**One Step at a Time: How Libraries Can Promote Healthy, Thriving, and Livable Communities, Learner Guide**

<https://www.webjunction.org/events/webjunction/one-step-at-a-time.html>

**Event Description**: During COVID-19 stay at home orders, improvements to air and water quality around the globe showed how changing our transportation practices could benefit the environment. We also know that physical activities, like walking, can help prevent chronic diseases and promote health. This webinar will highlight the multiple benefits of walking and walkable communities, and provide the information and inspiration you need to join the hundreds of public libraries around the country that are contributing to the development of healthy and resilient communities. Learn how to advocate for safe walking routes to your libraries, how to partner with parks and recreation, local transportation departments, and others committed to building safe, accessible, equitable places to walk and move.

**Presented by**: Mike McGinn, Executive Director, America Walks; Noah Lenstra, Director, Let’s Move in Libraries; Mary Sizemore, Director, High Point Public Library (NC); Jeffrey T. Davis, Branch Manager at San Diego Public Library and author, *The Collection All Around: Sharing Our Cities, Towns, and Natural Places*

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| **What are your goals for viewing this webinar?** | |
| **Personal Goals** |  |
| **Team Goals** |  |
| **Assessing Community Health, Wellness, and Walkability** | |
| America Walks encourages libraries to conduct a [Walk Audit](https://americawalks.org/how-to-conduct-a-walk-audit-in-your-community-quick-guide-for-assessing-your-neighborhood-walkability/) to assess pedestrian safety, accessibility, and comfort of communities. **Use the audit to assess potential activity-friendly spaces that could be used to expand library services and programming.**  It’s also important to **understand who comprises your community** and what their health and health literacy needs are. Using demographic data and other resources, consider the following questions.  What health/wellness needs exist in your community? How do transportation barriers compound these needs? Do people feel safe walking, bicycling, or using public transportation in your community?  How do you know this is the case?  Do you have data that supports this conclusion? Who could you reach out to get this data?  To explore these questions further, explore a guide created as part of WebJunction’s [Health Happens in Libraries](https://www.webjunction.org/explore-topics/ehealth.html) project, [Supporting Healthy Communities through Health Information and Services](https://www.webjunction.org/content/dam/WebJunction/Documents/webJunction/2015-01/supporting-healthy-communities-through-health-information-and-services.pdf) (pdf). | |
| **Where to start?** | | |
| There are many examples of library programs and services focused on transforming outdoor spaces to make them more walkable and amenable to a variety of uses (not just for cars!). Consider the wealth of examples shared in the webinar, which showcase **how public libraries create fun, outdoor activities and spaces that combine reading, learning, and walking**.  Which examples are most intriguing to you? Why do you think this might be a good fit for your community?  1.  2.  Take a look at the following resources for even more inspiration and ideas!   * [Let’s Move in Libraries Program Ideas](http://letsmovelibraries.org/program-ideas/) * [Libraries Employ Low-Tech Programming to Engage Children and Families](https://www.publishersweekly.com/pw/by-topic/childrens/childrens-industry-news/article/84202-libraries-employ-low-tech-programming-to-engage-children-and-families.html) * [Programming Librarian – Health and Wellness](http://www.programminglibrarian.org/ideas/topic?topic=948) including Noah’s [9 Ways To Take a Walk with the Library](https://programminglibrarian.org/blog/9-ways-take-walk-library) * [Safe Routes to School’s Encouragement Guide](http://guide.saferoutesinfo.org/pdf/SRTS-Guide_Encouragement.pdf) * [CDC’s Implementation Resource Guide for Community Preventive Services Task Force’s Built](https://www.cdc.gov/physicalactivity/community-strategies/beactive/implementation-resource-guide.html)   [Environment Recommendation to Increase Physical Activity](https://www.cdc.gov/physicalactivity/community-strategies/beactive/implementation-resource-guide.html)   * [Project for Public Spaces – The Placemaking Process](https://www.pps.org/article/5-steps-to-making-places) * [Health Happens in Libraries – Library Profiles](https://www.webjunction.org/explore-topics/ehealth/more-info.html) * [WebJunction’s Small Libraries Create Smart Spaces Transformation Story (Wilton NH)](https://www.webjunction.org/content/dam/WebJunction/Documents/webJunction/Topics/smart-spaces/wilton-gregg-library-story.pdf) | | |
| **Partnering for Healthy Communities** | | |
| List **potential community partners** you could ask to help you transform outdoor spaces around your library and in your community (e.g. town government, scouting groups, parks and recreation, cooperative extension’s master gardeners, transportation departments, urban planners, etc.).  1.  2.  3.  4.  5.  Your partner may bring additional resources, activities or audiences to your program, as well as subject-matter expertise, and remember that existing library resources may support their goals. | | |
| **Prepare for Change** | | |
| Transforming the built environment takes a lot of time! Prepare for change by thinking of a space near your library that you’d like to transform. Use the walk audit to help you get started thinking of such a space. What do you need to do to prepare it so that people can engage in it in a new way?  Using the examples shared by the presenters, create a **wish-list of items for your vison of a new outdoor space**. For example, do you want a permanent StoryWalk installation? Transform a parking lot to create a parking lot park? Urban Hikes installations?  After you have a vision for change, get started using pop-up projects. You can get ready for your permanent StoryWalk by doing a temporary StoryWalk. Get started using these resources:   * [Let’s Move in Libraries StoryWalk page](https://letsmovelibraries.org/storywalk) * [Curiosity City’s StoryWalk page](https://www.curiouscitydpw.com/storywalk/) * [DIY StoryWalk LibGuide from Appalachian Regional Library System](https://arlibrary.libguides.com/storywalks/home)   Use the same process for **other structural changes**.  Want to transform your library’s parking lot? Get started using the [Tactics guide from America Walks](https://americawalks.org/category/resources/tactics/).  Want to create permanent installations on Urban Hikes? Get started doing a walking tour of local historical sites, public art, or haunted history.  **Write here the pop-up tactics you can use to prepare permanent changes to the built environment.**  1.  2.  3.  4.  5. | | |
| **Brainstorm Funding Sources** | | |
| Brainstorm funding sources, considering your potential partners, and the funding organizations they might have access to:   * [America Walks’ Community Change Grant](https://americawalks.org/community-change-grants/) * Library Friends and Foundations * Local Health Department * Local, regional or state family and community foundations * Contact your local [Extension Service](https://nifa.usda.gov/land-grant-colleges-and-universities-partner-website-directory?state=All&type=Extension) through USDA * [National Network of Libraries of Medicine](https://nnlm.gov/funding) offers funding for projects that improve access to health information, increase engagement with research and data, expand professional knowledge, and support outreach that promotes awareness and use of NLM resources in local communities. * Search the [Library Grants blog](http://librarygrants.blogspot.com/) for health-related opportunities * EPA’s [Smart Growth](https://www.epa.gov/smartgrowth) programs and funding opportunities * Reach out to your state library and their public library consultant to see if LSTA funding may be available to support your programming.   **List funding sources you’ll research to prepare for change:**  1.  2.  3.  4. | | |
| **Action Plan:** (include some simple next steps, along with who, when, etc.) | | |
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