

Greater Mercer Public Health Partnership Culminating Team Presentation

December 11th, 2013

**CENTER FOR
HEALTH
LEADERSHIP &
PRACTICE**

A Center of the
Public Health Institute

HEALTH BENEFITS of WALKING


 **20** WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/ YEAR

 **45** WALKING 45 MINUTES/ DAY HALVES ODDS OF CATCHING A COLD


 **1** WALKING 1 MINUTE CAN EXTEND LIFE BY 1.5-2 MINUTES


 **20** WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS




 **DEMENTIA**
Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.

 **DIABETES**
Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve risk of Type 2 Diabetes.

 **HEART DISEASE**
Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.

 **ARTHRITIS**
Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.

 **DEPRESSION**
Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

WALKING 3-5 HOURS/ WEEK REDUCES MORTALITY BY 50% IN WOMEN WITH BREAST CANCER 

WOMEN WHO WALK FOR 1 HOUR/ DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/ DAY CAN LOSE AND KEEP OFF 25 LBS 

WALKING 30 MIN/ DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60% 

PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK 

WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/ WEEK 

1 Hamilton Health Place,
Hamilton
Car-Dependent

Walk Score
44



Hamilton

NJ

**CENTER FOR
HEALTH
LEADERSHIP &
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We believe that walkable neighborhoods with access to public transit, better commutes, and proximity to the people and places you love are the key to a happier, healthier and more sustainable lifestyle. (www.walkscore.com)