STEP IT UP! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities

Alicia Richmond Scott, MSW
Acting Regional Liaison
U.S. Department of Health and Human Services
Office of the Assistant Secretary for Health
HHS Organization and Structure
Assistant Secretary for Health

Acting Assistant Secretary for Health
Assistant Secretary for Health, Office of the Surgeon General

Staff Divisions
- IOS
- ASA
- ASFR
- ASGA
- ASH
- ASL
- ASPE
- ASPR
- ASPA
- CFBNP
- DAB
- OCR
- OGC
- OIG
- IEA
- OMHA
- ONC

Operating Divisions
- ACF
- ACL
- AHRQ
- ATSDR
- CDC
- CMS
- FDA
- HRSA
- IHS
- NIH
- SAMHSA

Vice Admiral Vivek H. Murthy, MD, MBA
U.S. Surgeon General
STEP IT UP!
THE SURGEON GENERAL’S CALL TO ACTION
TO PROMOTE WALKING
AND WALKABLE COMMUNITIES

U.S. PUBLIC HEALTH SERVICE
1798

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

www.surgeongeneral.gov/stepitup
Goals of the Call to Action
1 Make walking a national priority

• Encourage people to promote walking and make their communities more walkable.

• Create a walking movement to make walking and walkability a national priority.
2

Design communities that make it safe and easy to walk for people of all ages and abilities

- Design and maintain streets and sidewalks so that walking is safe and easy.
- Design communities that support safe and easy places for people to walk.
3

Promote programs and policies to support walking where people live, learn, work, and play

• Promote programs and policies that make it easy for students to walk before, during, and after school.

• Promote worksite programs and policies that support walking and walkability.

• Promote community programs and policies that make it safe and easy for residents to walk.
Provide information to encourage walking and improve walkability

- Educate people about the benefits of safe walking and places to walk.
- Develop effective and consistent messages and engage the media to promote walking and walkability.
- Educate relevant professionals on how to promote walking and walkability through their profession.
Fill surveillance, research, and evaluation gaps related to walking and walkability.

- Improve the quality and consistency of surveillance data collected about walking and walkability.
- Address research gaps to promote walking and walkability.
- Evaluate community interventions to promote walking and walkability.
Assistant Secretary for Health, Regional Health Administrators
## Assistant Secretary for Health, Regional Health Administrators

<table>
<thead>
<tr>
<th>Region</th>
<th>States</th>
<th>Regional Health Administrator</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>CT, ME, MA, NH, RI, VT</td>
<td>Betsy Rosenfeld, JD (617) 565-1500</td>
</tr>
<tr>
<td>2</td>
<td>NJ, NY, PR, VI</td>
<td>Michelle Davis, PhD, MSPH (212) 264-2560</td>
</tr>
<tr>
<td>3</td>
<td>DE, DC, MD, PA, VA, WV</td>
<td>Dalton Paxman, PhD (215) 861-4639</td>
</tr>
<tr>
<td>4</td>
<td>AL, FL, GA, KY, MS, NC, SC, TN</td>
<td>Sharon Ricks, MA (Acting) (404) 562-7889</td>
</tr>
<tr>
<td>5</td>
<td>IL, IN, MI, MN, OH, WI</td>
<td>CAPT James Lando, MD, MPH, FACPM, USPHS (312) 353-1385</td>
</tr>
<tr>
<td>6</td>
<td>AR, LA, NM, OK, TX</td>
<td>RADM Epi Elizondo, PhD, PA-C (214) 767-3879</td>
</tr>
<tr>
<td>7</td>
<td>IA, KS, MO, NE</td>
<td>CAPT Jose Belardo, JD, MSW (816) 426-816-3291</td>
</tr>
<tr>
<td>8</td>
<td>CO, MT, ND, SD, UT, WY</td>
<td>Laurie Konsella, MPA (Acting) (303) 844-6163</td>
</tr>
<tr>
<td>9</td>
<td>AZ, CA, HI, NV, Guam, American Samoa, CNMI, FSMI, RMI, Palau</td>
<td>CAPT Betsy Thompson, MD, DrPH (Acting) (415) 437-8096</td>
</tr>
<tr>
<td>10</td>
<td>AK, ID, OR, WA</td>
<td>Karen Matsuda, MN, RN (Acting) (206) 615-2469</td>
</tr>
</tbody>
</table>
Everyone Can Help

- Transportation, land use, and community design
- Parks and recreational and fitness facilities
- Education
- Business and industry
- Volunteer and nonprofit
- Health care
- Media
- Public health
- Families and individuals