

Support Walkable Communities

20 years strong AMERICA WALKS

June 2018

Be a Walking Champion

America Walks knows that the foundation and strength of the walking movement comes from the thousands of community change agents who work passionately to create safe, accessible, and enjoyable places to walk and be physically active. We're inspired by people from all walks of life across the US, including our **Walking College Fellows** and **Community Change grantees**. This month, we're looking at information, inspiration, and resources to help you in your fight for walkable communities.



Students in Cupertino, California prepare for a walking encouragement event where they shared information on the benefits of walking and physical activity.

Start here by reading inspiring grassroots advocacy stories from our 2017 Community Change Micro Grant program.

Walkable Communities are Healthy, Active, and Engaged

Walkable communities improve the health and wellness of individual members, strengthen relationships, and grow economies. Explore the power of walkability with these new resources and information.

Physical activity and walking can have a positive impact on a variety of health factors. A recent study in the *Annals of the American Thoracic Society* found that where you live can influence the development and continuity of childhood asthma. **Check out the report to learn more about the link between neighborhood walkability and childhood**

asthma.



The newly released **2017 Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control and Prevention** reveals an alarming fact - almost 75% of high schoolers aren't getting enough daily physical activity. **Read more**, including how schools can help students meet recommended guidelines for daily physical activity and how racial disparities persist.

Amplify Your Advocacy Today!

Use **AARP's 2018 Livability Index** in your advocacy objectives. The immense resource for change agents across the US is an incredible source of data to make the case for walkable, livable communities for all ages.

Watch some of our recent webinars. **A Good Investment: The Benefits of Walkable Communities** offers a discussion on the economic benefits that come from walkable communities and increased physical activity. If placemaking is more your thing, check out **Walkable Transformations: Healthy, Active, and Engaged Communities**, our deep dive into three communities' transformations to create people-first spaces.



School's out for summer but two new resources remind us to put kids first. **Read the new report from Raising Places** building child-centered communities and think of how you might help implement them. Safe Routes to School National Partnership is seeing which states make the grade **with their new report cards**.

Want more resources to kick-start your advocacy efforts?

[Visit Our Learning Center](#)

Mark Those Calendars

- **July 11:** Join America Walks for our free webinar, ***Opportunities for Walkability in Rural Communities and Small Towns***. We'll explore some of the inspiring work and trends of walkability in rural and small communities. [Register here.](#)
- **July 13:** The deadline for students and researchers to showcase transportation-related research, capstone and community projects as poster presentations at the **2018 Safe Systems Summit: Redefining Transportation Safety**. **Register and submit a poster here.**
- **July 13:** Don't miss the **Voices for Healthy Kids Grant** deadline.
- **July 31:** Want to have a hand in revolutionizing the transportation industry? ***Solving for Safety: Visualization Challenge*** is looking for the best innovators

from the business and research communities to submit ideas for \$350,000 in prizes. [Find out how to get involved here.](#)

What We're Reading

Some of the articles circulating around our networks this month:

- [Why the 'Distracted Pedestrian' is a Myth - *Curbed*](#)
- [Future Docs Walk to Relieve Test Stress - *Every Body Walk! Collaborative*](#)
- [How the Koch Brothers Are Killing Public Transit Projects Around the Country - *New York Times*](#)

Quote to Ponder

Meandering leads to perfection. - Lao Tzu

What better way to meander, ponder, and reflect than on a walk by yourself or with a friend? Take time this week to walk your way to a more healthy, active, and engaged life.



Photo Credit: National Center for Health, Physical Activity, and Disability

Our Sponsors

America Walks thanks our sponsors for their generous support of this publication and all of the work being done by America Walks to promote the walkable movement. Thanks for helping to make America a great place to walk!

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