



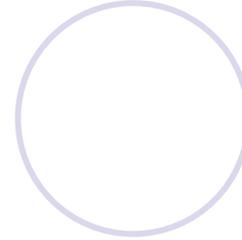
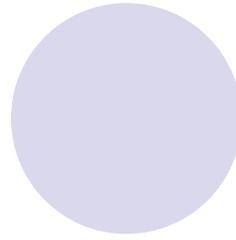
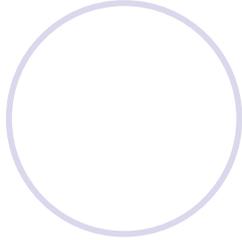
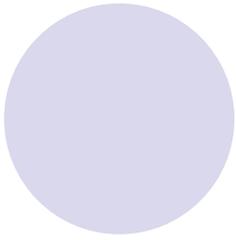
# California Trails & Greenways Conference

## Healthy Trail Prescriptions

**Presenters:**

Pati Brown

Alex Stehl



Let's take Five!



# The Epidemic

- In the last 10 years, California has gained 360 million pounds
- Over 50% of adults are overweight/obese
- 1 in 3 kids are at risk
- 1 in 2 African American & Latino babies born in California will develop diabetes
- Obesity is the fastest growing cause of illness & death in the U.S. – *Surgeon General Richard Carmona*

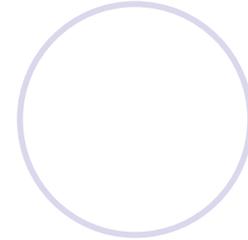
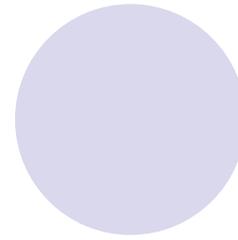


# A Major Contributor



- 50% of adults walk less than 1 hour a week
- 25% of adults do not walk at all for transportation or leisure
- 64% of Californian adults do not meet the min. requirement of 30 minutes a day, 5 days a week, of physical activity
- On average a child spends 5 ½ hours a DAY in front of a TV, video or computer screen

# The Burden



- Overweight & obesity is costing:
  - California \$28 billion annually &
  - The U.S \$78.5 billion



# The Prescription

- Kids need 1 hour of activity a day
- Adults need 10,000 steps a day



# State Parks' Role

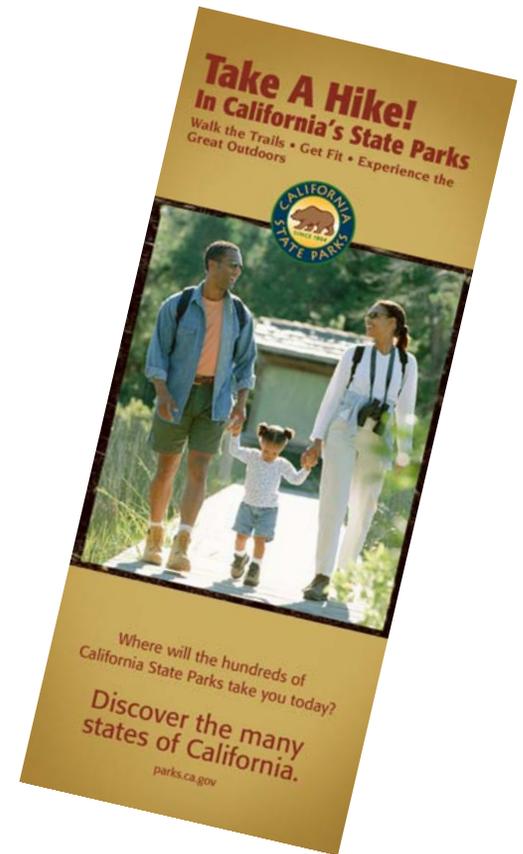


- Healthy Foods Initiative
- California Childhood Obesity Conference sponsor
- Forming new partnerships with:
  - Dept. of Health
  - Dept. of Education
  - Counties & Cities
  - Private Healthcare Businesses
- CSP Employee Health & Wellness Program



# Take a Hike!

- Reintroduced at the Governor's Summit on Health, Nutrition & Obesity.
- Endorsed by the Governor's Council on Physical Fitness & Sports.



# Take a Hike!

- Designed to:

- Use park trails
- Introduce urban & low-income families to walking/hiking for health
- Be inexpensive
- Create partnerships w/ local park & recreation providers
- Build relevancy for trails among the urban population



# Take a Hike!



## Components include:

○ Informational Brochure

○ Web-based maps for a variety of State Park trails

[www.parks.ca.gov/takeahike](http://www.parks.ca.gov/takeahike)

## A challenge has been:

○ Locating web-based compatible map files

**TAKE A HIKE!**  
In a California State Park  
**Perimeter Trail**  
Angel Island State Park

Distance: 5 Miles  
Difficulty: Moderate to Challenging (Long Distance)

**Accessible:** Yes  
The trail is 5 miles all the way around. Bicyclists are permitted to ride on the perimeter trail. Approximately 75 percent of the trail is paved with the remainder unpaved. Though the trail is long it is almost all level and relatively easy hike for all fitness levels. Nature enthusiasts will enjoy wildflowers such as yellow bush lupine, paintbrush and sticky monkey flower. Keep an eye out also for raccoons, deer, birds, and butterflies.

**Additional Information**

- Access to the Island is by private boat or public ferry from San Francisco, Tiburon or Vallejo. There is NO weekday ferry service to Angel Island during the winter.
- Private boats can use the boat slips or mooring buoys at Ayala Cove; day and overnight fees are collected. Mooring buoys can be used overnight, but the boat slips - and the island itself - are open for use from 8:00 AM to sunset only.

For additional Information visit:  
[www.parks.ca.gov/takeahike](http://www.parks.ca.gov/takeahike)

**ANGEL ISLAND STATE PARK**

**Legend:**

- TAKE A HIKE! TRAIL
- PAVED ROADS
- UNPAVED ROADS
- HIKING TRAIL (foot traffic only)
- ACCESSIBLE FEATURE
- BOAT DOCKS 8:00 A.M. TO SUNSET; MOORING BUOYS
- ENVIRONMENTAL CAMPING
- PARK BUILDING
- GROUP PICNIC AREA
- RESTROOMS
- TELEPHONE
- PICNIC AREA
- PARK OFFICE
- CAMP GROUND
- WATER

**ANGEL ISLAND STATE PARK**

This park is supported in part through a nonprofit organization. For more information contact Angel Island Association P. O. Box 866 • Tiburon, CA 94920 [www.angelisland.org](http://www.angelisland.org)

© 2005 California State Parks

# Take a Hike!

## City Walks Sacramento



- Started as a CSP employee Health & Wellness program
- Realized the best way to reach people were in their workplaces
- Strategy to ease people from short familiar walks to hiking on the weekend



# City Walks! Brochure



**1 California State Capitol Museum Walk** (1.1 miles) This walk takes you to a very popular park surrounding the California State Capitol. You will see trees from around the world and memorials to significant state events.

**Directions:** From the west steps of the California State Capitol building turn left on 10th St., left on N St., left on 15th St., left on L St., left on 10th St. and return to the State Capitol.

**2 Downtown Plaza Walk** (1.3 miles) On this walk you can go to the mall and shop until you drop. What better way to get your walking done and do some shopping at the same time?

**Directions:** From the west steps of the California State Capitol building turn right on 10th St., left on K St., proceed through the Downtown Plaza and return to the State Capitol.

**3 Victorian Homes Walk** (1.7 miles) Along this walk you will see houses from the late 1800s. If these homes could talk, they could share some fascinating stories!

**Directions:** From the west steps of the California State Capitol building go straight on Capitol Mall, turn right on 7th St., right on E St., right on 10th St. and return to the State Capitol.

**4 Governor's Mansion State Historic Park Walk** (1.9 miles) Originally built by a hardware merchant in 1877, this house became California's Executive Mansion in 1903. The mansion is an example of Second Empire-Italianate architecture, while the interior design reflects a mixture of tastes, including those of the original Victorian builder and all the subsequent governors who lived there.

**Directions:** From the west steps of the California State Capitol building turn right on 10th St., right on L St., left on 15th St., right on H St., past the mansion, right on 16th St., right on N St., right on 10th St. and return to the State Capitol.

**5 Fremont Park Walk** (1.6 miles) This three-acre park was named after John C. Frémont, Senator from California. Senator Frémont was nicknamed "The Pathfinder" in 1847 for leading the state while it was under military occupation during the Mexican War.

**Directions:** From the west steps of the California State Capitol building turn left on 10th St., left on Q St., left on 16th St., left on P St., right on 10th St. and return to the State Capitol.

**6 Crocker Art Museum Walk** (1.7 miles) This walk will take you to the Crocker Art Museum, the longest continuously operating art museum in the West. The Museum offers a diverse spectrum of special exhibitions, events and programs to augment its collections of California, European and Asian artworks, and International Ceramics.

**Directions:** From the west steps of the California State Capitol building turn left on 10th St., right on N St., left on 2nd St. past the museum, left on P St., left on 10th St. and return to the State Capitol.

**7 Southside Park Walk** (2.2 miles) This walk takes you to beautiful Southside Park, with shade trees and a pond, it is perfect for picnicking.

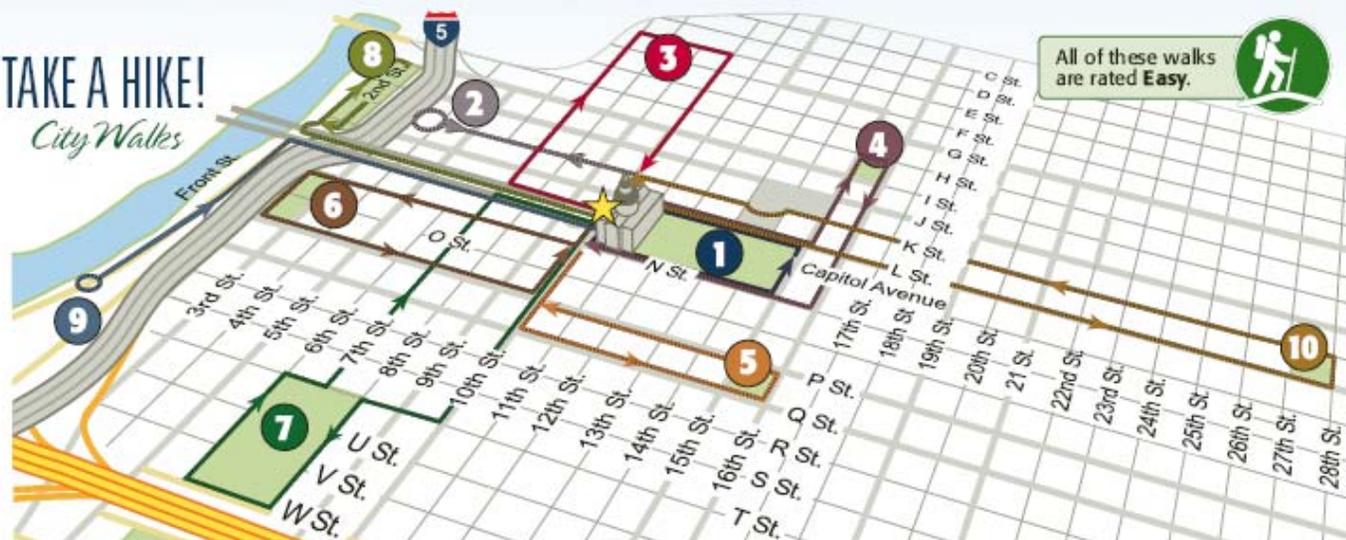
**Directions:** From the west steps of the California State Capitol building turn

left on 10th St., right on T St., left on 8th St., right on W St., right on 6th St., right on T St., left on 7th St., right at Capitol Mall and return to the State Capitol.

**8 Old Sacramento State Historic Park Walk** (2.2 miles) Walk to the largest railroad museum in North America! First opened to the public in 1976, the California State Railroad Museum complex is one of Sacramento's largest and most popular visitor destinations.

**Directions:** From the west steps of the California State Capitol building go straight on Capitol Mall, before the Tower Bridge make a right on Neesham Circle, then left on Front St., right on I St., right on 2nd St., right on Neesham Circle; left at Capitol Mall and return to the State Capitol.

TAKE A HIKE!  
City Walks



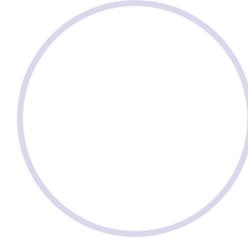
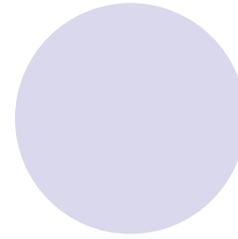
# Take a Hike! Spreads



- Began forming partnerships with:
  - DGS
  - CalTrans
  - DHS
  - Cities & Counties
- Currently Co-branding:
  - San Diego Co. P&R
  - Los Angeles Co. P&R
  - City of Oakland P&R



# Prescription Trails



- The Vision:

- A comprehensive, searchable database of walking/hiking opportunities in all public spaces that would be accessible to healthcare providers throughout the state.



# What we've Seen

- CDC – “Trails for Health”
- Pennsylvania – “Hike for Health”
- Vermont/New Hampshire – “Upper Valley Trails for Life”
- Canada – “Go for the Green”
- New Zealand – “Green Prescription”



**Your  
“Go for Green”  
Prescription**

*Follow your “Go for Green” Prescription and get two things in one – be physically active in the outdoors and help create a healthier environment.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

---

**Rx**

*Commit to improving your health by doing the following activities for at least \_\_\_\_\_ minutes \_\_\_\_\_ times a week.*

<input type="checkbox"/> Leave the car at home and walk to work/school	<input type="checkbox"/> Cut grass (with a push mower)
<input type="checkbox"/> Cycle to work/school	<input type="checkbox"/> Plant a tree
<input type="checkbox"/> In-line skate	<input type="checkbox"/> Hike with a parent/friend
<input type="checkbox"/> Ice Skate	<input type="checkbox"/> Canoe
<input type="checkbox"/> Garden (organically)	<input type="checkbox"/> Snowshoe
<input type="checkbox"/> Play outdoors	<input type="checkbox"/> X-country Ski
<input type="checkbox"/> Help clean a local park or school	<input type="checkbox"/> Use the stairs
<input type="checkbox"/> Walk or cycle for errands	<input type="checkbox"/> Walk the dog
	<input type="checkbox"/> Other _____

Signed by: \_\_\_\_\_

---

*Starting slowly is very safe for most people. Not sure?  
Consult your health professional.*

Check out the back for suggestions on getting active

 The College of Family Physicians of Canada  Le Collège des médecins de famille du Canada  **Go for Green**  
www.goforgreen.ca  Health Canada  Santé Canada

# State Parks' Vision



- Phase I – Prescription Program Rollout
  - Prescription pad
  - Informational brochure
  - Partnerships with local open space & healthcare providers

**Referer Reminder:**  
Please fax this script to the number provided on the front of this pad to ensure your patient is fully supported in their GPs.

For help and advice call:  
**0800 ACTIVE 22 84 83**

To Rongoaia Kakariki **Green Prescription**

Patient's Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Ethnicity (0 ): \_\_\_\_\_  
Preferred time to call: \_\_\_\_\_ D.O.B. / / \_\_\_\_\_  
I recommend that for your health and wellbeing, you should:  
go for a brisk walk, or \_\_\_\_\_ morning \_\_\_\_\_ afternoon \_\_\_\_\_ evening \_\_\_\_\_  
Intensity: \_\_\_\_\_  
for a least \_\_\_\_\_ very light \_\_\_\_\_ light \_\_\_\_\_ moderate \_\_\_\_\_  
**Medical conditions:** (Tick all that apply) \_\_\_\_\_ times per week  
Asthma/respiratory \_\_\_\_\_  
Depression/anxiety \_\_\_\_\_  
High blood pressure \_\_\_\_\_ High cholesterol \_\_\_\_\_  
Other: \_\_\_\_\_ Weight issues \_\_\_\_\_  
Heart problems \_\_\_\_\_ Stress \_\_\_\_\_  
Diabetes \_\_\_\_\_  
Arthritis \_\_\_\_\_

Signed (\*Doctor) \_\_\_\_\_  
Referrer's address \_\_\_\_\_  
Signed (\*Mine) \_\_\_\_\_  
Date \_\_\_\_\_

GPs is a health initiative of  
**SPARC PUSHPLAY**  
PHARMAC  
supported by  
**PHARMAC**  
Pharmaceutical Management Agency

\* By signing, I confirm that I have explained the GPs process to my patient and advised them that their details will be passed to their local GPs support person who will provide them with advice and support.

[www.pushplay.org.nz](http://www.pushplay.org.nz)

Patient Copy

# State Parks' Vision



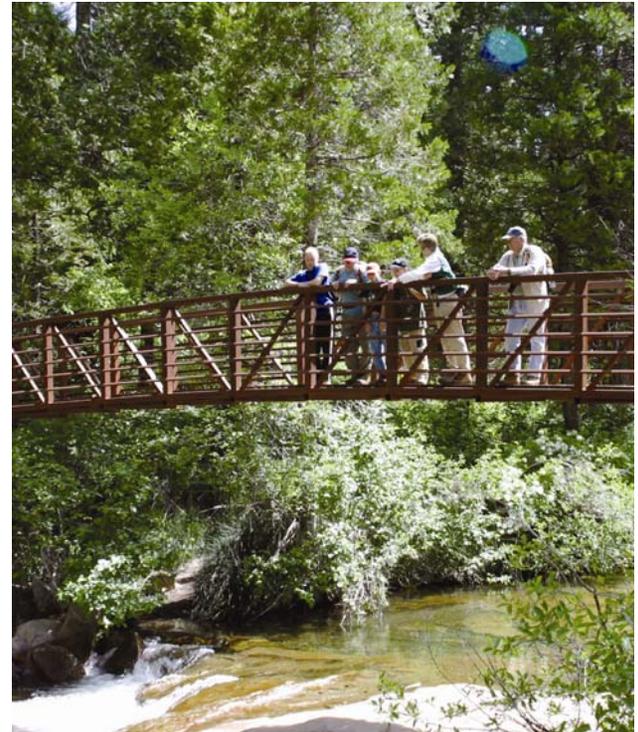
- Phase II – Statewide Trails Database
  - Searchable website
  - Information on trail head, length, & surface
  - Internet links



# State Parks' Vision



- Phase III – Comprehensive Statewide Trails Database
  - Detailed trail access information
  - GIS maps of trails
  - Trail policies & allowable uses



# State Parks' **Pilot** Program

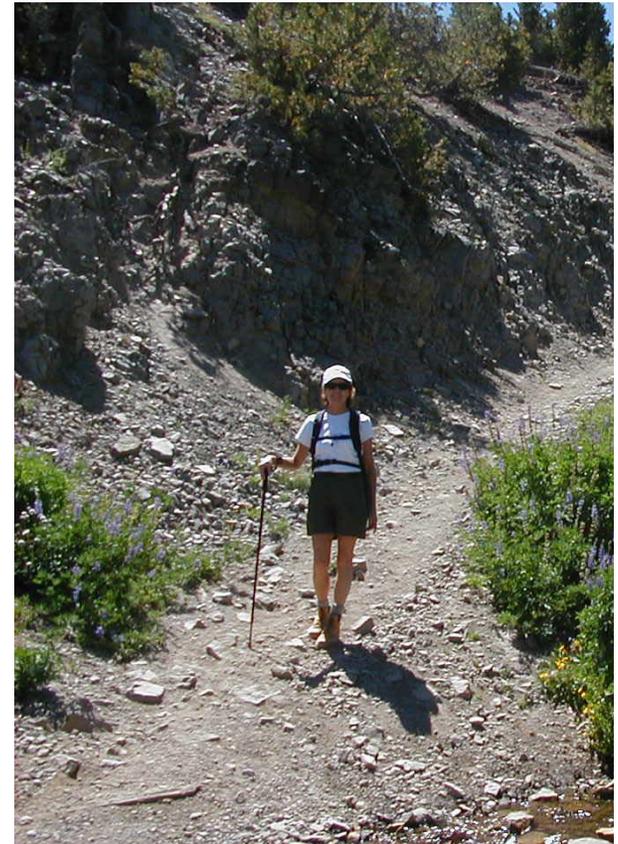


- Initiated in Sacramento County
- Create comprehensive database searchable by zip code
- Partner with healthcare professionals & agencies to prescribe physical activity to patients

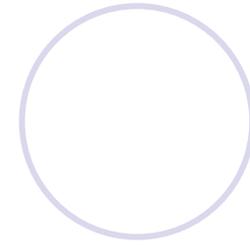
# Pilot – What's in the Database?



- Trails, tracks, & parks w/ trails in all local, regional, federal and public lands in Sacramento County
- All 'trailheads' mapped using GIS technology
- Trail Difficulty
- Trail Access



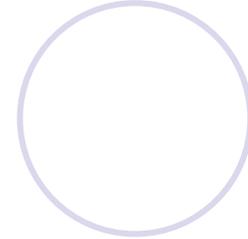
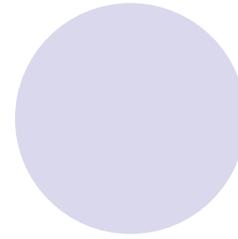
# Pilot – Some Barriers



- A major collaboration
- Mapping the trailheads or getting access to trail data
- Populating, maintaining & housing the database
- Funding

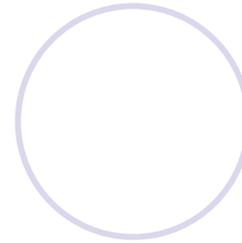
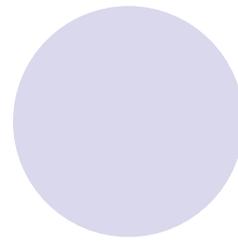
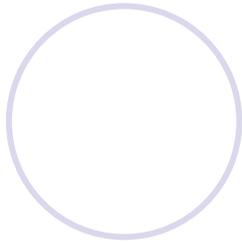


# We Cannot Fail!



- CDC projects that a child having Type II Diabetes at age 10 will see his life shortened by 19 years.
- “The steady rise in life expectancy during the past two centuries may soon come to an end.” — *N Engl J Med* 2005; 352:1138-1145

Thanks!



For more information please contact:

“Take a Hike” & “City Walks” programs email  
Pati Brown at [pbrown@parks.ca.gov](mailto:pbrown@parks.ca.gov) or visit the  
State Parks’ website at [www.parks.ca.gov](http://www.parks.ca.gov).

For information on the “Trails Prescription”  
program please email  
Alexandra Stehl at [astehl@parks.ca.gov](mailto:astehl@parks.ca.gov).



CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY

# *Healthy Transportation Network*



*Working with local governments  
to support walking and bicycling*



CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY

## *Healthy Transportation Network*

- California and US face an obesity and physical inactivity epidemic; walking/biking can be risky
  - Safe walking and bicycling opportunities must be brought back into our towns, cities and counties
- ➔ Work with local policymakers and stakeholders who are well positioned to make change happen on the ground



CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY

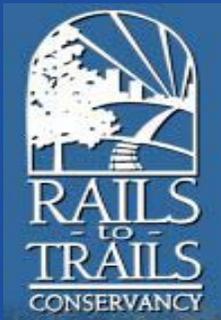
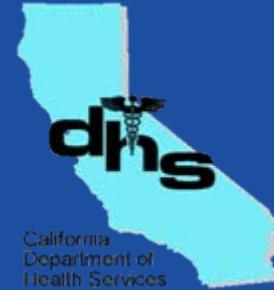
## *Healthy Transportation Network*

- Project of the California Center for Physical Activity
- TE-funded
- HTN: promotes safe walking and bicycling through on-line resources including case studies, links, and funding information.
- HTN provides on-site technical assistance for communities interested in safety skills training and built environment changes that enhance walking and biking.



CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY

# *An Innovative Collaboration Among Partners*



*Working with local governments  
to support walking and bicycling*



Local Government  
Commission



CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY

## *What HTN Has Done*

- Assembled an on-line resource database to guide local policy-makers and community stakeholders  
[www.healthytransportation.net](http://www.healthytransportation.net)
- Foster a network of experienced walking and bicycling implementers  
HTN Direct Technical Assistance
- Create and identify opportunities for HTN's assistance  
HTN Invitational events for Local Stakeholders





CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY

## *HTN at Work*

- **Cities with HTN activity:**

Irvine, Riverside, Banning, San Bernardino, Redlands, Chino, San Diego, Roseville, Lincoln, Sacramento, Davis, Oakland, El Cerrito, Berkeley, Richmond, San Francisco

- **Topics include:**

Walking and biking safety, Rail-trails, compact development, form based code, walk audits, transit-oriented development, public health and land use connection



CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY

## *Technical Assistance Levels*

**Low**

- Web-based HTN resources

**Med**

- Facilitating contacts with colleagues in other cities and counties

**High**

- Presentations and site visits to deliver customized expertise



Working with local governments to support walking and bicycling

About HTN News and Events Research Get Help Sitemap Contact Home

search

Search All Resources & Tools

Go!

Walking & Biking Safety

Benefiting from Walking & Biking

Improving Streets, Sidewalks & Trails

Planning New Development

Revitalizing Neighborhoods & Town Centers

Finding the Money

helpful resources & tools



HTN is a project of the California Center for Physical Activity and the State and Local Injury Control Section within the CA Dept of Health Services. Project funding provided by the Federal Highway Administration through a cooperative agreement with Caltrans.

## The Healthy Transportation Network

### Welcome to the HTN Web Hub

The Healthy Transportation Network provides information, connections, and direct assistance that you'll find useful while working to improve the health of your community.

*Our mission is to foster safer bicycle and pedestrian behaviors and encourage local leaders to create more walkable and bike-friendly communities.*



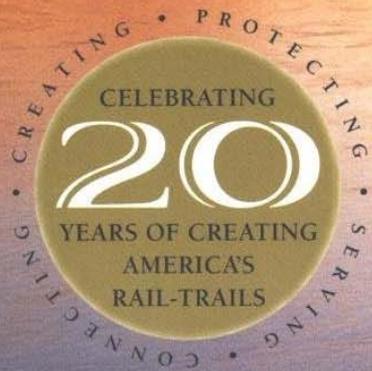
#### ■ Technical Assistance

We know you have the vision and passion to improve your community. And we can provide the tools, success stories, and resources to improve walking and bicycling safety and help you craft better policies for promoting walking and bicycling in your community. We also leverage the extensive experience and expertise of our project partners. If, after viewing the content here you would like further guidance, you are invited to connect with our project for more personalized assistance.

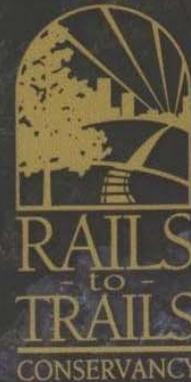
Email Healthy Transportation Network Project Coordinator Jeffery Rosenhall at [JRosenha@dhs.ca.gov](mailto:JRosenha@dhs.ca.gov) to request assistance.

#### ■ Getting Around

You may connect with any one of our content areas, [Walking & Biking](#)



# RAILS-TO-TRAILS CONSERVANCY

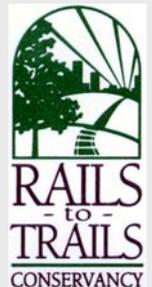


Nevada Bicycle & Pedestrian Conference, 2006



# Rails-to-Trails Conservancy – Mission and Goals

- RTC's Mission – *To create healthier places for healthier people by building a nationwide network of trails from former rail lines and connecting corridors.*
- 2010 Goal – Double federal investment in trails, bicycling and walking
- 2020 Goal – 90% of Americans within 3 miles of a trail network





## The Rail-Trail Movement



- 1,395 rail-trails in U.S., stretching 13,401 miles
- 1,198 rail-trails in development – will add 14,116 miles
- 100 million estimated annual visits to rail-trails



# Rails-to-Trails Conservancy's Role in Trail Development

## RTC's Programs:

- **Policy:** advocacy leadership to protect and expand funding sources
- **Technical Assistance:** Partner with communities; on-line and print resources
- **Building the movement:** TrailLink conference, national connector

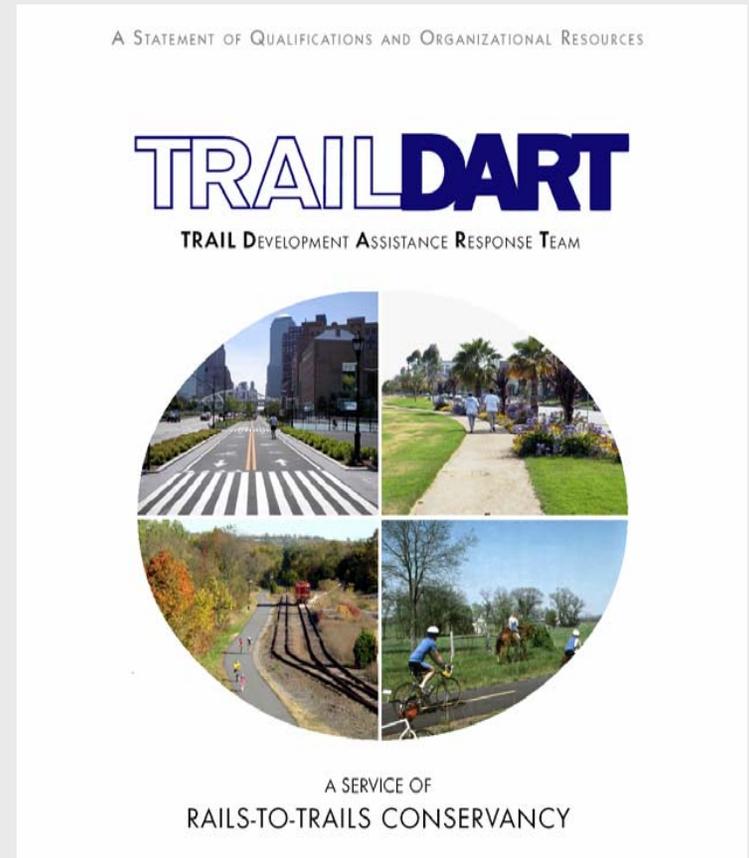




# Rails-to-Trails Conservancy's Role in Trail Development

## Technical Assistance

- Partnership building
- Strategic planning
- Research studies, reports
- Public involvement
- Trails and Greenways, other on-line resources
- Identify funding sources
- Trainings, workshops

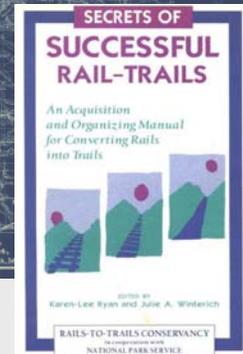
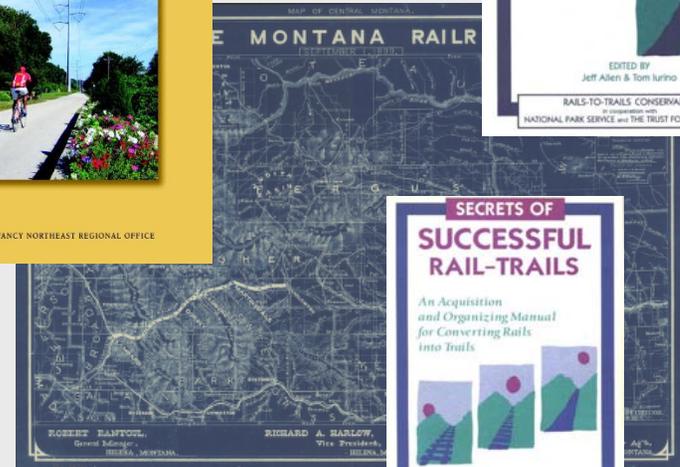
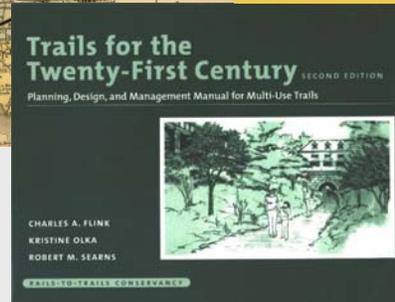
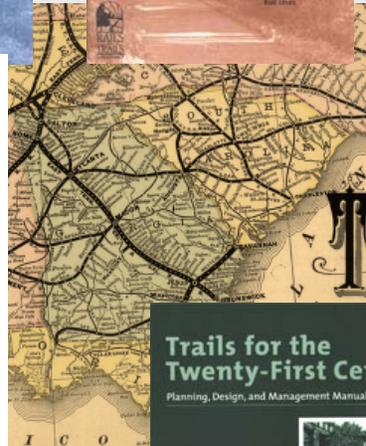
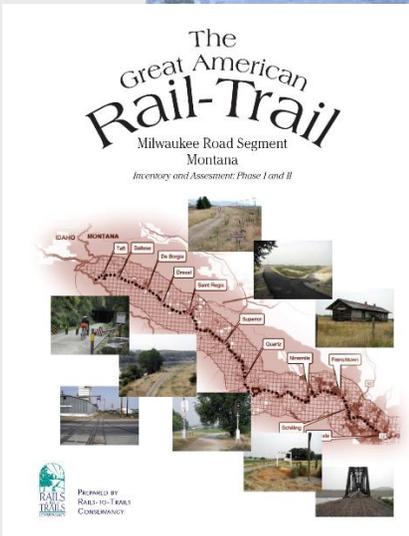
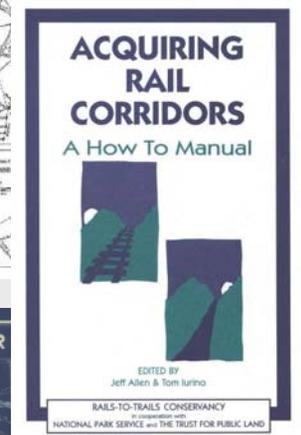
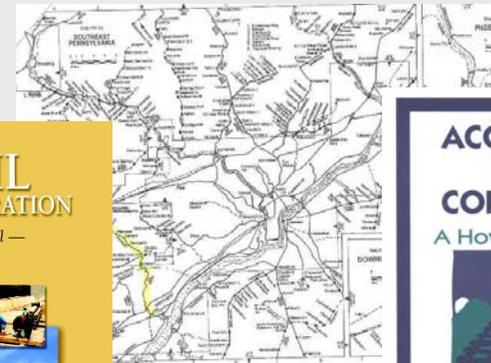
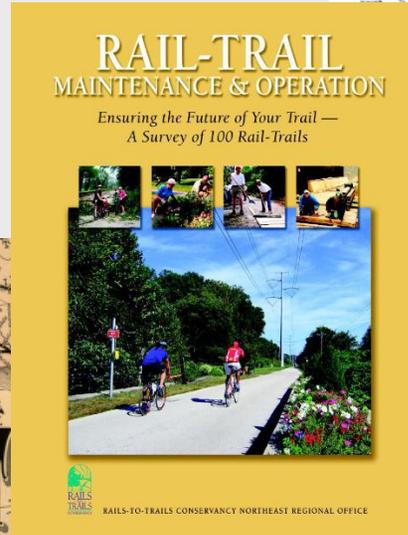
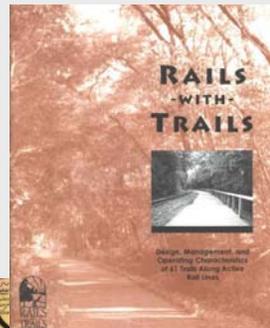
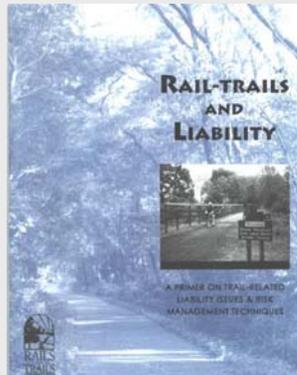




# Rails-to-Trails Conservancy Healthy Transportation Network



## Education/Research/Technical Assistance





## RTC Web Resources

### [www.railtrails.org](http://www.railtrails.org)

- **Home site** – RTC programs, leg. updates, events
- **Trails and Greenways** – reports, technical assistance, referrals, Trails and Greenways listserv
- **National Transportation Enhancements Clearinghouse (NTEC)**
- **Trail link** – trail descriptions, recommended activities and contact information for all 50 states

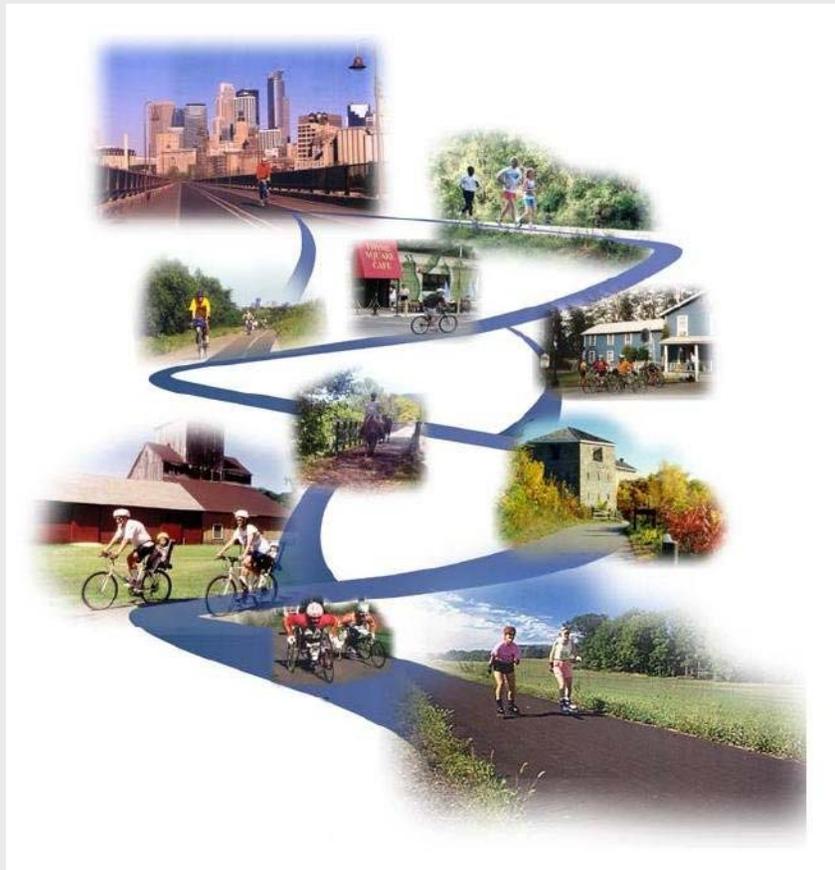




# Rails-to-Trails Conservancy Healthy Transportation Network



## Future of the Trail Movement



- Open space
- Health
- Transportation
- Historic preservation
- Sustainability
- Revitalization



## Pathways to Health

- Multiple uses: Commuter, Recreational, Emergency vehicle access
- Positive Health Impacts: Increases in PA, reduced obesity and asthma risk
- Safety Enhancements: Trail users increase surveillance and activity discourages crime





## On the Right Track

- Trail provides amenity for increased exercise to counter physical inactivity epidemic
- Reduced car use also means less harmful particulates (these can exacerbate asthma in adults and children)





# Rails-to-Trails Conservancy Healthy Transportation Network



## “Eyes on the Trail”

- Trail users provide extra ‘eyes on the street’
- CPTED: Crime Prevention Through Environmental Design
- Good design with lighting, trail maintenance, and staffing increases safety





# Rails-to-Trails Conservancy Healthy Transportation Network



## Redlands Multi-use Trail

- Commuting by bike
- Recreational uses: walking, jogging, biking, roller-blading, equestrian use
- Emergency vehicle access and fire break





CREATING  
OPPORTUNITIES  
FOR EVERYDAY  
ACTIVITY



## *Trails: A Link to Better Health*



Redlands Rail-Trail Community Workshop  
September 22, 2004

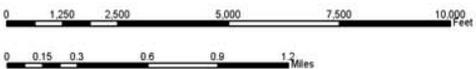
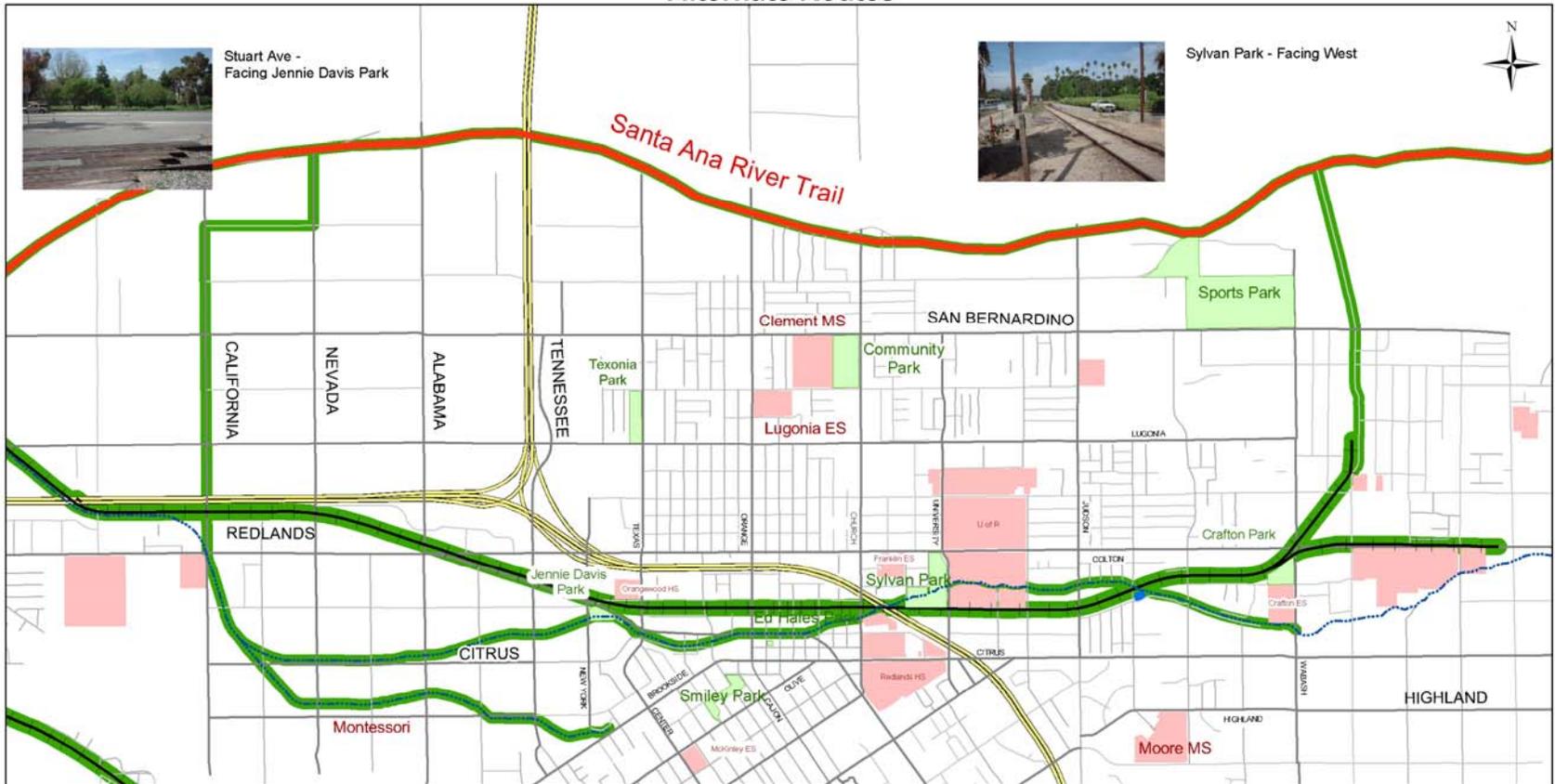


# Rails-to-Trails Conservancy Healthy Transportation Network



## Redlands Heritage Linear Park and Trail

### Alternate Routes



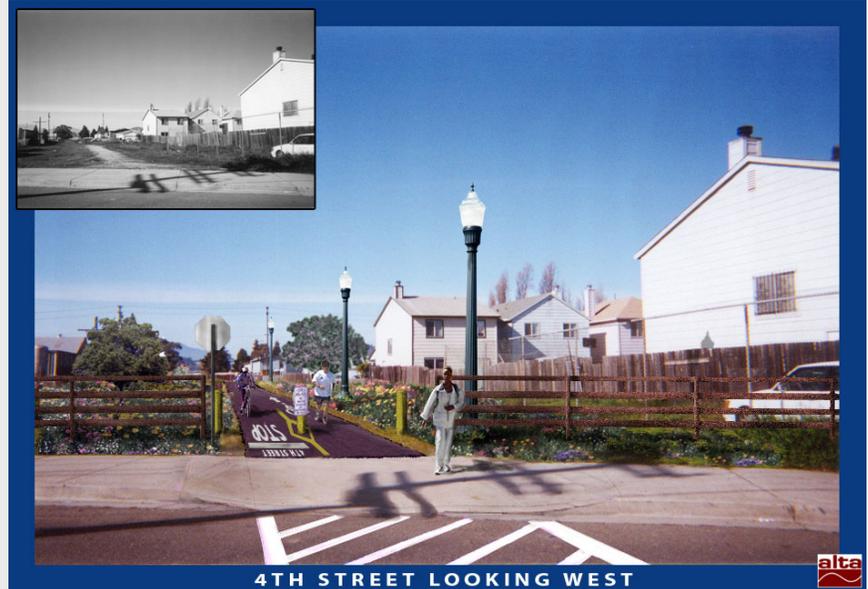
Created By: Karen Singley and Matt Funk

- Zanja
- Potential Park/Trail Alignment
- Parks
- Proposed Laramie Park



# The Richmond Greenway

- Identified funding for the City of Richmond
- Master plan
- Community outreach - build partnerships and awareness
- Engage the public health community
- New open space and off-street options for underserved, urban community





# Rails-to-Trails Conservancy Healthy Transportation Network



## Thank you!!!!

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