

Walk with a Future Doc

West Virginia University



Main Goal

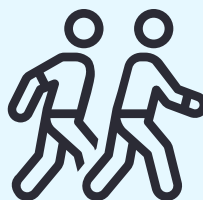
Get people to walk with doctors while listening about health issues, and other important topics.

Research Findings



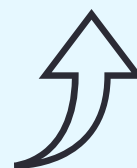
62

People reached and impacted



6

Walks Held



2

Hours of life gained

Walking is a great activity to improve overall health and decrease risk of disease. This program not only is helping community members participate in physical activity but also helping them learn about topics and build trusting relationships with healthcare professionals.



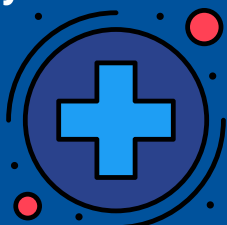
System Changes

Brought a new system to improve quality care for rural areas



ActiveWV 2030 Physical Activity Plan Sector:

Healthcare



Building Capacity Stronger Communities



Talked about topics related to pregnancy, benefits of exercise, importance of health screenings, and food access

Walking group is **FREE** to all community members and a virtual option was given

The Bottom Line

The program has been a great success. The program not only involves doctors, but multiple health organizations from the area. They continue to outreach to get more people involved. This is a great way to get people moving while also learning important health topics that may not be available for them in their area. Learn more at walkwithadoc.org/join-a-walk/locations/morgantown-west-virginia/

