

WalkGuide

GuideBox

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1 WHY USE THE WALKGUIDE?

- It is a fun, educational activity that can be used for a community event, class, or meeting
- To actively engage people in understanding connections between health and their environment
- To help people make connections between health and how a community is built and functions

2 WHEN DO YOU USE THE WALKGUIDE?

- To help provide ideas to the person(s) leading a group of people on a walk around a community
- To help people connect health to how a community is built and functions

3 HOW TO USE THE WALKGUIDE | *GETTING READY FOR THE WALK*

When to Walk | There are options!

At the beginning of a class, meeting, or session to start a discussion

In the middle of a class, meeting, or session to engage people in the subject

At the end of a class, meeting, or session to engage with the information that was learned

Where to Walk | Select a route!

Consider the weather, physical abilities of participants, and the physical condition of sidewalks when planning the route

A Walk can be a short or long; between 10 and 60 minutes is recommended for a Walk

What to Look at | There is so much to see!

May be focused on a specific community concern or can be general

Use the Walk Observation Checklist (included) to guide what people are looking at

TIP: Give each participant a copy of the checklist so they can record what they see.

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4 IMPORTANT THINGS TO CONSIDER FOR YOUR WALK

- It is important to have a safety plan to be prepared for injuries, emergencies, or severe weather.
- The safety plan should include a buddy system and final meeting location and time.
- A set meet-up location and time should be in place if the group splits into small groups during the Walk
- Leaders and participants may want to bring water or snacks and have a watch or cell phone.

5 HOW DO YOU KEEP PARTICIPANTS ENGAGED?

- Encourage walkers to record what they see using the Walk Observation Checklist (included), taking notes, or using cell phones or cameras to take photos and videos.

- By asking questions to the group as the Walk progresses

Some examples include:

Is there litter and trash on the ground or in the water?

Are there areas of environmental damage or contamination?

Are there barriers to safely and easily accessing schools, jobs, or healthy foods?

Do the building fronts providing visual interest and encourage people to walk by?

Is there safe access to public places and civic spaces, including libraries and community centers?

Are streets safe for all users: pedestrians, people with limited mobility, bicyclists, transit-riders, and motorists?

6 WHAT IS DONE AFTER A WALK?

- Have a conversation with the participants that focuses on the relationship between what was seen and how it relates to health.

Ask what people saw that encourages healthy living and safety

Ask what people saw that contributes to poor health and safety

Ask about what improvements the participants would recommend and why

Walk Observation Checklist

This tool can be used to help record what is seen on a Walk.



| NAME | LOCATION | DATE OF WALK |
|---|--|---|
| <p>What do you see? (Check the things you see)</p> <p>THE ENVIRONMENT</p> <p><input type="checkbox"/> Parks or large green spaces</p> <p><input type="checkbox"/> A lot of trees and plants</p> <p><input type="checkbox"/> Well-kept yards</p> <p><input type="checkbox"/> Walking or hiking trails</p> <p><input type="checkbox"/> Storm drains</p> <p>PEOPLE</p> <p><input type="checkbox"/> People of different ethnicities</p> <p><input type="checkbox"/> People of different ages</p> <p>PLACES & COMMUNITY</p> <p><input type="checkbox"/> Schools with playgrounds</p> <p><input type="checkbox"/> Grocery stores</p> <p><input type="checkbox"/> Variety of businesses</p> <p><input type="checkbox"/> Homes and apartments</p> <p><input type="checkbox"/> Community center or library</p> <p><input type="checkbox"/> Public art</p> <p>STREETS & SIDEWALKS</p> <p><input type="checkbox"/> Crosswalks</p> <p><input type="checkbox"/> Sidewalk ramps at corners</p> <p><input type="checkbox"/> Bicycle lanes or paths</p> <p><input type="checkbox"/> Bus stops with benches / shade</p> <p><input type="checkbox"/> Pedestrians</p> | | |
| | <p><input type="checkbox"/> Litter or trash</p> <p><input type="checkbox"/> Few trees and plants</p> <p><input type="checkbox"/> Large paved areas</p> <p><input type="checkbox"/> Vacant lots</p> <p><input type="checkbox"/> Stagnant water</p> <p><input type="checkbox"/> People doing disruptive activities</p> <p><input type="checkbox"/> People experiencing homelessness</p> <p><input type="checkbox"/> Large parking lots</p> <p><input type="checkbox"/> Convenience stores</p> <p><input type="checkbox"/> Empty business spaces</p> <p><input type="checkbox"/> Strip mall(s)</p> <p><input type="checkbox"/> Buildings that need repair</p> <p><input type="checkbox"/> Fences with razor wire</p> <p><input type="checkbox"/> Uneven / missing sidewalks</p> <p><input type="checkbox"/> Bicycling / scooters on sidewalks</p> <p><input type="checkbox"/> Potholes</p> <p><input type="checkbox"/> Bus stops without benches / shade</p> <p><input type="checkbox"/> Abandoned vehicles</p> | |
| | | <p>SOME THINGS TO THINK ABOUT:</p> <p>What are your thoughts of the space?</p> <p>Would you want to live or work here?</p> <p>Do you feel safe here?</p> <p>What improvements would you make?</p> |
| | | <p>SOME THINGS TO THINK ABOUT:</p> <p>Do the people you see look happy?</p> <p>Do the people you see look healthy?</p> |
| | | <p>SOME THINGS TO THINK ABOUT:</p> <p>Would you want to raise a family here?</p> <p>Would you want to own a business here?</p> <p>Are there places to buy fresh food?</p> <p>Is this a diverse community?</p> <p>What improvements would you make?</p> |
| | | <p>SOME THINGS TO THINK ABOUT:</p> <p>Would you enjoy walking in this area?</p> <p>How busy is the street?</p> <p>Would you want to take a bus here?</p> <p>Would you walk alone here at night?</p> |