The Walking Journey began with a Walk Audit

Ann Schwader, Nutrition Field Specialist
Sept. 14, 2017

BURKE, SD
• Gregory County, SD: 4,201
• Burke, SD: 586
• County poverty rate: 19.2%
  State rate: 14.1%
  Nat’l rate: 15.0%

• Gregory County, 10% of adults report fair or poor health, 30% are obese, and 32% are inactive
Burke Demographics
Burke Wellness Coalition’s Mission:

"We are committed to helping Burke create and sustain environments that support healthy lifestyles."
Need for Walk Audit Grant

(Photo: Burke, SD)
Active Lifestyle Workshop

Burke Civic Center, Burke, SD
Active Lifestyle Workshop

Tues., Sept. 16
Burke Civic Center,
Burke, SD

Presented by:
Burke Wellness Coalition * City of Burke
SDSU Extension * SD Dept. of Health

The Active Lifestyle Workshop is free and everyone is welcome.

Active Lifestyle Workshop
Burke’s Walk Audit Team – Fall 2014
Burke’s Walk Audit Team – Fall 2014
Burke Walk Audit Results

October 1, 2014 the Walk Audit team walked a designated route in Burke, SD to assess the walkability of the rural community. The goal of the project was to increase physical activity in youth and adult Burke residents by creating community advocacy for walkability and promoting active transportation. Integrating safe routes and physical activity can enhance the connectedness of the community and the quality of life.

Walkability Rating Scale

1 = Excellent  2 = Very Good  3 = Good  4 = Same Problems  5 = Many Problems  6 = Awful

| Are there sidewalks, multi-use paths, or paved trails present? | 4.6 |
| Do you feel safe using the sidewalk, multi-use path, or paved trail? | 3.8 |
| Does the sidewalk, multi-use path, or paved trail accommodate people who use strollers, wheelchairs, or other assistive mobility devices? | 4.7 |
| Is the sidewalk continuous, (i.e., without gaps)? | 5 |
| Are there curb cuts present that allow pedestrians and people with strollers, wheelchairs, or senior citizens to navigate the sidewalk, paved trail, or multi-use path safely and conveniently? | 4.2 |
| Is the sidewalk on both sides of the street? | 4.7 |
| Is the sidewalk free from major misalignment, cracks, or other pavement condition issues? | 4.5 |
| Is the sidewalk free from obstructions, such as poles, signs, shrubbery, bumpers, etc.? | 3.5 |

Burke Walk Audit Results
Results shared with the Community

- Burke City Council
- Burke Wellness Coalition
- Local Community Leaders
- Burke Residents
- Area Health Care Providers
Burke Walks! was the next step!
Burke Walks! 1st Walk (3/13/16) 66 walkers
Walk Infrastructure: Burke’s 1st Cross Walk
Walk Infrastructure: Burke’s 1st Cross Walk
Projected long-term impacts of the program include:

- Increased social connectivity for individuals living alone in rural SD communities.
- Increased number of individuals regularly participating in physical activity.
- Increased community capacity.
- Increased number of walk advocates that work towards improving walking infrastructure in rural SD communities.
The program structure includes:

- 2 walk coaches in each community (overarching program coordinators).
- Train-the-trainer workshop held via DDN.
- Walk coaches identify and train 24 walk ambassadors to work in pairs to facilitate the bi-monthly, 2 mile, safe, fun walks.
- Walk coaches receive ongoing support via technology and monthly check-in meetings for 18 months.
The program structure includes:

• 2 walk coaches in each community (overarching program coordinators).

• Train-the-trainer workshop held via DDN.

• Walk coaches identify and train 24 walk ambass-adors to work in pairs to facilitate the bi-monthly, 2 mile, safe, fun walks.

• Walk coaches receive ongoing support via technology and monthly check-in meetings for 18 months.
Everybody Walks! SD

• Hermosa, SD (pop. 392)
• Burke, SD (pop. 586)
• Clark, SD (pop. 1048)
• Wall, SD (pop. 872)

Rural walking program for South Dakota communities with populations of 3,500 or less
Today: There’s a walking movement happening in rural South Dakota!