

## PARTNERSHIP STATES:

University of California–Davis

Delaware State University

University of the District of Columbia

University of Hawaii–Manoa

University of Kentucky

Louisiana State University

University of Maryland

University of New Hampshire

Rutgers University

The Ohio State University

Clemson University

Utah State University

West Virginia University



## FOR MORE INFORMATION

If you want more information about partnership states; are interested in becoming a partnership state; or would like more information about partnership materials for use at county extension offices, contact:

### Dr. Shirley Gerrior

USDA, Cooperative State Research,  
Education and Extension Service  
(CSREES)

**Mail:** 1400 Independence Avenue, SW  
Washington, DC 20250-2225

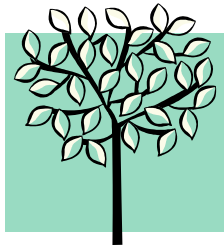
**Deliveries:** 800 9th St. SW  
Waterfront Centre Rm. 4144  
Washington, DC 20024

**Phone:** 202-720-4124

**Fax:** 202-720-9366



**America On the Move is a national initiative dedicated to helping individuals and communities across the country make positive changes to improve health.**



Cooperative Extension Service educators work to improve Americans' health and the environment to support healthy food choices and increase physical activity.



The Cooperative State Research, Education and Extension Service (CSREES) advances knowledge for agriculture, the environment, human health and well-being, and communities CSREES programs are open to all citizens without regard to race, gender, disability, religion, age, or national origin. USDA is an equal opportunity provider and employer.

April 2008

CSREES



**America On the Move  
and  
The Cooperative  
Extension Service:  
Partners for Healthy Living**





## PARTNERSHIP GOAL

The goal of the partnership between America On the Move® (AOM) and CSREES is to provide extension educators an effective way to engage communities, families, and individuals in making small, positive changes that will improve health and quality of life.

As a Cooperative Extension educator, you can benefit from this partnership through:

- access to AOM nutrition and physical activity resources;
- access to a walking program curriculum that can easily be incorporated into your regularly healthy lifestyles programming;
- an online database for data storage, tracking, and retrieval of data on your walking program participants;
- opportunity to enhance existing walking or health-related programs; and
- networking with the AOM community.



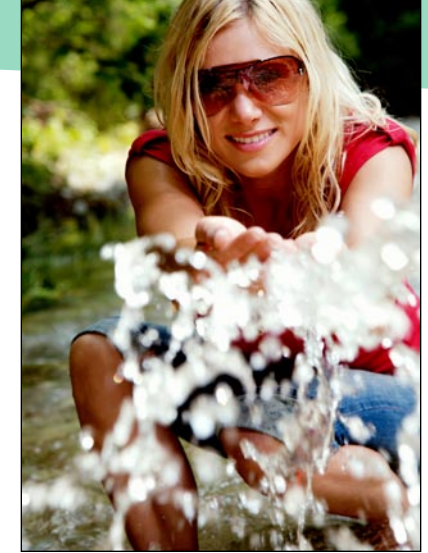
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To download your copy of the walking curriculum, ***A Partnership Guide for Walking and Healthy Living***, visit [http://www.csrees.usda.gov/nea/food/pdfs/aom\\_csrees.pdf](http://www.csrees.usda.gov/nea/food/pdfs/aom_csrees.pdf). The guide can be used with ongoing classes and presentations in a one-time or 6-week lesson format.

***A Partnership Guide for Walking and Healthy Living*** and the accompanying educational materials are available in English and Spanish.

The curriculum comes with supporting educational materials and a database that allows users the ability to collect and retrieve data related to walking or other types of physical activity programs.

The database has numerous features to view demographics, calculate participant/class steps, and evaluate progress of your clients.



## SUCCESS STORIES

“ I always say that little changes can make a big difference, so I liked the idea of 2,000 more steps per day and 100 fewer calories suggestions.”

—Participant from AOM walking program, 2007.

“ AOM has a wealth of support materials and tools on their Web site to help extension professionals encourage walking and increased physical activity. The partnership is a great step toward making extension one of the leaders in teaching healthy living.”

—FCS Extension Educator, 2008.

