

- Together with healthy eating and avoiding tobacco use, regular physical activity helps prevent and manage a range of chronic diseases—including diabetes, cancer and heart disease—that affect more than 1.7 million Oregon adults.¹
- The *Surgeon's General's Call to Action to Promote Walking and Walkable Communities* calls on all of us to increase access to safe and convenient places to walk and wheelchair roll.
- We all walk or roll as part of our daily routines. And the more convenient it is, the more we do.
- No matter young or old, walking is a simple and inexpensive way to help us live healthy lives.
- Walking is the most common form of physical activity in Oregon.
 - Over 60% of Oregon adults report walking for physical activity.
 - 21% of Oregon 8th graders and 16% of 11th graders report walking to school to or from school every day of the school week.
- Unfortunately, many of us face real barriers to getting even a modest amount of walking.
- Physical activity used to be built into daily life.
 - Now many of us drive cars instead of walk.
 - Nearly 1 in 2 employed adults in Oregon (46%) spend most of their work days sitting.²
 - At home, technologies save time and stress—but also enable us to sit more and move less.
- Additional barriers exist for Oregonians in communities where the physical environments, or individual life circumstances, make it difficult to move each day:
 - Having no safe place to walk or play outside your home is a barrier to physical activity.
 - Having to work multiple jobs to make ends meet leaves little time for walking or other physical activity.
- Expanding opportunities for Oregonians to overcome these barriers to walking—and ultimately to good health—is a big part of our work at the Oregon Health Authority (OHA) and a key reason why OHA has developed a partnership with the Oregon Department of Transportation (ODOT).
- Individuals, community groups and organizations across our state are working to make neighborhoods more walkable; to make active modes of transportation more available; and to help employers create healthier workplaces—to name only a few examples.
- When we make it easier for more Oregonians to get the physical activity they want and need to prevent or manage these diseases, we improve the lives of our family members and friends, reduce healthcare costs and create a healthier, stronger state for us all.

¹https://public.health.oregon.gov/DiseasesConditions/ChronicDisease/DataReports/Documents/datatables/ORAnnualBRFSS_diseases.pdf

² <https://public.health.oregon.gov/BirthDeathCertificates/Surveys/AdultBehaviorRisk/Pages/index.aspx>