

Walkability and Health

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The Commonwealth Team

“The Walkability Action Institute”

Walkability Action Institute

Sponsored by



NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS

Promoting Health. Preventing Disease.

Purpose

Equip teams

- Pursue policy, systems, and environmental (PSE) changes and interventions
- Increase population levels of physical activity with a focus on *walking*
- Reduce chronic disease risk and burden



Requirements

- 5 member Team
- Representation from:



- Submit a plan of action after the Institute

Team Members

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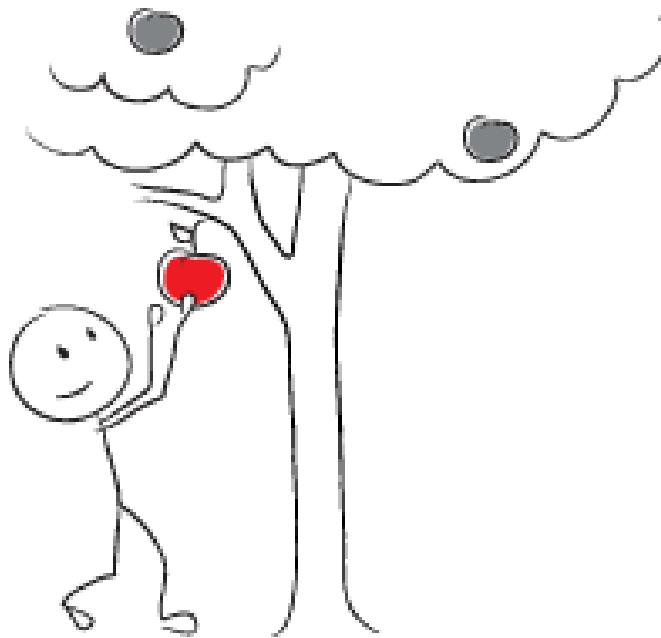
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Low Hanging Fruit in Virginia





New Trainer

Synergistic Activities



Union Cycliste Internationale (UCI) Road World Championship in Richmond



Governor's "Walk the Skyline" competition for State Employees



Governor's declaration: May as Bicycling Month



Implementation of Complete Streets in communities

Plan of Action



Establish advisory group



Host a “Walkability Institute”



Strengthen/expand partnerships



Capitalize on current initiatives

