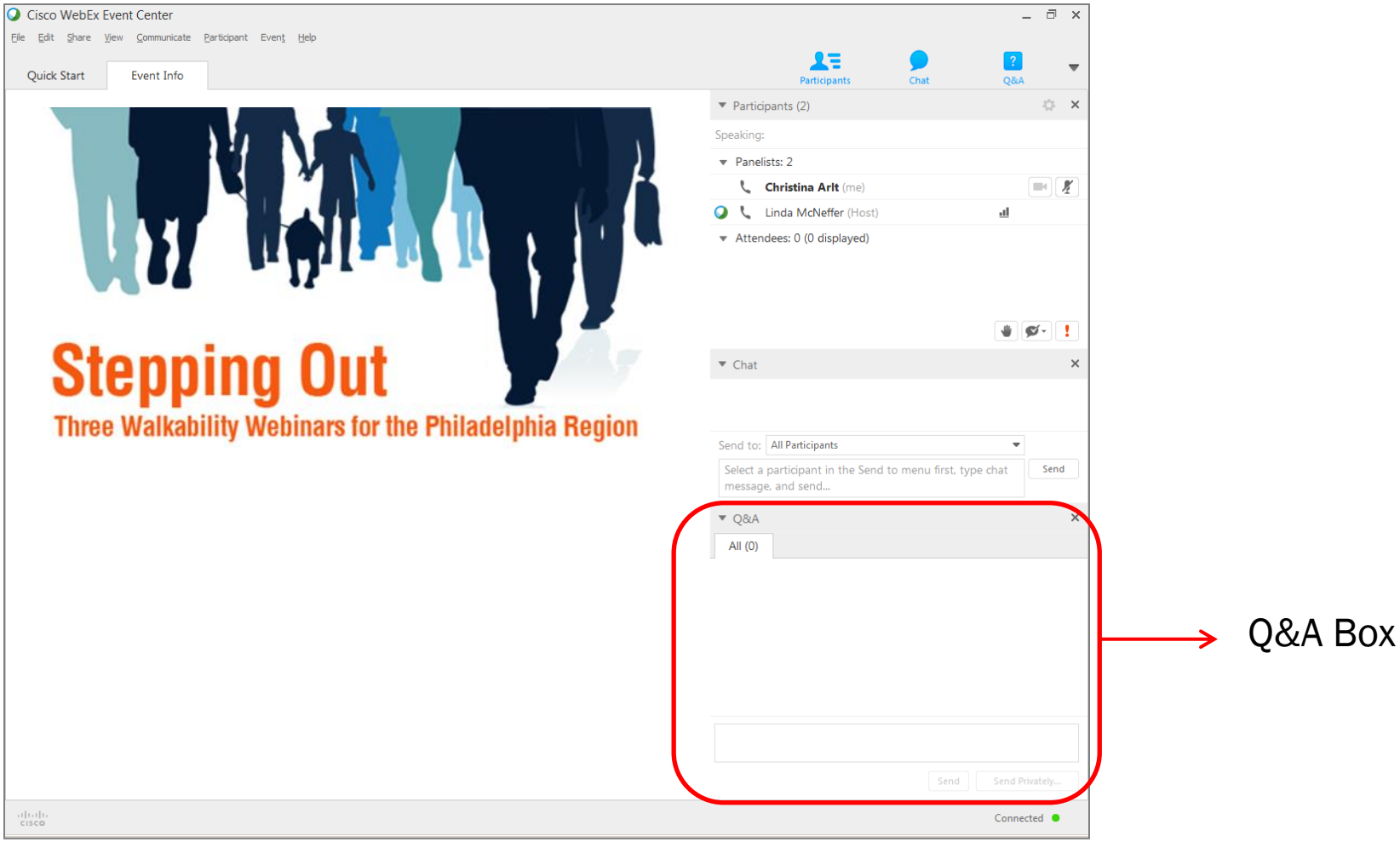
Stepping Out

Three Walkability Webinars for the Philadelphia Region

TYPE QUESTIONS INTO THE Q&A BOX



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WHO ARE WE?

THE 9-COUNTY GREATER PHILADELPHIA REGION

Education and Outreach to Promote Walkability

TODAY'S PRESENTERS

Kristi Goodwin has ten years of experience educating upon the benefits of a healthy lifestyle. She is a Health Facilitator for the Montgomery County Department of Health and Human Services. Kristi is experienced in delivering pedestrian safety education to residents of the county ranging in age from 8 to 88 – working in schools, senior centers, and YMCAs to communicate the message of safe walking and healthy lifestyles.

Kristi has a Master's of Science in Public Health and a Bachelor's degree in Sociology from Arcadia University.

- **Kristi Goodwin**
- Allen Glicksman
- David Genova

TODAY'S PRESENTERS

Dr. Allen Glicksman serves as Director of Research and Evaluation at Philadelphia Corporation for Aging, the Area Agency on Aging for the City of Philadelphia. Much of Dr. Glicksman's work has focused on the impact of environment on health behaviors and health outcomes for older adults. He served as Principal Investigator on Walkability's Impact on Senior Health a project funded by the National Institute of Nursing Research of the NIH and as co-Principal Investigator on the Senior Pedestrian Zone Feasibility Study. He also served as consultant on Navigating the Neighborhood: Finding Pathways to Safe and Healthy Activity for Older Adults also funded by NIH.

Dr. Glicksman has authored or co-authored scientific articles and reports on various aspects of walkability and the relation of health to environment for older adults. He holds adjunct faculty appointments at Drexel University and the University of Pennsylvania and was elected a Fellow of the Gerontological Society of America.

- Kristi Goodwin
- Allen Glicksman
- David Genova

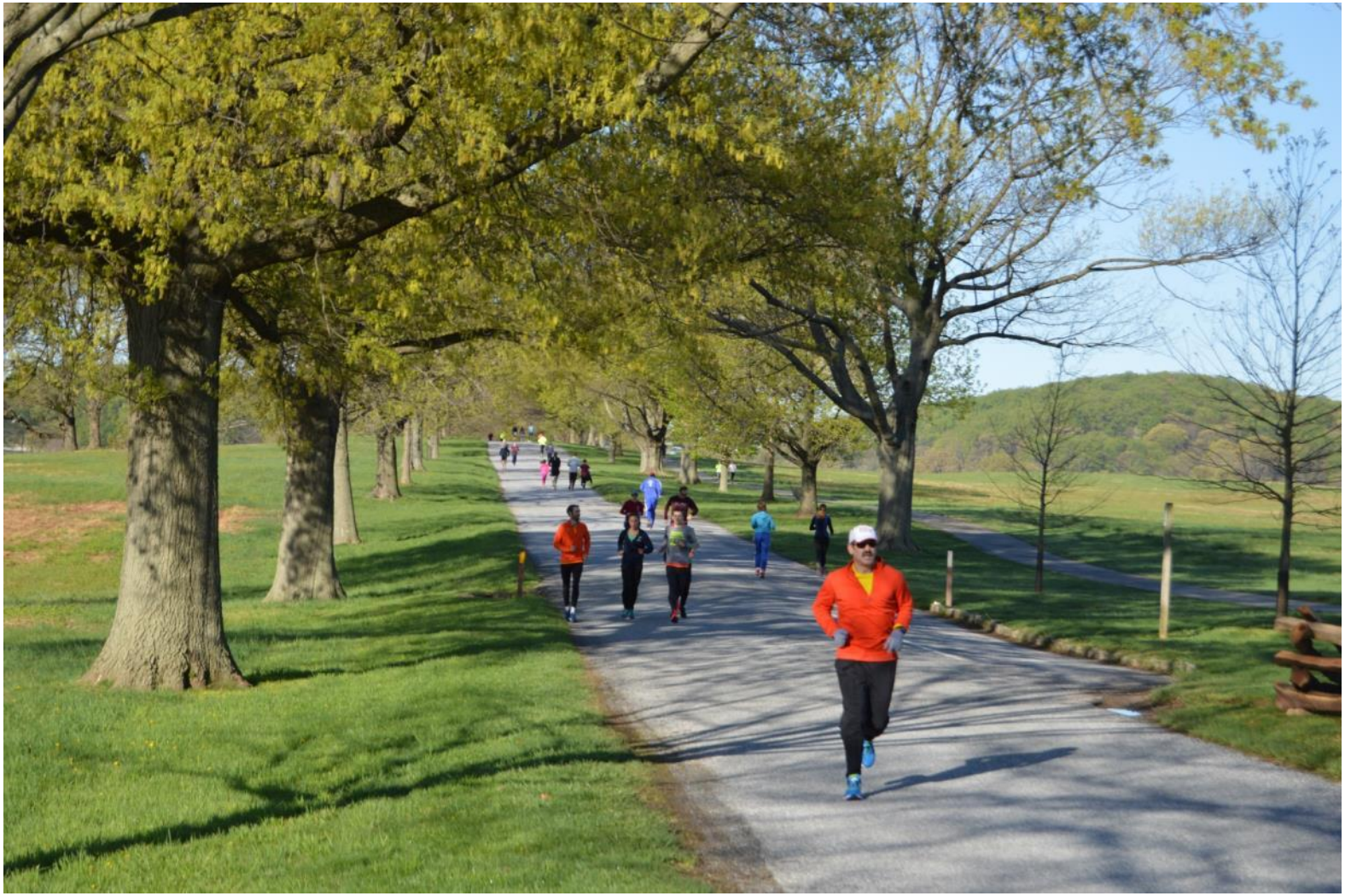
TODAY'S PRESENTERS

David Genova graduated from Slippery Rock University where he earned his Bachelor's of Science degree in Health Science with a concentration in Public Health and a minor in Psychology. He is a personal trainer, certified through American Council on Exercise as a Health Coach and certified Sports Performance Coach through Parisi Speed School.

David currently serves as the District Wellness Coordinator at Pottstown School District where he has been working to establish Pottstown as a district that puts evidence-based research into practical applications.

- Kristi Goodwin
- Allen Glicksman
- **David Genova**

IN TODAY'S WEBINAR



Ideas on Outreach

SAFE ROUTES TO SCHOOLS

- The idea behind SRTS is essentially to keep kids safe while they are walking and biking to school
- Communities & schools can use a variety of strategies to educate about and enforce safe behaviors
  - Sponsor a walk audit
  - Walking school buses
  - Walk to school day activities
  - Walk challenges/clubs
  - Installing bike racks
  - Educating parents!

PARK(ING) DAY

- Friday September 22, 2017!
- An annual worldwide event where artists, designers and citizens transform metered parking spots into temporary public parks.

SAFE ROUTES TO TRANSIT

- Most transit users are pedestrians during some point in their journey – and many encounter impediments along their walking and biking routes to the train station or bus stop
- Municipalities can prioritize working toward solutions
- This program supports local governments in the design and funding process. DVRPC staff are working with municipalities to shape and/or perform planning-level design

http://www.dvrpc.org/SafeRoutesToTransit/

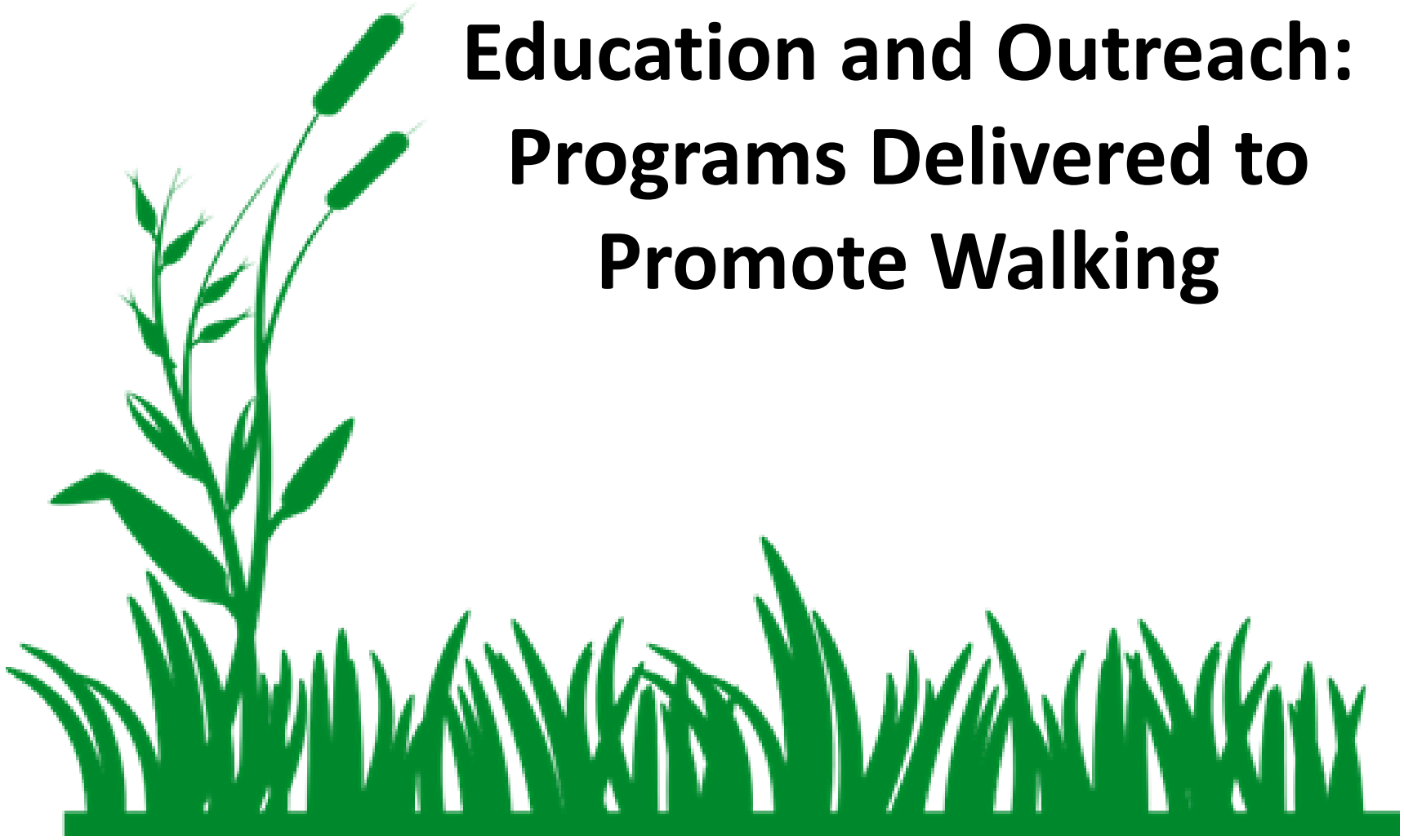
THINKING OUTSIDE THE BOX

- Walk with a Doc
- Walking meetings http://www.feetfirst.org/walk-and-maps/walking-meetings
- Self guided walking tours
  - Walking maps & routes
- Car-free days & events
- Incentive programs (like Yes.Fit and Virtual Strides)
- Plan ahead! National Walking Day: April 4, 2018

walk with a doc

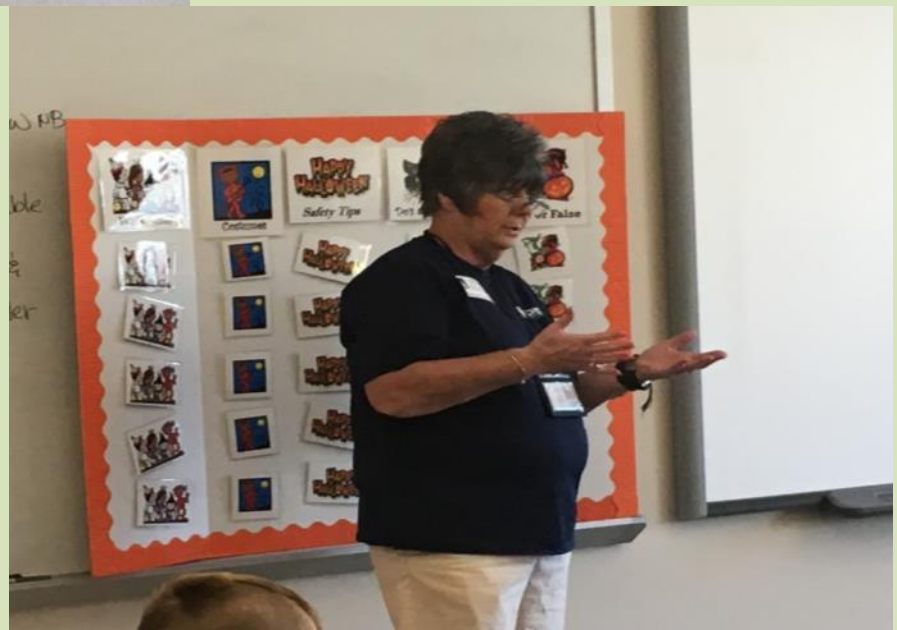
Tulare Community Health Clinic

Education and Outreach: Programs Delivered to Promote Walking



Health, safety, and access to physical activity are concerns that grow with us.

Safe Routes to School

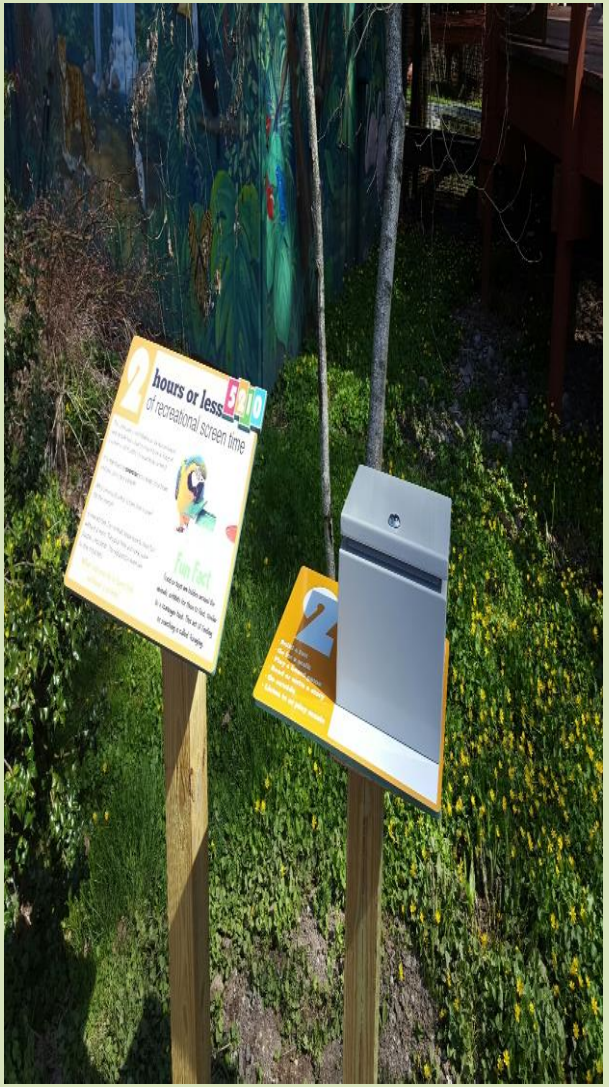


Walk to School Day

Before and After School Walking Programs

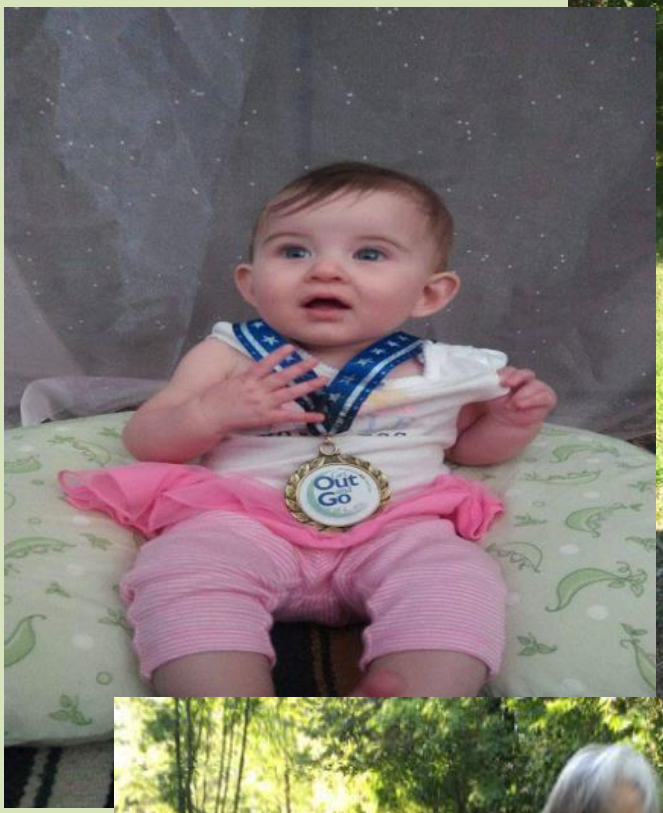
680
Students

Junior Inspector Program at Elmwood Park Zoo

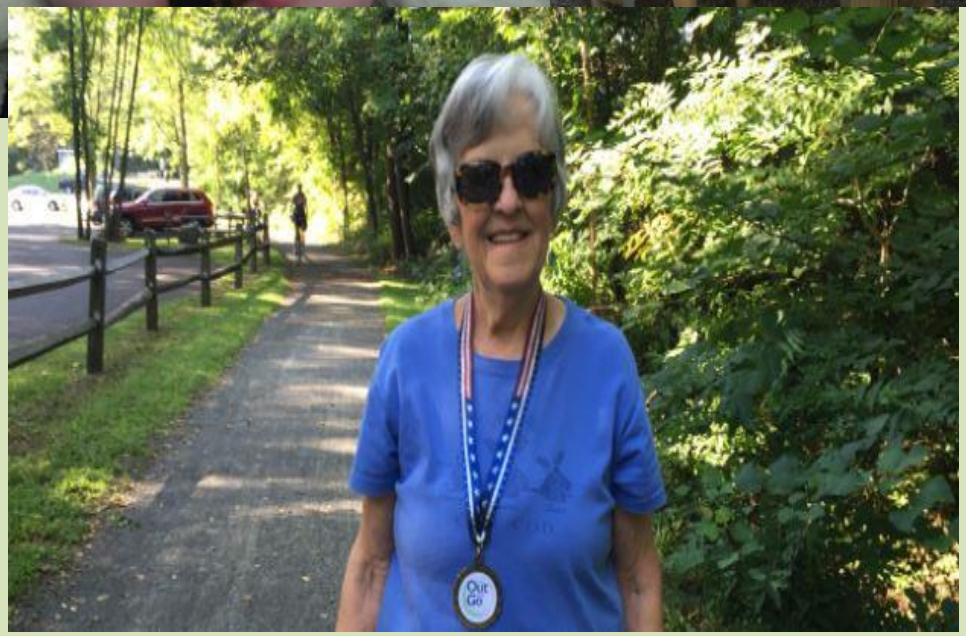


Over 18,000 participants

Montco Trail Challenge


Out
Go

TRAIL


Out
Go

Montgomery County Health Department

May 19 at 8:34am •

Before gardening, camping, hiking, or just playing outdoors, make preventing tick bites part of your plans.

Prevent Lyme Disease

Avoid tick bites when gardening, camping, hiking, or

CDC

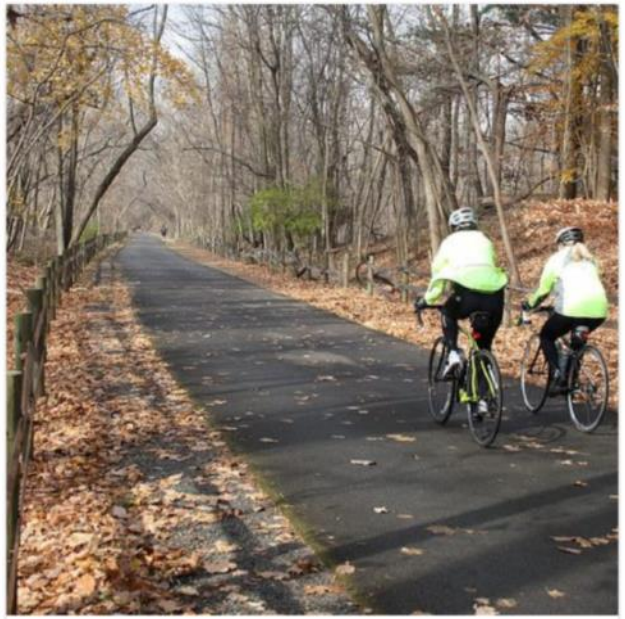
Montgomery County Health Department

May 26 at 8:36am •

Biking is a great way to explore, exercise, and reduce pollution! Take your bike out this weekend on a Montco Trail!

http://montcopa.org/31/Parks-Trails-Historic-Sites

#MontcoTrailChallenge



Parks, Trails, & Historic Sites | Montgomery County, PA - Official ...

Worksite Wellness

Thank You!

Contact Information:
Kristi Goodwin
Montgomery County Health Department
610-278-5117
kgoodwin@montcopa.org

Many of the programs in this presentation are funded by the Pa. Department of Health's Preventive Health and Health Services Block Grant.

Older Adults and Walkability

Allen Glicksman, Director Of Research,
Philadelphia Corporation For Aging

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Why is Walkability Good For Older Adults?

- Physical Health
- Mental Health
- Socialization
- Access
- Empowerment

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Barriers to Walkability

- Health Status
- Physical Barriers on the Path
- Non-visitable Destinations
- Social Barriers
- Transportation Barriers

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What Encourages Walking Among Older Adults?

- Friends to walk with
- Access for frail persons
- Pleasant surroundings
- Desirable destinations
- Available transportation

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Navigating the Neighborhood:
Barriers to travel for senior center attendees

Lauren Ring, Planning Associate
Allen Glicksman, Director of Research

August 10, 2016

The Impact of Older Adult Walkability on the Community

- Eyes and ears of the community
- Volunteering
- Early Warning System
- Encouraging healthy living

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How do we make this happen?

- Key to successful policy is: Diversity!
- 1) Need to ask elders in each community about their specific needs
- 2) We must think about policies that serve persons of all ages
- 3) Do different types of communities need different types of interventions?

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Thanks for Listening!

- Allen Glicksman, Ph.D.
- Director of Research, Philadelphia Corporation for Aging
- aglicksman@pcaphl.org
- 215-765-9000, ex. 5063

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POTTSTOWN
SCHOOL DISTRICT

Nuts and Bolts of a Walking School Bus

David Genova

POTTSTOWN
SCHOOL DISTRICT

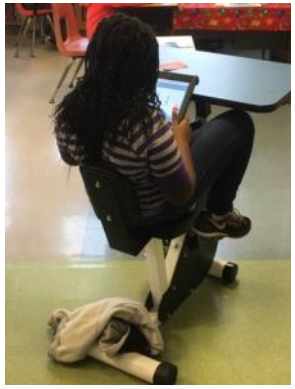
Mission Statement:

The mission of the Pottstown School District Wellness Teams is to build a culture of health, well being and the ability to learn by supporting the whole person.

POTTSTOWN
SCHOOL DISTRICT

Wellness Goals

1. To decrease the proportion of obesity in Pottstown School District
2. To increase the participation of exercise and physical health in Pottstown School District
3. To assist in the successful promotion, launching, and participation of physical activity and nutrition initiatives.
4. Implement meaningful partnerships in the Pottstown community
5. Educate parents and guardians on the relationship between student health and academic performance and address the need for consistent health messages between the home and school environment.
6. To increase the availability of health education in our community in areas of: nutrition, stress reduction, smoking cessation, teen pregnancy, and substance abuse.

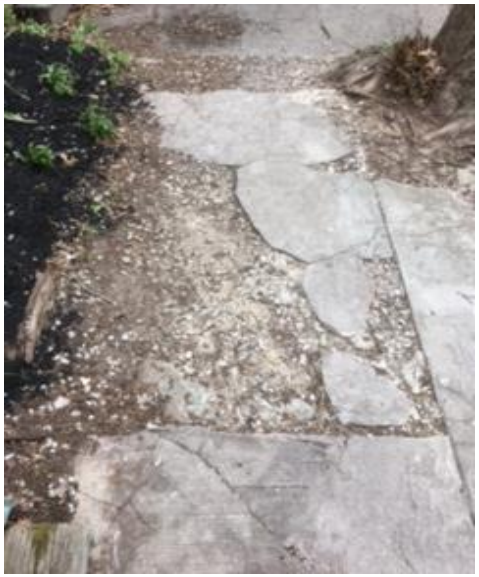


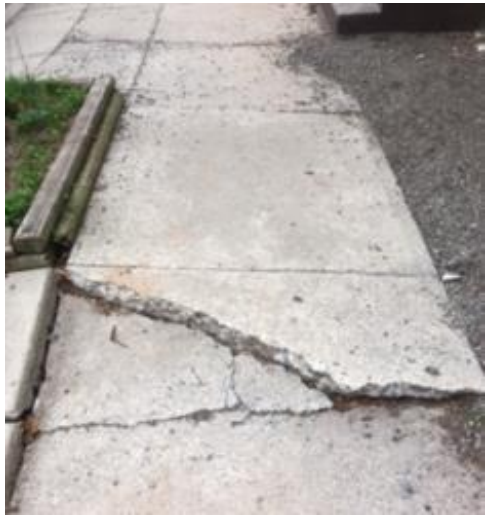
Walk Bike Pottstown

Infrastructure awards:

- 2009 - $224,649 (SRTS)
- 2014 - $1,000,000 (TAP –Delaware Valley Regional Planning Commission)
- 2014 - $300,000 (Transportation Alternative Program)

POTTSTOWN
SCHOOL DISTRICT





POTTSTOWN
SCHOOL DISTRICT

What is a Walking School Bus?

POTTSTOWN
SCHOOL DISTRICT

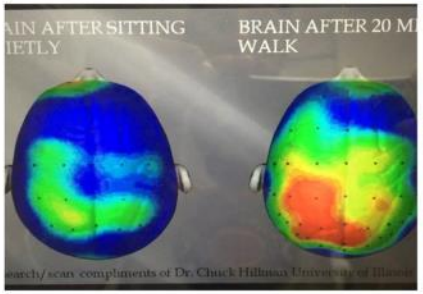
Why??

Walking School Bus Benefits

1. Improved health and fitness
2. Better behavior and focus in class
3. Positive interaction with a caring adult
4. Less traffic congestion around school
5. Social opportunity for kids

Timeline

- WSB Workshop
- Recruit Adult Volunteers
- Recruit Children
- Route Planning
- Volunteer Training
- WSB Begins
- Volunteer Appreciation Event
- WSB Ends

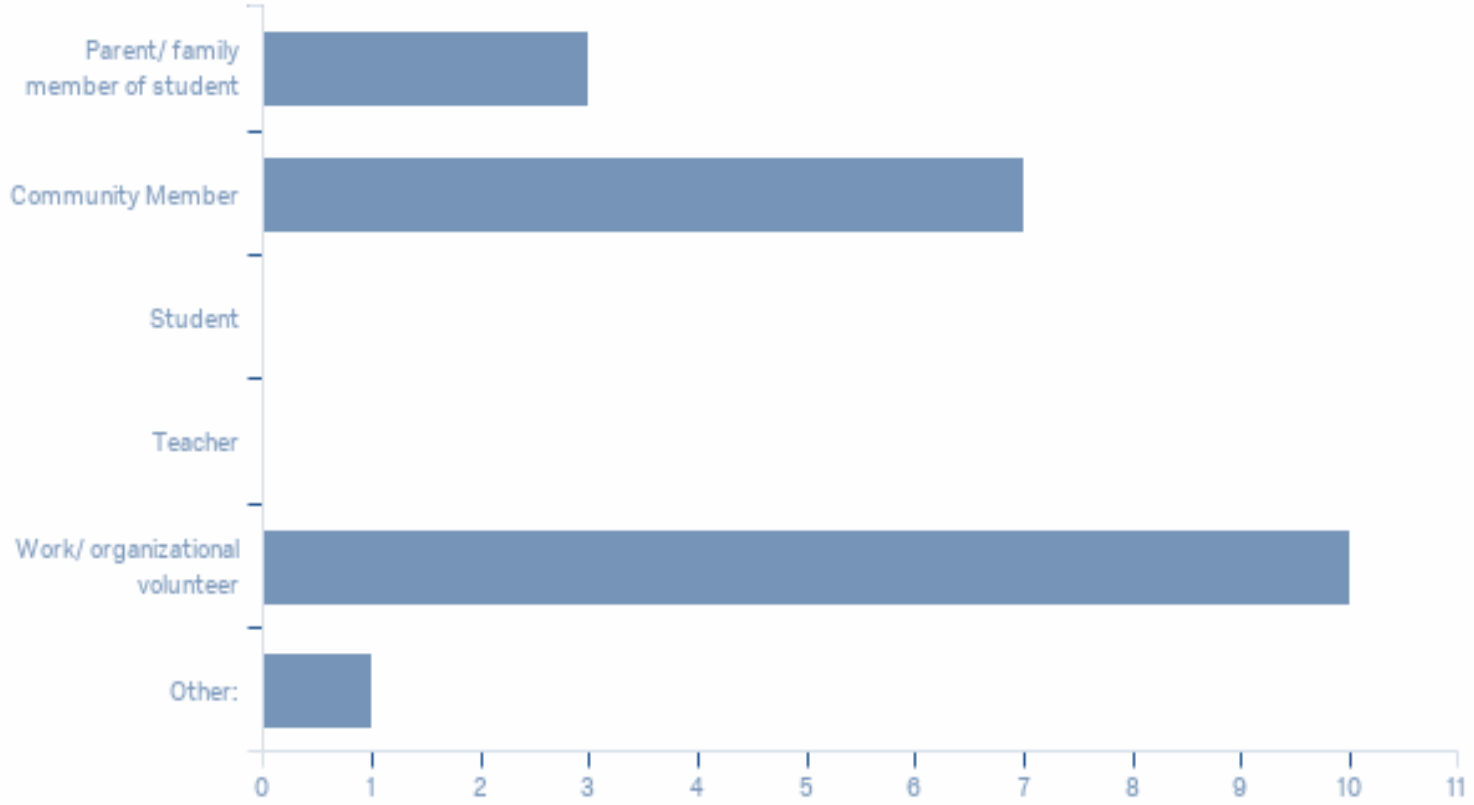


Key Players

- Wellness Coordinator
- Building Principal/Superintendent
- Director of Community Relations
- Director of Transportation
- Parents
- The Pottstown Mercury Newspaper
- Crossing Guards
- Pottstown Police
- Montgomery County Health Department

POTTSTOWN
SCHOOL DISTRICT

Volunteer Recruitment



Case Study

– Impacts students in the following areas: attendance, health, academic success, behavior, and social capital.

Please enjoy the video

https://youtu.be/T1Qu8OOpN3s

POTTSTOWN
SCHOOL DISTRICT

6. Contact Information

David Genova
District Wellness Coordinator
dgenova@pottstownsd.org
Mobile: 610-906-6529
Facebook - Pottstown School District Wellness
Twitter - @DavidGenova33

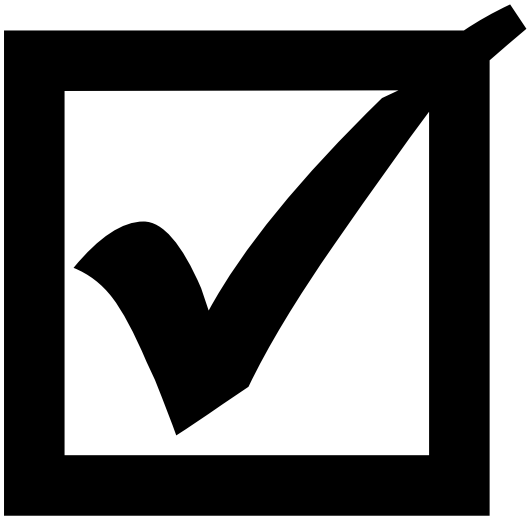
QUESTIONS AND ANSWERS

FOR MORE INFORMATION

Speaker contact info:

Kristi Goodwin	kgoodwin@montcopa.org
Allen Glicksman	aglicksman@pcaphl.org
David Genova	dgenova@pottstownsd.org

PLEASE FILL OUT THE SURVEY



UPCOMING EVENTS IN PHILADELPHIA

Economic Impact of Tourism in the Greater Philadelphia Region (2 CM)

Tuesday, June 27, 2017
9:00 a.m. – noon

2017 Planning Law Review (1.5 CM LAW)

Wednesday, July 5, 2017

3:45 – 5:30 PM

Downtown Delivery Symposium (1.25 CM)

Wednesday, July 12, 2017

9:30 AM - noon

Healthy Communities Task Force: The Intersection of Civic Space and Mental Health (1.5 CM)

Friday, July 14, 2017

9:30 a.m. – noon

dvrpc.ticketleap.com

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