

Title of Intervention	Developing Walking Trails in Rural Missouri	
Website	http://hnp.sagepub.com/cgi/content/abstract/9/4/387	
Intervention Strategies	Environment and Policy	
Purpose	Present a summary of approaches being used in developing walking trails, to increase physical activity, in rural Missouri.	
Populations	Rural, general	
Settings	Community-based	
Partners	Ozark Heart Health Coalitions. Also: Parks & Recreation; Missouri Foundation for Health; local citizens; South Central Public Health Department; Howell County Heart Health Coalition; and Big Springs Regional Conservation and Development Council.	
Intervention Description	Development of local trails (from .25 to 2.4 miles) in rural communities, based on available resources.	
Theory	Not mentioned	
Resources required	Staff/Volunteers:	Coalitions, local citizens, local government, others as determined by local need and resources.
	Training:	Not mentioned.
	Technology:	Not mentioned.
	Space:	Variable based on availability.
	Budget:	Variable based on resources.
	Intervention:	Variable based on local resources and funding (i.e. gravel, chat, or pavement).
	Evaluation:	Survey: interview with walkers and community residents. Random digit-dial phone interviews.
Evaluation	Design:	Case series
	Methods and Measures:	Review quantitative and qualitative data from two local walking trail projects to determine lessons learned. Evaluate trail usage via walker interviews and telephone surveys.
Outcomes	Short term impact:	57% of walkers and 55.2% of telephone survey participants reported increased physical activity since using the trails.
	Long term impact:	Initial trail locations have been expanded or connected. Additional resources such as playgrounds and water fountains have been added to some locations.
Maintenance	Maintenance should be determined at the beginning of the project. It is often assumed by the land owner, such as local government.	
Lessons Learned	1) Trail promotion through newsletters, activities, etc. is important to increasing trail use.	
	2) "Even in rural setting with limited resources, trails can be built and maintained when the community is mobilized."	

Citation(s)	Wiggs, Imogene, Brownson, Ross C., and Baker, Elizabeth A. (2008) If You Build It, They Will Come: Lessons From Developing Walking Trails in Rural Missouri. Health Promotion Practice. 2008: 9: 387-394
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*This intervention is a case series example of a recommended strategy, these cases present weak evidence of effectiveness.