



# Increasing Outdoor Physical Activity Through Trails

Presentation to  
New Mexico Diabetes  
Advisory Council  
Dec. 1, 2017

Sarah Noss,  
Executive Director  
& Tim Rogers,  
Trails Program Manager



*Santa Fe Conservation Trust*





# Increasing Outdoor Physical Activity Through Trails

## Disclosure of Relevant Financial Relationships

☒ I do not have any relevant financial relationships with any commercial interests.

Signature *Samh Voss*  
Date Nov. 2, 2017

☒ I do not have any relevant financial relationships with any commercial interests.

Signature *Tim*  
Date Nov. 2, 2017



# Trails for health





# Strategies to Increase Walking & Bicycling: The Four (or more) E's

- Engineering
- Education
- Encouragement
- Enforcement
- Equity
- Evaluation



# “Engineering” : Resources for Developing Bicycle & Pedestrian Infrastructure in NM



- State, Local, and Tribal Governments
- [Metropolitan and Regional Planning Organizations](#)
- [New Mexico Complete Streets Leadership Team](#)
- [University of New Mexico / Prevention Research Center](#)
- [National Park Service, Rivers, Trails, and Conservation Assistance \(NPS/RTCA\)](#)
- [New Mexico Department of Health / Healthy Kids](#)

# “Active Transportation Planning”

## Assistance to Healthy Kids Communities since 2013



- Assessment
- Planning
- Pursuit of Funding
  - Federal Sources:
    - [Safe Routes to School](#) (discontinued)
    - [Federal Lands Access Program](#)
    - [Transportation Alternatives Program](#)
    - [Recreational Trails Program](#)
- [Active Transportation Toolkit](#)





# Santa Fe Conservation Trust: Approaches for Education and Encouragement

- Promotional Events
- Passport to Trails
- “Prescription Trails Collaborative”



*Santa Fe Conservation Trust*





# Santa Fe Conservation Trust

## Trails Program:

### Promotional Activities

- Community Hikes
- Community Bike Rides
- Trail Work Days
- School Outings
- Field Trips -  
“Passport to Trails”





# Passport to Trails



**PASSPORT**



*To Santa Fe's  
Foothill Trails*



# Passport to Trails

June '14 – Dec. '17

- 83 outings (school field trips + trail work days)
- 1,575 kids and 244 adults on City, County, and Forest Service trails
- Trips to Dale Ball Trails, La Tierra Trails, Tierra Contenta, Atalaya Trail, La Piedra and Little Tesuque
- Schools
  - El Camino Real Academy (4th/5th)
  - Nina Otero Community School (4/5)
  - Capital High School Outdoors Club
  - Tierra Encantada Charter School
  - Santa Fe Waldorf Academy
  - The Masters Program





Thanks to:

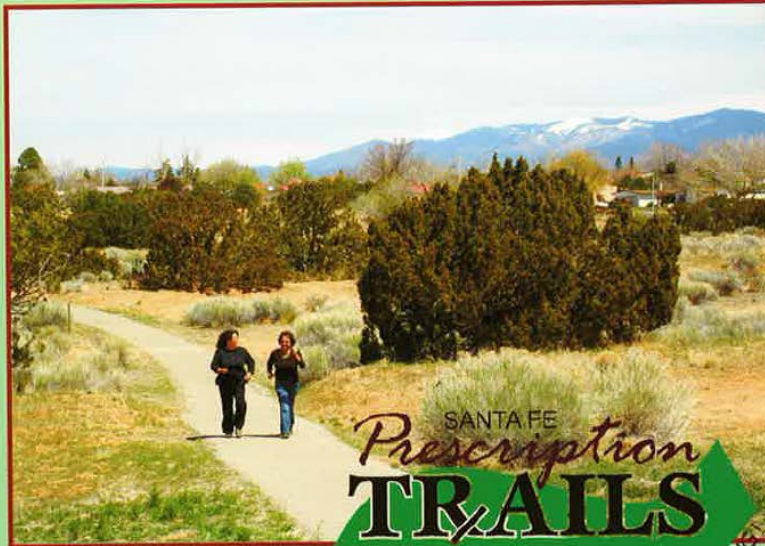
- S.L. Gimbel Foundation
- Lineberry Foundation
- Partners in Education
- City of Santa Fe





# Prescription Trails

## *Walking Trails Guide 2009*

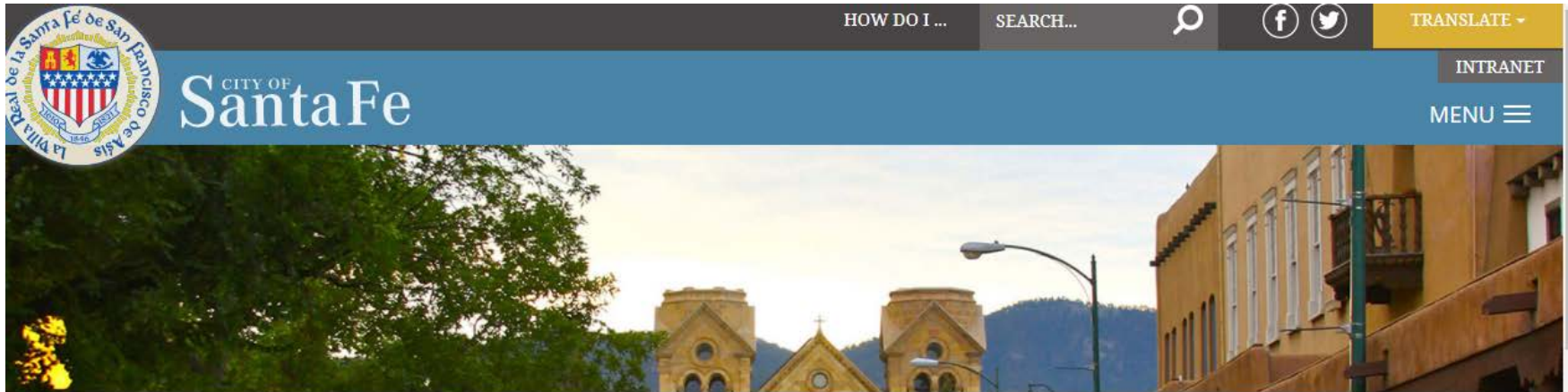


*This guide will help  
you find the best  
parks for walking  
in Santa Fe*





# Prescription Trails



You are Here: [Home](#) > [Parks & Recreation](#) > [Parks](#) > [Prescription Trails](#) > [Print Prescription Trails Guides](#)

## PARKS & RECREATION

### Parks

[Adopt a Park - Trail](#)

[City of Santa Fe Parks](#)

[Reserve a Park](#)

[Prescription Trails](#)

**[Print Prescription Trails Guides](#)**

[Community Gardens](#)

[Landscape Design Guidelines for Medians](#)

[Landscape Maintenance](#)

[Understanding Santa Fe's Desert Vegetation](#)

[PARC-Parks & Recreation Advisory  
Commission](#)

[Railyard Park](#)

[Integrated Pest Management \(IPM\)](#)

### Recreation

[Parks & Recreation Event Calendars](#)

[Parks & Recreation Contacts](#)

[City Triathlon](#)

## Print Prescription Trails Guides



### ENGLISH GUIDES

87501	87505	87507
<a href="#">Bicentennial / Alto</a>	<a href="#">Alvarado</a>	<a href="#">Agua Fria Community Park</a>
<a href="#">DeVargas Park</a>	<a href="#">Amelia White</a>	<a href="#">Agua Fria River Park</a>
<a href="#">Fort Marcy Park</a>	<a href="#">Ashbaugh</a>	<a href="#">Genoveva Chavez Community Center</a>
<a href="#">Frenchy's Field</a>	<a href="#">Candelero</a>	<a href="#">Herb Martinez</a>
<a href="#">Monsignor Patrick Smith</a>	<a href="#">Cornell Rose Garden</a>	<a href="#">Las Acequias</a>
<a href="#">Nature Conservancy</a>	<a href="#">General Franklin Miles</a>	<a href="#">Monica Lucero</a>
<a href="#">Santa Fe River</a>	<a href="#">Larragoite</a>	<a href="#">Municipal Recreation Complex (MRC)</a>
<a href="#">Torreon Park</a>	<a href="#">Las Estancias-Caballero</a>	<a href="#">Pueblos del Sol</a>
	<a href="#">Ragle</a>	
	<a href="#">Pacios del ferrocarril</a>	

# Walk with a Doc

The banner features a background image of a person walking on a path in a rural landscape. Overlaid on this is a large, semi-transparent map of the United States. The 'walk with a doc' logo is prominently displayed in the center, with the tagline 'educate. exercise. empower.' below it. A yellow banner across the map reads 'Host a walk on 11.16.17 to celebrate National Rural Health Day'. In the top right corner, there is a green navigation bar with links: LOGIN, SHOP, CONTACT US, and DONATE. Below this is the 'National Rural Health Day' logo with the tagline 'Celebrating the Power of Rural!' and four small icons representing rural health themes. In the bottom left, a blue box contains the text 'WALK 11.16.17' and a 'READ MORE' button. In the bottom right, text encourages visiting 'PowerofRural.org for more information.' At the very bottom, a green bar contains four white buttons: WHO WE ARE, JOIN A WALK, START A WALK, and SUPPORT A WALK.

walk with a doc  
educate. exercise. empower.

LOGIN SHOP CONTACT US DONATE

National Rural Health Day  
Celebrating the Power of Rural!

Host a walk on 11.16.17 to celebrate  
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walk with a doc  
educate. exercise. empower.

WALK 11.16.17  
READ MORE

Visit PowerofRural.org  
for more information.

WHO WE ARE JOIN A WALK START A WALK SUPPORT A WALK

Join a Walk

Start a Walk

**We bring communities together in the  
name of health and happiness**



# “Prescription Trails Collaborative” Partners in Santa Fe

- City of Santa Fe
- Santa Fe Conservation Trust
- Railyard Conservancy
- New Mexico Dept. of Health
- National Park Service
- Christus-St. Vincent Hospital
- Presbyterian Health Services
- La Familia Medical Center
- Southwest Care Center
- New Mexico School for the Deaf
- Indian Health Services / Hospital



For more information, see:

[www.sfct.org/trails](http://www.sfct.org/trails)

or contact:

Santa Fe  
Conservation Trust  
[info@sfct.org](mailto:info@sfct.org)



*Santa Fe Conservation Trust*

