

Walking Trails: From Conception to Reality

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Rural Setting

- Socio-demographic characteristics
 - Higher rates of poverty
 - Less access to health care
 - Higher rates of chronic diseases
- Greater travel distances
- Higher rates of inactivity
- Physical environment/access
 - no or few shopping malls
 - no sidewalks
 - dangerous roads



Lessons Learned

- Volunteers and partnership make it happen
- Team must:
 - have a shared vision
 - communicate well
 - trust each other
- Change does not happen over night
 - be patient and flexible
 - stay committed to the project
 - be visible in the community