

# State walk for the public's health



Senator Ginny Burdick challenges all 90 Oregon legislators to join her and collectively walk the length and width of the state of Oregon during National Public Health Week.

Oregon is 295 miles long and 395 miles wide. To reach this goal, each legislator would have to walk approximately **7.7 miles** between April 6 – 10. The group will kick off the challenge by walking 1 mile together through “built environments” near the Capitol.

## Why

This challenge is being issued to raise awareness about public health and environments that encourage or discourage walking. Every community in Oregon should have safe and accessible places for its citizens to walk to help maintain their health. Oregon ranks in the bottom tier of the states with the worst rates of obesity and physical activity per capita.

## When

**Start date: Monday, April 6, 2009** — the first day of National Public Health Week  
**Kick off at noon at the Oregon State Capitol**

Pedometers will be provided to legislators courtesy of Community Health Priorities, a project of the Northwest Health Foundation, to use throughout the week's challenge.



**Finish date: Friday, April 10, 2009** — the final day of National Public Health Week

## Tracking

Legislators will report their “mileage” daily during Public Health Week on the Community Health Priorities web site, [www.communityhealthpriorities.org](http://www.communityhealthpriorities.org). All walking during the week counts toward the total.

## Results

The results will be announced at the end of Public Health Week on the Community Health Priorities web site. Legislators walking the farthest will be recognized.

**Sponsored by Community Health Priorities, a project of the Northwest Health Foundation**

**Join us for the walk and to kick off Public Health Week, all are welcome!**

For more information, visit: [www.communityhealthpriorities.org](http://www.communityhealthpriorities.org)

*Technical assistance for this event is being provided by the Oregon Public Health Division.*

