



Walking with a Purpose, Walkability Assessment Follow Up

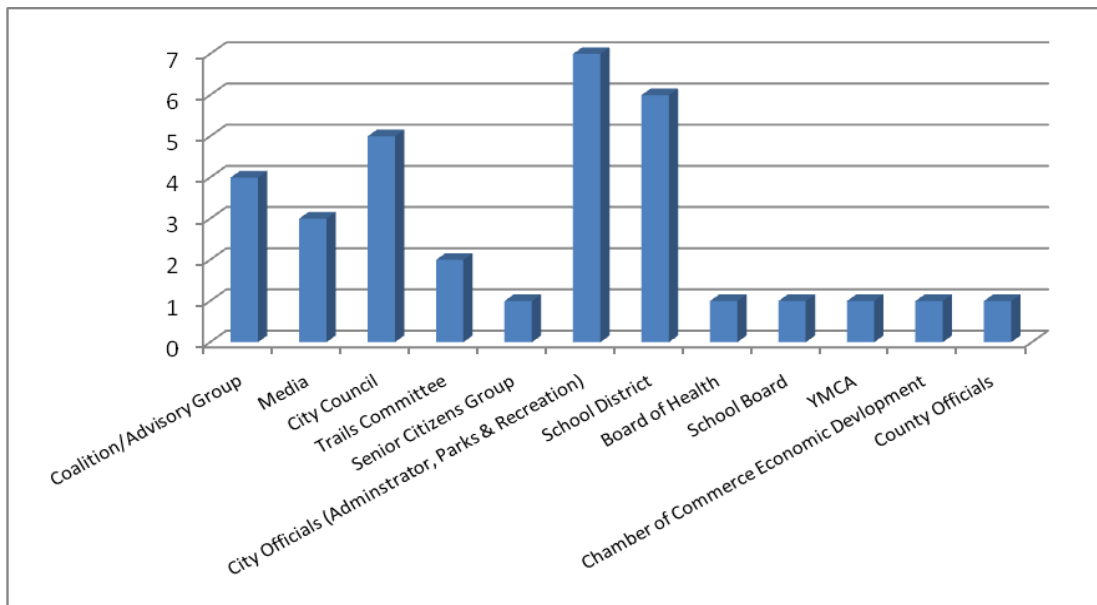
The Iowans Fit for Life Community Work group created *Walking with a Purpose*, to help schools and children identify ways to make their routes to school more walkable. The tool explains where to complete the assessment, community members to invite to participate a walkability checklist, discussion questions, what to do after the walk, potential class projects to consider, and resources.

In the spring of 2010, 15 community wellness grantees and BASICS projects utilized *Walking with a Purpose* in their community, and had great results. Several communities had city officials take part in the event, as well as key school personnel and students. The results of the assessments were shared with county boards of supervisors, boards of health, city councils, city officials, school boards and other key stakeholders. A six-month follow up survey was conducted to assess progress since the assessment. All the projects completed the follow up survey, and eighty percent of the projects had taken action since the assessment. The *Walking with a Purpose* guide is available on the Iowans Fit for Life web site.

www.idph.state.ia.us/iowansfitforlife/common/pdf/access_your_community.pdf

Sharing the report with stakeholders

Projects chose to share their report and results with a variety of stakeholders. The chart below shows the number of projects that shared the results with various stakeholders.

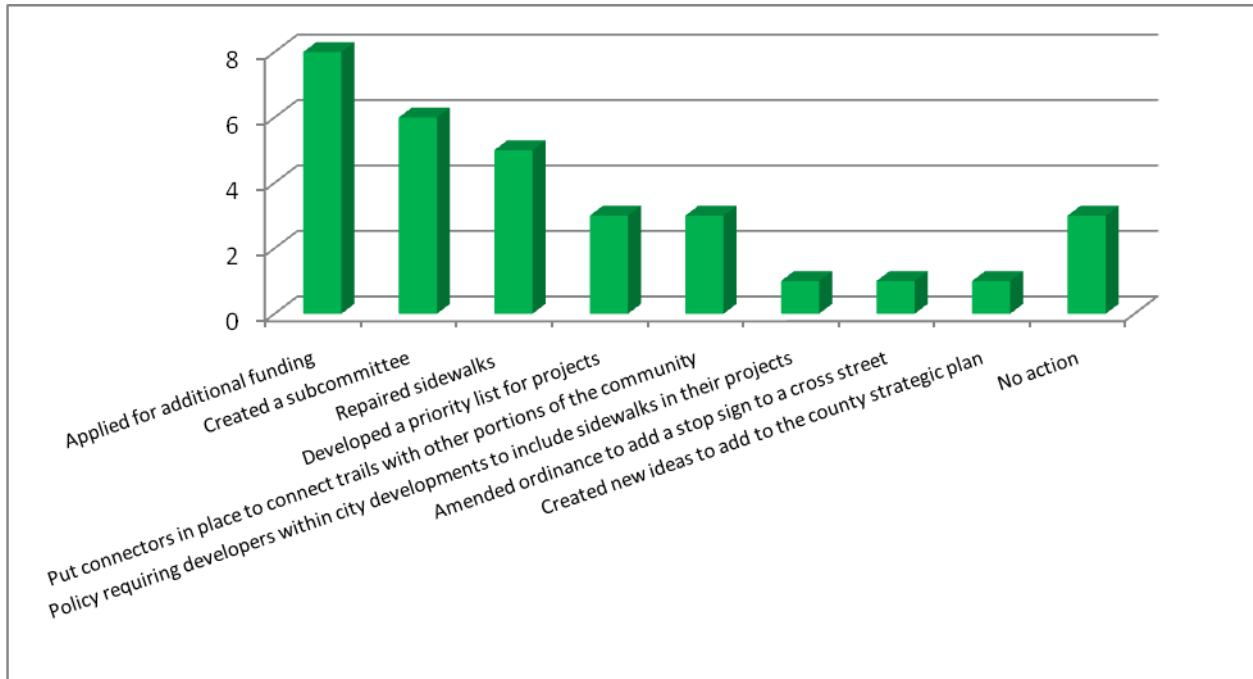


Action taken to conduct further assessments

- Three projects reassessed the same location to determine/document changes.
- Three projects completed additional assessment(s) using the same *Walking with the Purpose* tool.
- No one reported completing additional assessment(s) using a different walkability assessment tool.
- Seven projects reported no further assessments.



Progress reported on the next steps indentified in the 2010 assessments



Communities using the *Walking with a Purpose* assessment to seek additional funding

Seven communities reported that they had used the assessment to seek additional funding. Funders include: Safe Routes To School, Senior Citizen Pedestrian Safety Workshops, Iowans Walking Assessment Logistics Kit (I-WALK), Iowa West Foundation, Community Wellness Grant. Eight communities reported they had not sought any additional funding.

Other walkability resources communities would like to see developed and additional technical assistance needed to further support walkability initiatives

- A list of potential funding sources
- Kid friendly posters to help encourage students to walk to school
- Technical assistance with the architectural drawings and cost estimates
- Additional funding made available to improve walkability

To learn more about how to improve the nutrition and physical activity environment in your community visit, www.idph.state.ia.us/iowansfitforlife and click on "In your Community."