

The Surgeon General is Calling on Colleges and Universities to Step it Up!

- Physical activity is one of the most important things Americans can do to improve their health.
- Walking is an easy way to start and maintain a physically active lifestyle.
- Walkable communities make it easier for people of all ages and abilities to be active.
- Communities can benefit from safe and convenient places to walk.

More than 7,000 American colleges and universities reach about 21 million students and employ nearly 4 million staff members. Colleges and universities can promote walking by creating pedestrian-friendly campuses and adopting policies that encourage walking. Colleges can also educate future professionals on the importance of walking—not only in health fields, but also in architecture, business, and other areas. Your institution can influence the health of students, faculty, staff, and the community.

Below are strategies for how you can encourage people to walk more:

Design communities that support safe and easy places for people to walk.

- Locate schools, worksites, businesses, parks, recreational facilities, and other places that people regularly use within walkable distances of each other.

Promote community programs and policies that make it safe and easy for residents to walk.

- Provide safe and convenient access for all users to community locations that support walking, such as college campus
- Set up walking groups, buddy systems, and other forms of social support for walking that provide multiple opportunities to walk each week.

Educate relevant professionals on how to promote walking and walkability through their profession.

- Integrate walking and walkability as part of the higher education curricula across majors to promote interdisciplinary training.
- Offer continuing education opportunities that promote walking and walkability for relevant professionals.



Learn to **support walking and walkability** in your community by visiting
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