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20 years strong AMERICA WALKS

October 2017

Get Your Community on the Walking Path in 2018

Let's turn 2018 into the year of walking! America Walks, with support of the Every Body Walk! Collaborative and other partners, **is currently seeking applications for Community Change grants**. The grants look to fund projects throughout 2018 that will increase the prevalence of walking, expand the diversity of people and organizations working to advance walkability, and help to make walking safer, easier, and more fun for all community members. **Applications for one of the \$1,500 grants are due November 10th!**

A Walking College Fellow Walks Past Cancer

Ann Mansfield of Decorah, Iowa was diagnosed in March with stage 2 breast cancer and began treatment that included surgery, chemotherapy, antibody infusions and radiation. But this nurse, healthy-community advocate and 2016 Walking College fellow was not willing to take her diagnosis lying down. Rather, Mansfield has used walking as a means of getting through this physically- and mentally- grueling process. [Read more here.](#)



Mansfield on a walk

New Obesity Data Underscore Importance of Walkability

New data from the Centers for Disease Control and Prevention find that America's obesity problem hasn't gotten any better over the past couple of years, with the overall trend line continuing to tick upward.

America Walks Executive Director Kate Kraft says that while there are many factors

at play in the country's obesity epidemic, these findings once again underscore the importance of creating environments and policy landscapes that support physical activity, including walking.

"Everyone, no matter where they live, what they look like, how old they are or how much money they make, should have access to safe, appealing opportunities for something as basic as going for a walk," Kraft said. [Read more here.](#)

Walkability Should Not Be A Luxury

Despite mounting concerns about gentrification associated with surging interest in our nation's older, walkable neighborhoods, walkability "is a key to greater affordability," argues Robert Steuteville in an essay posted to the Every Body Walk! Collaborative's blog celebrating this month's theme. "Public policy," writes Steuteville, "should respond by both reducing the barriers to building housing in walkable neighborhoods-and allowing more walkable neighborhoods to be built." [Read more here.](#) Thanks to [Congress for the New Urbanism](#) for being a lead organization in November.



The topic of gentrification in walkable communities will be the subject of America Walk's next free webinar, starting at 2 p.m. EST Nov. 15th. [Register for "Tackling Gentrification and Displacement in Creating Vibrant Communities" here .](#)

Missed this month's webinar on walking at work? [Check out the recording here.](#)

What We're Reading

A look at some of the articles floating around our networks this month:

- Catch up with America Walks staff! We were busy this past month presenting at places including the [Congressional Childhood Obesity Prevention Awareness Expo](#) in Washington, DC and an [inclusive health workshop in New Jersey](#).
 - Honolulu's law barring pedestrians from looking at mobile devices while crossing the street takes effect in November. [Former NYC transportation czar Janette Sadik-Khan tells The New York Times](#) that such laws are not based in research and "distract from the road design and driver behavior issues that are responsible for most crashes."
 - *The Guardian* writes about new findings that in most countries in the world, women walk less than men. The reason? [Concern over personal safety](#).
 - [A new study of older Americans](#) finds benefits in moderate walking even when it's below the minimum recommended threshold for physical activity.
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Mark Your Calendars

- **Nov. 10:** Applications for America Walks Community Change Micro Grants are due. [Read more here.](#)
- **Nov. 15:** America Walks' free webinar "Tackling Gentrification in Creating Vibrant Communities." [Register here.](#)

- **Dec. 1:** Deadline for submitting a proposal for the Institute of Transportation Engineers' upcoming Joint ITE International and Midwestern/Great Lakes District Annual Meeting and Exhibit being held Aug. 20-23 in Minneapolis. The gathering aims to include topics such as Vision Zero, Complete Streets, and Smart Communities. [Click here](#) to learn more.

Help Make Every Community a Walkable Community

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