

## Support Walkable Communities

# 20<sup>years strong</sup> AMERICA WALKS

November 2018

## The Power of Transit–Walkability Collaboration



*Before/After of a bus stop improvement where there was no sidewalk, across from two facilities that serve people with sight impairments and disabilities in San Bernardino. From our case study, [San Bernardino's Active Transportation Network Reinforces Transit–Walkability Collaboration](#).*

Are you helping to bridge the divide between key organizations in the walking movement? If we truly want to improve public health, safety, and transportation equity, it must be a collaborative effort that involves public transit and active transportation organizations.

Join us as we take a look at the work of **Four Communities That Prioritize Transit Walkability Collaboration**. As part of **the Transit–Walkability Collaborative at America Walks**, we explore the myriad of positive community changes that persist when walking and transit advocates join forces.

There are some golden takeaways in these case studies that we hope will inspire your work, advocacy, and life around bolstering healthy, affordable walkability in your neighborhood.

[Read the Transit–Walkability Collaborative Stories Here](#)

## Want More Collaboration?

These four stories are just the start. [Check out a webinar from earlier](#) this year that highlights the power of combining forces to achieve healthy, active, and engaged communities.

---

## The Evidence Is In: Physical Activity is King



The U.S. Department of Health and Human Services released the *Physical Activity Guidelines for Americans, 2nd edition* this month. No surprises to America Walks– the guidelines find that physical activity fosters normal growth and development, can reduce the risk of various chronic diseases, and can make people feel better, function better, and sleep better.

Want the short version? [Here are the top ten things to know](#) about the new guidelines.

---

## Still Need Motivation to Move?

It helps to find some extra personal motivation to gain momentum on your own walking path. Whether you need that extra push or are a walking veteran in a momentary slump, here are some stories that beautifully detail how the act of walking can impact your life in dramatic ways:

- [A Walking College Fellow Walks Past Cancer](#)
  - [Empowerment: Walking Out of the Box](#)
  - [Parks: Harnessing the Power of Health, Community and Nature](#)
  - [Take a Walk and Take in the Good](#)
- 

## A Look Back at Community Change

We're reading through the inspiring applications we received for the 2018 Community Change Grants. Creativity, passion, and a commitment for walking is found throughout the over 600 applications sent in from 48 states. Take a look back at some of the work done by our [2016 grantees](#) and [2017 grantees](#) to get a sense of what you can expect to see from our newest class to be announced later this year.

---

## Mark Those Calendars

- **December 5th:** [Join the National Recreation and Parks Association](#) for a discussion on community engagement strategies around park projects and access.
  - **Happening Now:** A new film explores the power of walking. Make a date to see [The World Before Your Feet](#) in select cities.
  - **Happening Now:** An ORISE fellowship opportunity is available at the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) in the Division of Nutrition, Physical Activity, and Obesity (DNPAO) at the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia. [Learn more about the fellowship here.](#)
-

## Content We Loved This Month

- **The Route: Phil's Unfinished Story/Travelers**
- **How Many Deaths Does It Take to Question "Standard Practice"?/Strong Towns**
- **ITE Curbside Management Practitioner's Resource/Institute of Transportation Engineers**
- **Senior housing: Older Americans face affordability, accessibility challenges/Curbed**

### This Holiday Season

*Invest in safe, accessible, and enjoyable places to walk by helping us grow grassroots advocacy*

20<sup>th</sup> ANNUAL AMERICA WALKS

Donate to  
America Walks

## America Walks Thanks 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!

APBP, PC, Arnold & Itkin LLP, Bankers Fidelity, Baumgartner Law Firm, Berenji and Associates, Cardinal Digital, Carmanah, CDC, Citywide Law Group, Dagmar Marketing, Daniel Rose Law, Diamond Injury Law, Fernandez & Karney, Family Law Attorneys, Ehline Law Firm, Emerald City Law Group, Eskew Law, Every Body Walk!, Feet First, Garcia, Artigliere & Medby, GirlTrek, Glotzer & Leib LLP, Harrell & Harrell Personal Injury Lawyers, Health by Design, Idaho Bike Walk Alliance, Injury Trial Lawyers, Kademenos, Wisehart, Hines, Dolyk & Zeiher Co., Kaiser Permanente, Kaufman Law, Kellogg Foundation, Key Tax Group, Kisling, Nestico & Redick Ohio Personal Injury Lawyers, Kostopoulos Law Group LLC, Krist Law Firm, Krzak Rundio Law Group LLC, LAD Solutions, Landman Family Charitable Trust, Larry Pitt & Associates, Lavent Law, Law Offices of Ned Barnett, Lawsuit Legal, Law Offices of John Rapillo, Law Offices of Vikas Bajaj, APC, Legal InSites LLC, Lindquist Wood Edwards, LLP, MIG, Inc., Matchbox Design Group, McKneely Law Firm, Medpost Urgent Care, National Association of Realtors, PEDS, Personal Injury Lawyers San Diego, re:Streets, The Rodriguez Law Group, Robert Wood Johnson Foundation, Sally Flocks Charitable Fund, San Diego Personal Injury Lawyers, Shaping New Jersey, ShoreWalkers, Inc., Simmons & Fletcher, PC, Staver Accident Injury Lawyers, Straight North, Tarlton & Polk, PLLC, Thomas Law Offices, Turner Pest Control Orlando, US Fish and Wildlife Services, Weissman-Landman Family Trust

STAY CONNECTED



Support Walkable Communities