



TAIL ON THE TRAIL: Physical Fitness Initiatives

SUMMARY

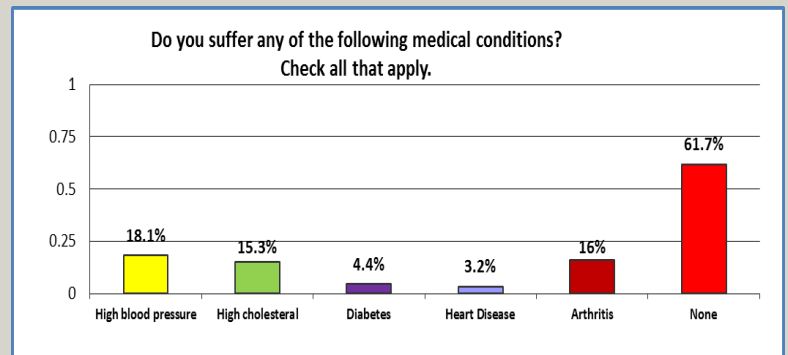
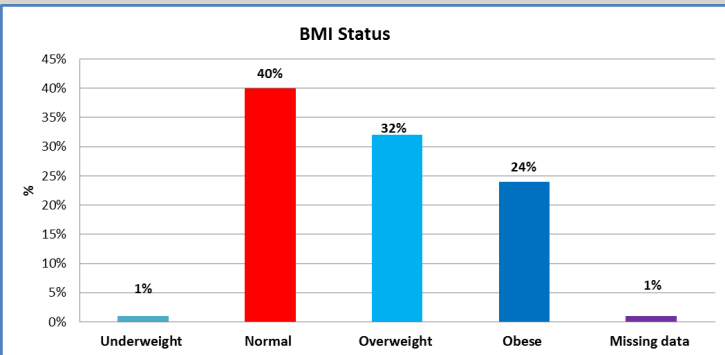
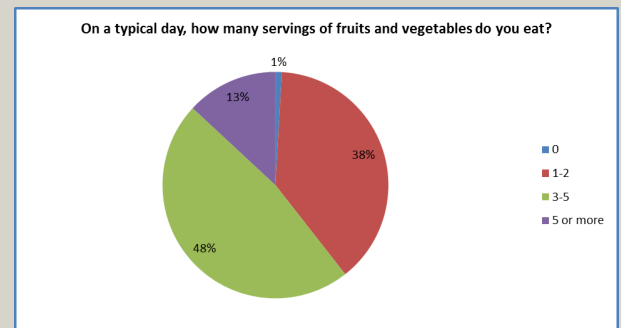
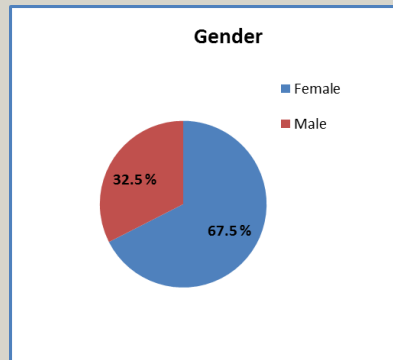
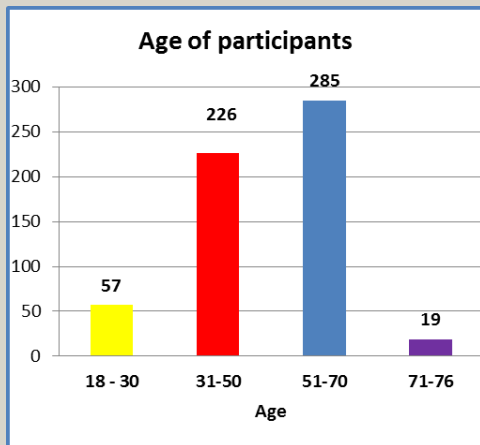
In May 2013, St. Luke's University Health Network (SLUHN) and Delaware & Lehigh National Heritage Corridor (D&L) partnered to bring the community a family fun initiative to get active called *Get Your Tail on the Trail*. By linking SLUHN healthy lifestyle expertise with the recreational and heritage leadership of D&L, members of our community participated in a 165 mile challenge through structured group and individual walk, bike and hike outings. The goal of this program is to connect people to the outstanding opportunities along the D&L Trail while increasing health awareness and improving the health status of the community.

In the past 3 decades, adulthood obesity incidence has increased 100%. According to recent data from the National Center for Health Statistics (NCHS), approximately one in five children in the US are now overweight. The number of overweight children has doubled in the past two decades, leading to a generation at risk for cardiovascular diseases, diabetes, and other serious health problems.

St. Luke's is working closely with local schools, which many are Leaders in Me Schools, to engage students, faculty, staff and facilities to get active and join the Children's 5,000 mile challenge. Each school that collectively logs at least 5,000 miles will receive a donation from St. Luke's to purchase an item that promotes healthy living at the school. Schools from five of the area districts are participating in the 5,000 mile challenge.

HIGHLIGHTS

- To start evaluating the *Trail on the Trail* initiative, in June 2014, St. Luke's Community Health Department conducted an online survey to measure lifestyle changes as individuals participate in the TOT challenge via a pre-test. Below is the preliminary data from the pre-test.



SUCCESSES

- Schools Participating in the Children's 5,000 mile challenge

Bethlehem Area School District

Donegan Elementary School
 Fountain Hill Elementary School
 Lincoln Elementary School
 William Penn Elementary School

Allentown School District

Union Terrance Elementary School

Salisbury School District

Western Salisbury Elementary School
 Harry S. Truman Elementary School

Bangor School District

DeFranco Elementary School
 Washington Elementary School
 Five Points Elementary School

Panther Valley School District

Panther Valley Elementary School

Lehigh Valley Academy – Charter School



- The first initial challenge started in May 2013 through October 2013. Due to the huge demand of the community, St. Luke's and the Delaware & Lehigh National Heritage Corridor created a mini challenge for the winter. Below are the milestones of the program:

165 Mile Challenge (May 2013– October 2013)

255,000 miles logged by **2,255** participants

Most miles logged by an individual – **2,244**

900 participants completed the full 165 mile challenge

1,600 participants continue to log miles beyond **165** mile challenge end date

30/30 Winter Mini-Challenge (January 28, 2014 – February 28, 2014)

44,051 miles logged by **582** participants

347 participants logged between **30-89** miles

235 participants logged over **90** miles

Fiscal Year 2013-2014

161,608 miles logged by **3015** participants

CHALLENGES & NEXT STEPS

We continue to grow the program and focus on making it a community wide fitness initiative.



Report Submitted in 2014