		Walking Initi	atives Plan 2020	- 2021		
Activity	Start Date	Complete Date	Audience	Lead Contributors	Status	Notes
Identify existing or develop new statewide or regional walking programs that are appropriate for people with arthritis.	7/1/20	11/30/20	Community organizations	Beth Richards, Jim Pruitt, Missouri Council for Activity and Nutrition (MOCAN), Statewide Minority Heath Alliance, pedestrian and trails groups		
Obtain agreement with MOCAN to promote statewide walking programs.	7/1/20	10/1/20	MOCAN	Beth Richards, RAC Coordinators,		
Post map on MAOP and DHSS websites showing WWE and other walking programs in all seven regions of the state.	7/1/20	8/15/20	Community organizations, employers, healthcare providers, health plans, public	Beth Richards, Jim Pruitt, RAC Coordinators		
Ask at least 7 new physician offices within the state to provide referrals to WWE-G,	07/1/20	6/30/20	Healthcare providers	Beth Richards, RACS		

WWE-SD and walking programs.						
Assess walkability using the MU Extension Walkability Community Assessment Tool to identify 5 counties in which to implement walking programs.	7/1/20	3/29/2021	RACS, Community based organizations	Beth Richards RACs		
Obtain commitments from 4 new worksite wellness programs to include WWE-G and/or WWE-SD in their offerings of programs to employees.	7/1/20	4/1/21	Employers	RACs, Beth Richards		
Post Missouri's 5-year plan for promoting and expanding Missouri's walking initiatives on the MAOP and DHSS websites.	7/15/21	10/1/21	Community partners	Beth Richards, Jim Pruitt, RACs		
Make presentations on the 5-year plan to area agencies on aging, regional arthritis centers, MOCAN and others.	9/1/20	6/30/21	Partner network	Beth Richards, RACs		
		Walking Initia	atives Plan 202	1 - 2022		
Activity	Start Date	Complete Date	Audience	Lead Contributors	Status	Notes
Ask partners and community organizations	7/1/21	7/30/21	Partners and Community organizations	Beth Richards, Jim Pruitt		

through digital					
means what needs to					
be updated walking					
plan.					
	7/1/21	0/20/21	Community	Dath Diaharda	
Provide updated list	7/1/21	9/30/21	Community	Beth Richards,	
of walking programs			organizations,	Jim Pruitt,	
in the state to			healthcare	Missouri	
community			providers,	Council for	
organizations,			partners and	Activity and	
healthcare providers,			the public	Nutrition	
partners and the			through	(MOCAN),	
public through digital			digital format	Statewide	
format including			including	Minority	
social media.			social media.	Heath	
				Alliance,	
				pedestrian	
				and trails	
				groups	
Ask at least 7 new	07/1/21	6/30/22	Healthcare	Beth Richards,	
physician offices within			providers	RACS	
the state to provide					
referrals to WWE-G,					
WWE-SD and walking					
programs.					
Obtain commitments	7/1/21	4/1/22	Employers	RACs, Beth	
from 4 additional				Richards	
worksite wellness					
programs to include					
WWE-G and/or WWE-					
SD in their offerings of					
programs to employees.					
Post Missouri's updated	7/15/21	7/15/21	Adopters	Beth Richards,	
5-year plan for				Jim Pruitt,	
promoting and				RACs	
expanding Missouri's					

			[
walking initiatives on the						
MAOP and DHSS websites.						
Obtain commitments	10/1/21	6/30/22	Community	RAC		
from 4 additional	10/1/21	0/30/22	Community organizations,	RAC Coordinators,		
worksite wellness			employers,	Beth Richards		
programs to include			healthcare	Detri Menarus		
WWE-G and/or WWE-			providers,			
SD in their offerings of			health plans,			
programs to employees.			etc.			
Post Missouri's 5-year	9/1/21	11/1/21	Partner	Jim Pruitt,		
plan for promoting and			Network	DHSS Ofc. Of		
expanding Missouri's				Epidemiology		
walking initiatives on the MAOP and DHSS						
websites.						
Locate or create	11/15/21	11/30/21	Partner	Jim Pruitt,		
counseling and referral	11/13/21	11,00,21	Network,	Beth Richards		
documents that can be			Public			
sent in an electronic						
form to healthcare						
providers.						
		Walking Initia	tives Plan 2022	2 - 2023		
			Γ		Γ	
Activity	Start	Complete	Audience	Lead	Status	Notes
	Date	Date		Contributors		
Ask partners and	7/1/22	7/30/23	Partners and	Beth Richards,		
community organizations			Community organizations	Jim Pruitt		
through digital			organizations			
means what needs to						
be updated walking						
plan.						
			•			

Provide updated list of walking programs in the state to	7/1/22	9/30/23	Community organizations, healthcare	Beth Richards, Jim Pruitt, Missouri	
community organizations, healthcare providers, partners and the			providers, partners and the public through	Council for Activity and Nutrition (MOCAN),	
public through digital format including social media.			digital format including social media.	Statewide Minority Heath Alliance, pedestrian and trails groups	
Ask at least 7 new physician offices within the state to provide referrals to WWE-G, WWE-SD and walking programs.	07/1/22	6/30/23	Healthcare providers	Beth Richards, RACS	
Obtain commitments from 4 additional worksite wellness programs to include WWE-G and/or WWE- SD in their offerings of programs to employees.	7/1/22	4/1/23	Employers	RACs, Beth Richards	
Post Missouri's updated 5-year plan for promoting and expanding Missouri's walking initiatives on the MAOP and DHSS websites.	7/15/22	7/15/22	Adopters	Beth Richards, Jim Pruitt, RACs	

Obtain commitments from 4 additional worksite wellness programs to include WWE-G and/or WWE- SD in their offerings of programs to employees.	09/1/22	3/30/23	Community organizations, employers, healthcare providers, health plans, etc.	RAC Coordinators, Beth Richards	
Send counseling and referral documents for walking to healthcare providers in an electronic form and ask them to use them with patients.	9/1/22	9/15/23	Partner Network, Public	Jim Pruitt, Beth Richards	