

BACKGROUND

- Walking has been lauded as a health promoting activity since 300 A.D.
- The CDC has equated walking with vigorous exercise, significant because of the associated health benefits
- Walking can reduce risk of chronic diseases and episodic illnesses
- Walking can have a positive impact on mental health
- Walking and a healthy lifestyle can decrease cancer risk, walking can improve outcomes across the cancer continuum
- Historically BIPOC and individuals with lower incomes have higher burden chronic and episodic diseases
- There is a history of success with community walking groups

LEARNING OBJECTIVES

1. Understand and evaluate need of community as the relate to walking initiative
2. Evaluate and Analyze viability and feasibility of walking initiative
3. Apply knowledge and communication from community and stakeholders to develop a plan and structure for the walking initiative

ACTIVITIES

- Literature Review
- IRB Protocol
- Present to and learn from community advisory board and community stakeholders
- Analyze and evaluate information from community for program creation
- Identify and foster community relationships to aid program development

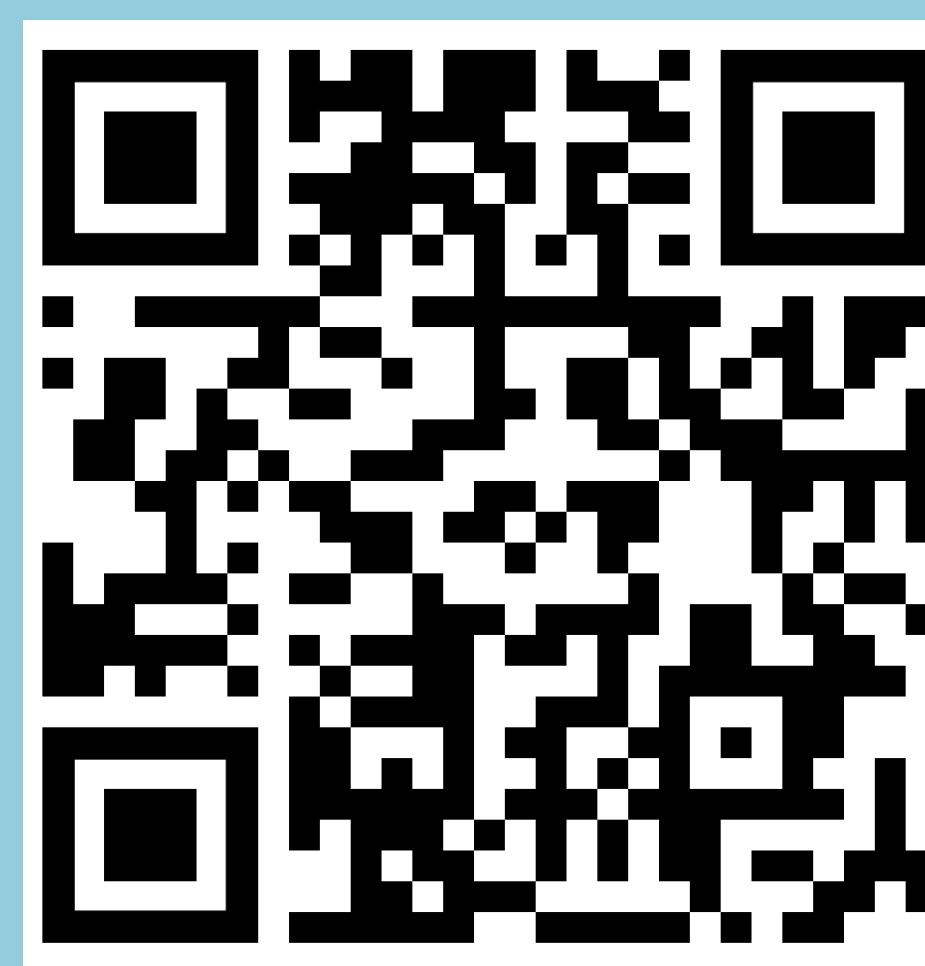
DELIVERABLES

- Create a presentation to be presented to the Case Comprehensive Cancer Center community advisory board, and various community stakeholders
- Create and maintain a walking group that meets weekly, regularly, in the community, for the community
- Create and maintain a database of walking group participants

REFERENCES

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Establishment of a community walking group is feasible and desirable in the community. It is difficult to maintain consistent, robust attendance with community groups. Special attention should be paid to safety and accessibility of walking routes for older adults.



Community Presentation Link

https://docs.google.com/presentation/d/1B8oz7ng_nJmQtMrmSvpwRmAvHJaiTRo3PtmxzlgW6l/edit#slide=id.gba1b81e67b_0_111

<https://vimeo.com/646530028>

WALKING TO HOPE GROUP

Our Mission

- To Connect the Community and the Case Comprehensive Cancer Center
- Listen to Community Members and Develop a Plan
- Establish a group that meets weekly regularly, to walk!

Our Community

- The Community of Hough in Cleveland, Ohio
- Our group members mostly older women who reside at Eliza Bryant Village, a community that was created for Black and African American older adults
- Research has shown that life expectancy in the Hough neighborhood is an average of 10 years less than surrounding areas

Our Walks

- Our walking group began meeting August 2021
- We meet every Monday morning at the Eliza Bryant Village parking lot at 9 a.m.
- Historically we have walked rain or shine!
- Our walking route consists of 2 city blocks

BARRIERS

- Physical health
- Mobility
- The built environment
- Consistent meeting time
- Change in weather
- Transportation

FACILITATORS

- Advocates from Eliza Bryant and the Community
- Social support of group
- Text reminders of group meetings
- Social capitol of residents

LESSONS LEARNED

- Creation of a community walking group is feasible
- Community groups that promote physical activities are acceptable to the community
- Walking group has been a strong source of social and spiritual support for participants
- Creating a walking group that consists primarily of older adults is associated with additional safety and mobility concerns
- Walking around city blocks has additional environmental and safety concerns

PUBLIC HEALTH IMPLICATIONS

- Creation of a community walking group is desirable in communities that do not have a lot of resources for physical activities
- Community groups that promote physical activities are acceptable to the community