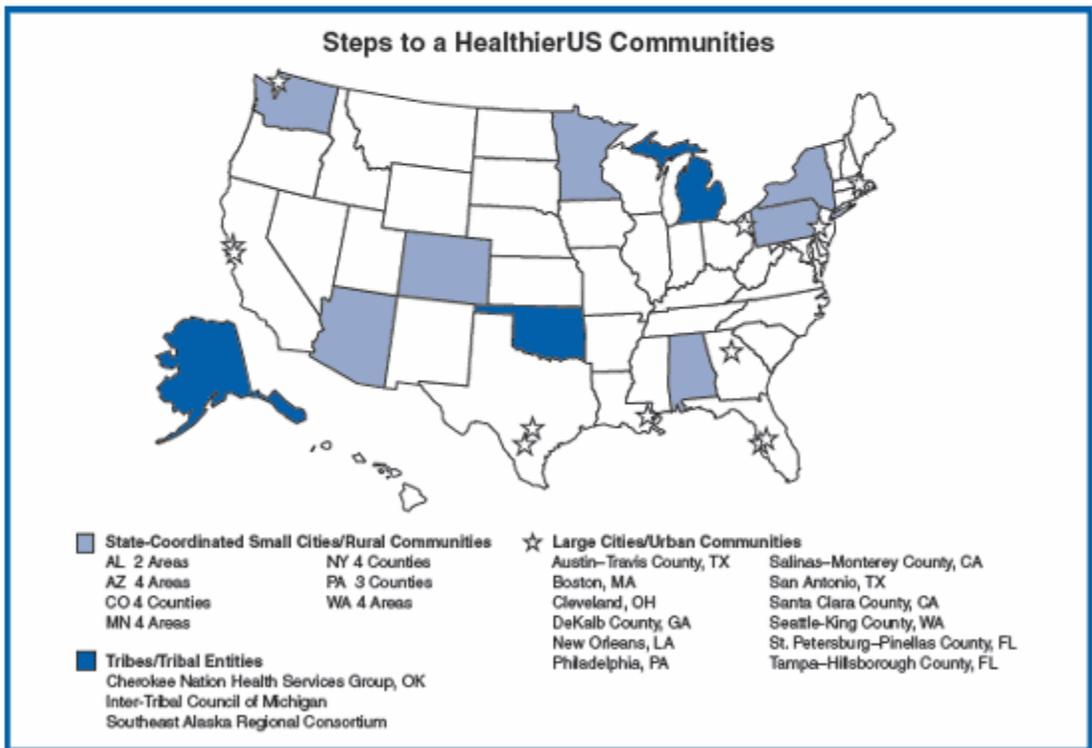
## Steps to a HealthierUS Program Preventing Chronic Diseases Through Local Community Action

**See Also:**

- [CDC's Steps Web Site](#)

### At A Glance 2007

This report is also available in [Portable Document Format \(PDF-284K\)](#).  
[Learn more about PDFs.](#)



## **B. Steps to a HealthierUS**

- **7 state projects working with small city or rural communities:**
  - **AL, AZ, CO, MN, NY, PA, WA**
- **3 tribal projects: AK, OK, MI**
- **12 large city/urban projects**

- Overview
- CDC's Chronic Disease Programs
- Tracking Conditions & Risk Behaviors
- Major Accomplishments
- Scientific Observations
- Exemplary State Programs
- State Profiles
- Publications

- About CDC's Chronic Disease Center
- Press Room
- Funding and Grants
- Postgraduate Opportunities
- Related Links

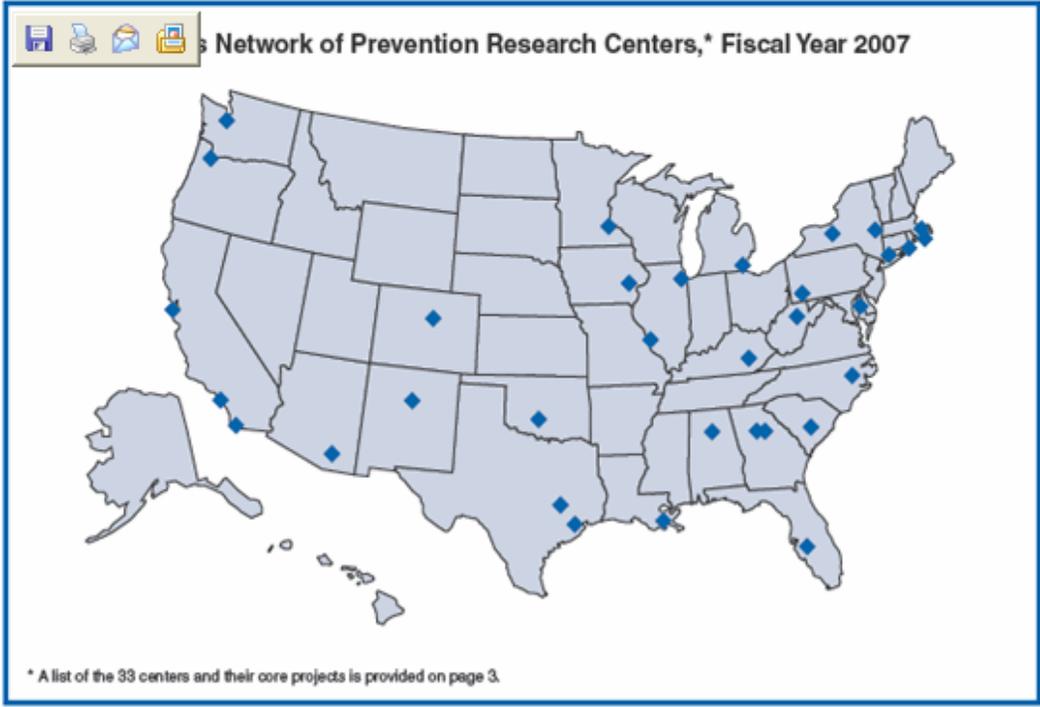
**Contact Info**  
Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
(NCCDPHP)  
1600 Clifton Road, NE  
Atlanta, GA 30333

Contact NCCDPHP

## At A Glance 2007

This document is also available in [Portable Document Format \(PDF-240K\)](#).  
[Learn more about PDFs.](#)

- [CDC's Prevention Research Centers Web Site](#)
- [Exemplary State Programs \(86K-PDF\)](#)



[A [text description of this map](#) is also available.]

*"It will take all of us to switch from a treatment-oriented society to a prevention-oriented society, but the effort will be worth it for individuals, families, and for the overall health of our nation."*

## **C. Prevention Research Centers**

***33 university centers in the U.S.***

- **San Diego State University**
- **St. Louis University**
- **University of Colorado**
- **University of Pittsburgh**
- **University of South Carolina**
- **University of Washington**

## 2. Non-profit organizations

### Robert Wood Johnson Foundation

- “Active Living by Design” – 25 community partnerships: [www.activelivingbydesign.org](http://www.activelivingbydesign.org)
- Active Living Research – Youth Physical Activity in Parks: [www.activelivingresearch.org](http://www.activelivingresearch.org)
- New emphasis on childhood obesity: [www.rwjf.org](http://www.rwjf.org)

## **2. Non-profit organizations**

### **“Alliance for a Healthier Generation”**

- partnership of American Heart Association  
and the William J. Clinton Foundation**

**[www.americanheart.org](http://www.americanheart.org)**

**click on “children’s health”**

## **2. Non-profit organizations**

**Blue Cross Blue Shield of MN:**

**[www.preventionminnesota.com](http://www.preventionminnesota.com)**

# **3. For-profit organizations**

**Hospital systems**

**Health insurers**

**Health plans**



***Thank you!***

**Chris Kimber**

**Physical Activity Coordinator  
Minnesota Department of Health**

**651-201-5497**

**[chris.kimber@health.state.mn.us](mailto:chris.kimber@health.state.mn.us)**