

PUBLIC HEALTH CONNECTION



Walk More. Connect More.

In the 1800's, transportation included walking and horseback. Americans joined the automobile boom in the beginning of the twentieth century, and today the average American family spends 19 percent of their income on transportation (U.S. Department of Transportation). As the Centers for Disease Control and Prevention began tracking obesity, there was an interesting correlation; as vehicle miles traveled increased, so did obesity rates in the United States.

Walking as a practice began for people that choose walking for other reasons than just transportation. People want to walk for themselves, for each other, and their community. There is just something about being outside, arms swinging beside you, taking in the flowers and trees that puts people in a good mood! Not only does walking have many known physical benefits such as improving balance, strengthening bones, and reducing risk of chronic disease, but it also boosts brain power, drives creativity, and reduces stress.

With such a large movement, many communities are prioritizing pedestrians again. Step It Up!, Safe Routes to School, Walk with a Doc, and America Walks are just a few initiatives focused on supporting walking. In our community, Scott County Health Department staff will complete a six month fellowship with the Iowa Walking College this month! Fifteen fellows from across 14 communities in Iowa have learned how to strengthen local efforts to make communities more walkable and livable.

To learn more about incorporating walking in your community or workplace, please contact the Health Department at 563-326-8618 or email health@scottcountyiowa.com.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Scott County Health Department will be closed Monday, September 4th in observance of Labor Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, September 21, 2017*

Links

- [America Walks](#)
- [Be Healthy QC](#)
- [Bicycling & Walking in the United States](#)
- [QC Trails](#)
- [Step It Up!](#)
- [Walking as a Practice](#)

QC Trails

The Quad Cities homes stunning views of the Mississippi River and offers more than 300 miles of land- and water-based trails. QCTrails.org is a free, user-friendly, interactive, and mobile-responsive website that highlights multi-purpose trails and side-paths. Users can track physical activity progress and share experiences with friends through social media!

Go to QCTrails.org to find a growing collection of trails in our community! Whether you are looking for a weekend hike, an afternoon stroll, a great place for a family bicycle ride, or want to try a new adventure like paddling a water trail, each posting features details on the trails.

Set up a free QC Trails account and save your experiences using “My Trails”, by marking completed trails and saving your favorites. Users can also create a wish-list of trails; add trail logs that include comments, photos, and videos about your experience!

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