

# Healthy People Healthy Trails

5-YEAR ANNIVERSARY REPORT



Connect to an active life. Connect to the outdoors.



## Connect to an active life. Connect to the outdoors.

Looking for new and innovative ways to encourage an active lifestyle and time in nature, local organizations joined together to launch **Healthy People Healthy Trails** in 2015. Research demonstrates that exposure to nature and outdoor exercise has significant health benefits, such as improved wellness and mental health, reduced stress, lower blood pressure and health concerns related to obesity, such as diabetes and heart disease. Working with the National Park Service, the partners identified Prescriptions for Outdoor Activity as an effective approach to improve the health of the community. A focus on walking was chosen as it is the most popular and simplest way to be active.

Since the inception of **Healthy People Healthy Trails**, the steering committee set strategic goals to collaborate with community partners, develop useful tools and resources, and create effective communication strategies. These actions strengthen the connection among healthy lifestyle, outdoor spaces and health care. Now at the 5-year mark, **Healthy People Healthy Trails** looks to develop additional programs to support and motivate outdoor activity, expand to communities throughout Santa Barbara County and bring new partners into the collaboration.

## Guiding principles

- Work collaboratively with a wide range of partners
- Provide materials in English and Spanish
- Utilize evidence-based strategies
- Incorporate fun and social connection in program activities

## Tools for partners



*Let's get walking!*

## Partners on the journey

- Audubon Society
- American Pilgrims of the Camino
- CenCal Health
- City of Carpinteria
- City of Lompoc
- City of Santa Barbara Parks and Recreation
- COAST - Coalition for Sustainable Transportation
- Cottage Health
- Healthy Lompoc
- The Land Trust for Santa Barbara
- Lompoc Valley Medical Center
- Path Forward Inc.
- Rose Compass Artists
- Route 1 Farmers Market
- Sansum Clinic
- Santa Barbara Botanic Garden
- Santa Barbara County Parks
- Santa Barbara County Public Health
- Santa Barbara County Supervisor Joan Hartmann
- Santa Barbara County Trails Council
- Sedgwick Reserve
- Sierra Club, Santa Barbara Group



# Steps along the path



**2015**

- Partnered with National Park Service for technical assistance
- Created the Prescription for Outdoor Activity and Guide to Easy Walks

**2016**

- Developed a strategic plan
- Presented the program at statewide parks & recreation conferences

**2017**

- Local physicians issued the first Prescriptions for Outdoor Activity
- Launched an Events Calendar featuring 25 partner led walks each month

**2018**

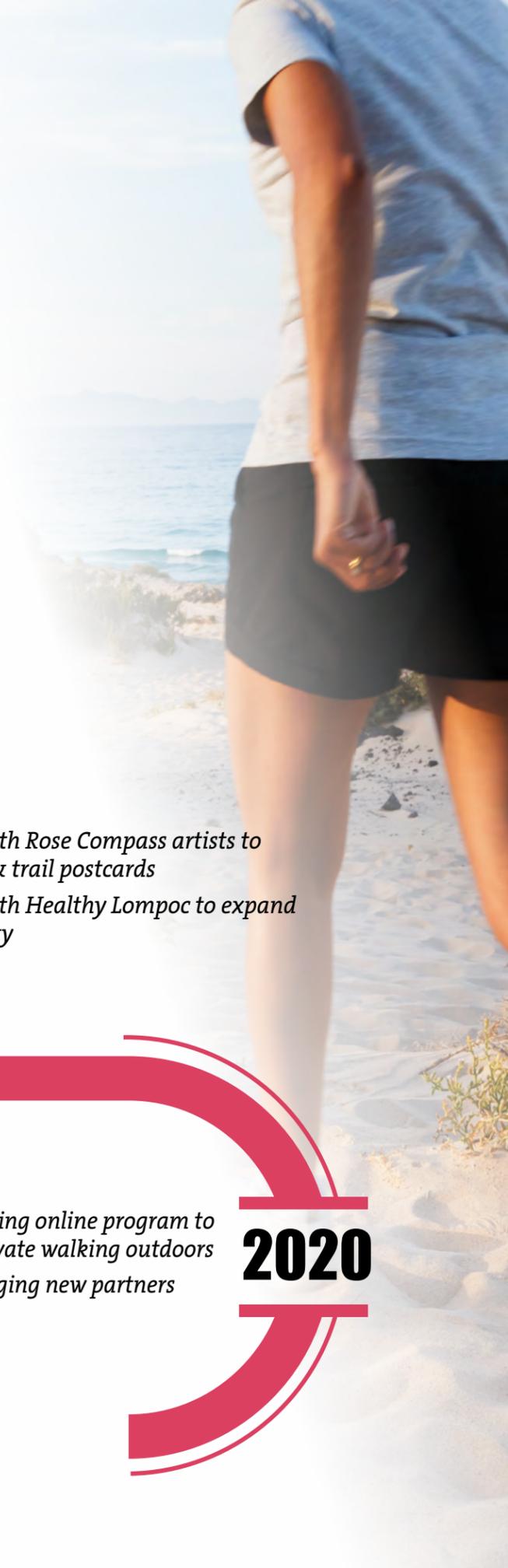
- Partnered with Rose Compass artists to develop art & trail postcards
- Partnered with Healthy Lompoc to expand to mid-county

**2019**

- Featured in journal articles for health professionals, parks & recreation professionals and patients
- Held the first "Walk with a Doc"

**2020**

- Building online program to motivate walking outdoors
- Engaging new partners



# Join us as the journey continues

We are here to help you include the program at your worksite, school, organization or community group. You can use the prescription and other tools, promote the program, offer a walk, or simply give yourself the prescription and enjoy a walk outdoors!

Learn more about **Healthy People Healthy Trails** here:

  
Go to HPHT website  
[healthypeoplehealthytrails.org](http://healthypeoplehealthytrails.org)

  
Like our Facebook page  
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Follow on Twitter  
[twitter.com/WalkingActivity](https://twitter.com/WalkingActivity)



# Steering Committee



*Joan Hartmann, Santa Barbara County Third District Supervisor, sponsored a series of community walks including this one at Burton Mesa Ecological Reserve in Lompoc. Timothy Matthews, Naturalist with California Department of Fish and Wildlife, provided information about flora and fauna unique to the reserve.*



*Let's get walking!*

# Step it Up!

*This is the Surgeon General's call to action to promote walking and walkable communities, recognizing that being physically active is one of the most important steps that Americans of all ages can take to improve their health.*

- ▶ **Let's get walking!** Walking 30 minutes most days meets physical activity guidelines
- ▶ Take a friend, neighbor or your dog to **make it fun**
- ▶ Visit [HealthyPeopleHealthTrails.org](https://www.healthypeoplehealthtrails.org) to find new and interesting places to walk

## Our Mission

The mission of **Healthy People Healthy Trails** is to work collaboratively with land management agencies, healthcare providers and community partners to improve the health and well-being of community members through the use and enjoyment of trails, parks and open spaces.

## Our Vision

The vision of **Healthy People Healthy Trails** is to improve health and wellbeing through the use and enjoyment of nature.



Healthy People  Healthy Trails

Visit [www.healthypeoplehealthtrails.org](https://www.healthypeoplehealthtrails.org)