



# 2015-2016 PHYSICAL ACTIVITY INITIATIVES

## SUMMARY

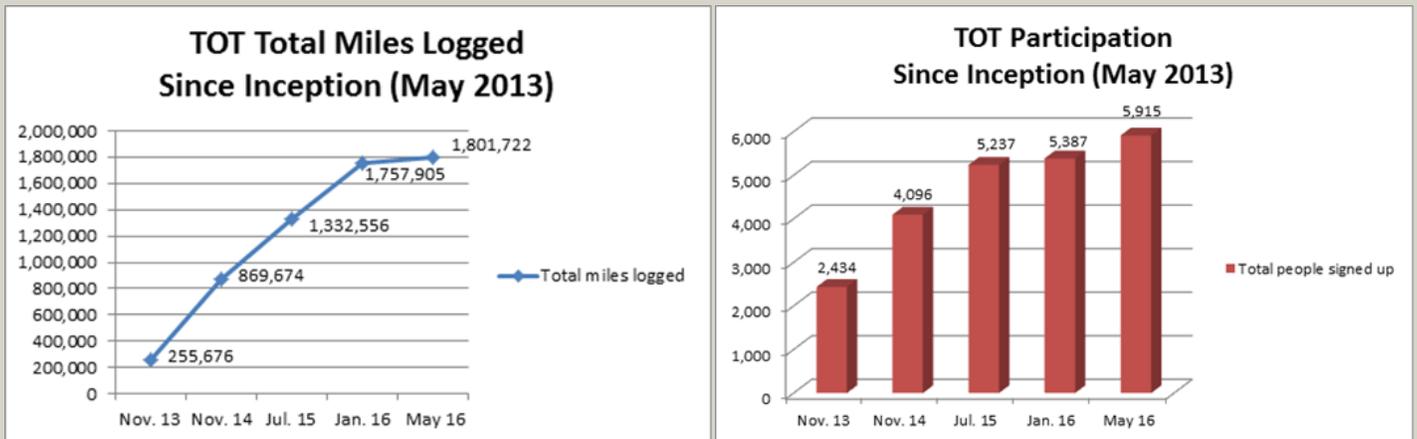
Since 2013, SLUHN and the Delaware & Lehigh National Heritage Corridor (D&L) have been encouraging community members to get out and get active walking, biking or running on local trails. Through a six month, 165 mile challenge and a winter 30 miles in 30 days challenge, participants log miles to earn incentives for being physically active through the Get Your Tail on the Trail (TOT) nationally recognized program.

## HIGHLIGHTS

- TOT approved programs:
  - St. Luke's University Health Network enrolled in the national Walk with a Doc program, a free walking program where you can join the network's physicians on a walk every second Saturday of each month beginning July 2016 at locations around the Lehigh Valley. Walk with a Doc is a great opportunity to interact with healthcare professionals while getting those crucial steps in. Walk with a Doc was started in Columbus, OH in 2005 by Dr. David Sabgir.
  - In partnership with the PA Department of Health (PA DOH), University of Pittsburgh and organizations in Easton and Bangor, WalkWorks was implemented in Fall 2015. WalkWorks is a national, state and local initiative to increase physical activity levels in Easton by creating easy and accessible walking routes and walking groups within the community. Funding for WalkWorks is provided by the PA DOH through the Preventive Health and Health Services Block Grant from the CDC. Walking groups began in May and continue to be formed to promote Tail on the Trail approved walking and wellness.
  - During the 2015 -2106 school year, a Use of Facilities agreement was signed to promote walking throughout the year at St. Luke's Miners Memorial Hospital and Panther Valley School District (PVSD) as part of TOT.
- In Fall 2015, the TOT website added a group functionality to encourage businesses to utilize the program to maintain a healthy workplace for their employees. The group functionality allows for TOT to report on total number of employees enrolled and total miles logged from a business. Workplace champions enrolled in TOT include Just Born, Raub Middle School and The Children's Home of Easton.
- TOT was featured in The Washington Post! An article titled, "How a hospital used a historic trail to help its community" was featured in the Health and Science section of The Washington Post.
- TOT was approached by trail organizations and other healthcare networks to develop a national TOT program so it can be replicated throughout the country. St. Luke's and the D&L are hoping to launch the national program this coming year.

## SUCCESSSES

- Since the initial 165 mile challenge in May 2013, a total of 1,801,722.01 miles have been logged by 5,915 participants.



- Through community involvement, and a walkability assessment, three Easton WalkWorks routes were developed: the Downtown Route, West Ward Paxinosa Route, and Southside Cheston Route. Walking groups began in May 2016 and continue to be formed to promote TOT approved walking and wellness.
- 210 PVSD community members participated in the TOT community walking programs at the PVSD stadium track and inside Panther Valley High School during the winter months. Additionally, 40 PVSD students and staff walked 6,982 miles during the Tail on the Trail School Challenge in which they earned \$250 to create a walking trail outside the elementary school.
- The 2016 TOT 165-mile challenge was launched in June at Lehigh Canal Park with Steve Carlton leading a walk. Over 100 people attended the June launch.

## CHALLENGES & NEXT STEPS

- TOT has taken the advice of participants and is planning to launch a new, improved website in 2017. The new website will also allow St. Luke's to collect population health data aligned with the hospital's community health needs assessment.
- With the national recognition TOT has received, the program continues to grow at a rapid pace and sustainability has been possible due to St. Luke's and D&L's commitment. With creating a national program for other trail organizations and healthcare networks to join, dedicated staff time will become a priority to ensure program needs are being met.



Report Submitted in 2016