

# Walking FUNdamentals

## Worksite walkability



“Walkability” is developing a plan that helps identify the safest and most desirable walking route. At your worksite, this could be streets or sidewalks between buildings, city blocks if you work in the downtown area, or on nature trails near your building. The Centers for Disease Control and Prevention (CDC) developed a *Walkability audit tool* to assess common sites and destinations along a walking route with helpful information on improvements that can make the route more appealing and useful. This tool can help you determine a walking route at your worksite.

### Put your route to the test with the *Walkability audit tool*

1. Find or create a map of the grounds around your work place that you would like to audit—including pedestrian areas, parking lots, nearby restaurants, shops, parks, etc.
2. Determine the most useful or likely walking route between each location on your map. You’ll eventually develop a network of walking “segments” that make up your route. Label the segments to identify one from another (Example: A-B-C or 1-2-3).
3. Make copies of the *Walkability audit tool*—one copy for each route segment for factors related to safety, aesthetics and recreation potential.



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## Assessment steps *continued*



4. Start with your first segment and use the *Walkability audit tool* to rank each feature (using the description provided by the tool). There are no right or wrong answers, just pick the number that best describes what you see in the segment. Answer all audit tool questions and note any potential dangers and improvements needed. Repeat for each segment.
5. Once you've completed the audit tool for all your map segments, use the formula in the box halfway through the form to create a numerical score for each map segment. This score ranks safety (most important), aesthetics and accessibility (medium importance), and shade (least important). Your score for each segment will range from zero to 100.
6. Now you're ready to input the scores for each segment on your map and create a report. Designate segments that score zero to 39 points as high-risk and unattractive (highlight them in red on your map), scores 40 to 69 as medium-risk and average (highlight in yellow), and scores 70 and above as low-risk and pleasant (highlight in green). The questions you answered at the bottom of each audit tool can help you prioritize your wants and needs for improving walking routes. For a sample audit report, visit the CDC Web site by using this link:  
<http://www.cdc.gov/nccdp/hwi/toolkits/walkability/sample.htm>.

Once you have your walking route in place, use the **WalkingWorks<sup>SM</sup>** communications to boost employee interest and promote walking at your worksite.