

Active People, Healthy NationSM NACDD Walkability Action Institute

Overall Project Outcomes 2015-2023

(Prepared and Submitted by Karma E. Edwards, MSPH – NACDD Walkability Project Lead)

Official Course Titles:

- **For years 2015-2019:** Action Institute to Increase Walking and Walkability, therein referred to as the *Walkability Action Institute* (WAI).
- **For years 2020-2021:** Walkability Virtual Academy (WVA)
- **For years 2022-2023:** Active People, Healthy Nation WAI, WVA, or Hybrid WAI/WVA

Past Course Details:

Chart 1: NACDD WAI Project Past Course Details (2015-2023)

WAI Year:	WAI Dates:	Locations:	Target Audience:	Participants:	Attending Teams:
Year 1, Cohort 1 (2015)	May 3-6, 2015	Nashville, Tennessee	Interdisciplinary state teams (plus two regional teams)	63	1-Arkansas (state) 2-Colorado (state) 3-Indiana (state) 4-Michigan (state) 5-Montana (state) 6-New Hampshire (state) 7-Ohio (state) 8-Oregon (state) 9-Southwest Minnesota (region)

WAI Year:	WAI Dates:	Locations:	Target Audience:	Participants:	Attending Teams:
					10-Tennessee (state) 11-Virginia (state) 12-Wisconsin Fox Valley (region)
Year 2, Cohort 2 (2016)	April 23-26,2016	Decatur, Georgia	Interdisciplinary regional (MPO) teams	55	13-Austin, Texas 14-Chattanooga, Tennessee 15-Des Moines, Iowa 16-Grand Island, Nebraska 17-Grand Rapids, Michigan 18-Greenville, North Carolina 19-Hartford, Connecticut 20-Knoxville, Tennessee 21-Macatawa, Michigan 22-Portland, Maine
Year 3, Cohort 3 (2017)	April 3-6, 2017	Decatur, Georgia	Interdisciplinary regional (MPO) teams	58	23-Cleveland, Tennessee 24-Cook County, Illinois 25-Corridor, Iowa 26-Duluth, Minnesota 27-Flint, Michigan 28-Mansfield, Ohio 29-Oahu, Hawaii 30-Rochester, New York

WAI Year:	WAI Dates:	Locations:	Target Audience:	Participants:	Attending Teams:
					31-Tacoma/Pierce County, Washington 32-Tulsa, Oklahoma
Year 4, Cohort 4 (2018)	April 9-12, 2018	Decatur, Georgia	Interdisciplinary regional (MPO) teams	56	33-Albuquerque, New Mexico 34-Allegheny County, Pennsylvania 35-Anchorage, Alaska 36-Eau Claire, Wisconsin 37-Hidalgo County, Texas 38-Lawrence- Douglas Counties, Kansas 39-Las Vegas, Nevada 40-Richmond, Virginia 41-Springfield, Missouri
Year 5, Cohort 5 (2019)	April 22-25, 2019	Decatur, Georgia	Interdisciplinary regional (MPO) teams	56	42-Broward County, Florida 43-Clackamas County, Oregon 44-Daytona, Florida 45-Lane County, Oregon 46-Larimer/Weld Counties, Colorado 47-Marshall County, Indiana 48-Maui, Hawaii

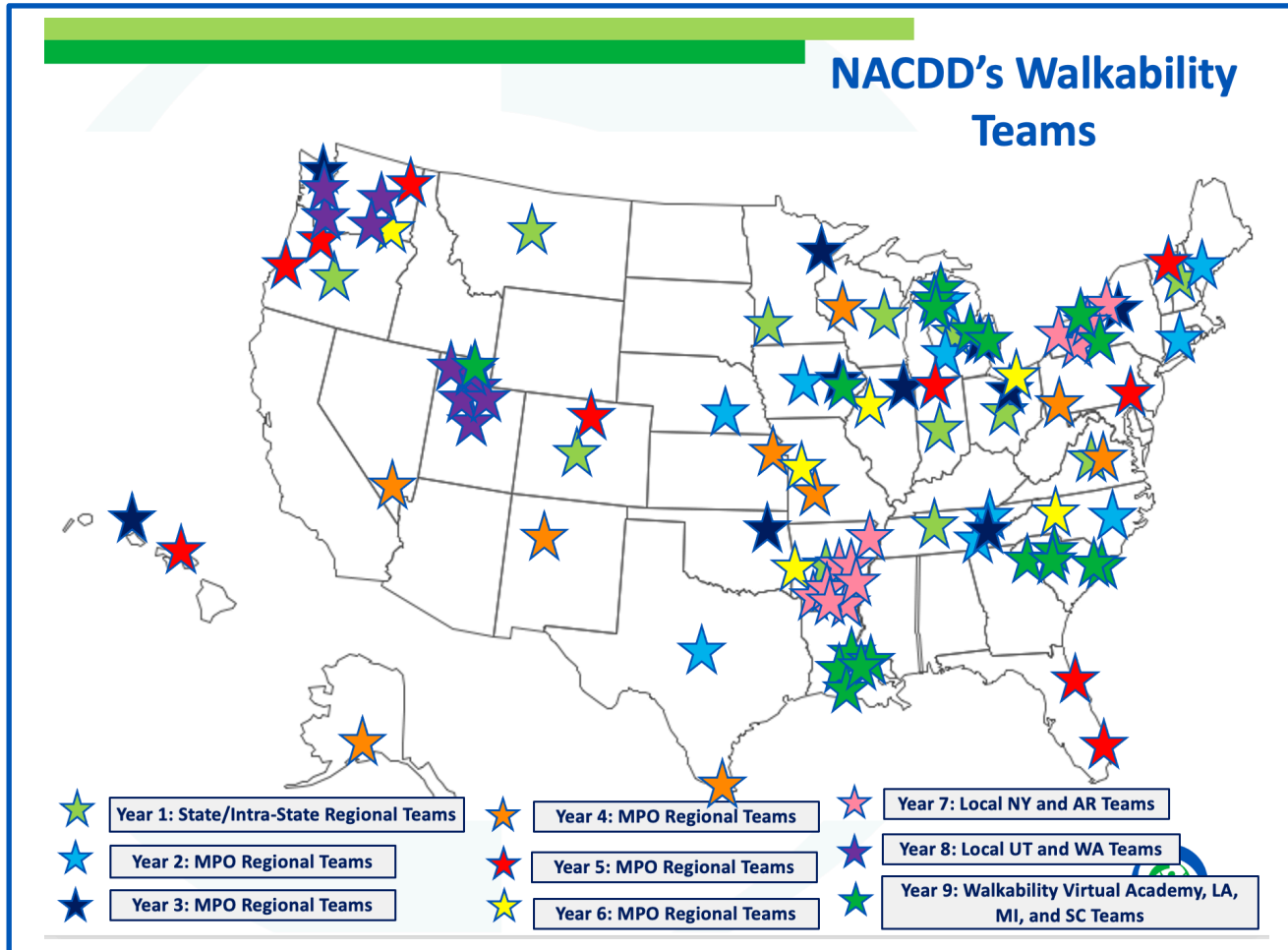
WAI Year:	WAI Dates:	Locations:	Target Audience:	Participants:	Attending Teams:
					49-Montgomery County, Pennsylvania 50-Northwest Vermont 51-Spokane, Washington
Year 6, Cohort 6 (2020)	September 9, 2020- March 31, 2021	Zoom Meeting platform	Interdisciplinary regional (MPO) teams	74	52-Frontier, Arkansas 53-Greater Hickory, North Carolina 54-Kaysinger Basin Region, Missouri 55-Northeast Ohio 56-Peoria, Illinois 57-Walla Walla Valley, Washington
Year 7, Cohorts 7-8 (2021)	Cohort 7 (AR): July 12-15, 2021	Zoom Meeting platform	Interdisciplinary local teams	46	58-England, Arkansas 59-Hamburg, Arkansas 60-Helena West Helena, Arkansas 61-Lewisville, Arkansas 62-Lonoke, Arkansas 63-Stuttgart, Arkansas
	Cohort 8 (NY): July 19-23, 2021	Zoom Meeting platform	Interdisciplinary local teams	26	64-Erie County, New York 65-Lewis County, New York

WAI Year:	WAI Dates:	Locations:	Target Audience:	Participants:	Attending Teams:
					66-Olean, New York 67-Waterloo, New York
Year 8, Cohorts 9-10 (2022)	Cohort 9 (UT): April 20-21, 2022 (WAI); May 12-July 28, 2022 (WVA)	Provo, Utah (WAI); Zoom Meeting platform (WVA)	Interdisciplinary local teams	36	68-Midvale City, Utah 69-Moroni, Utah 70-Ogden/Weber, Utah 71-Utah County, Utah 72-Wasatch County, Utah 73-Willard City, Utah
	Cohort 10 (WA): May 2-5, 2022	Olympia, Washington	Interdisciplinary local teams	30	74-Clark County, Washington 75-Grant County, Washington 76-Thurston County, Washington 77-Tri Cities, Washington
Year 9, Cohorts 11-14 (2023)	Cohort 11 (National WVA): February 27- May1, 2023	Zoom Meeting platform	Interdisciplinary local teams	23	78-Genesee County, New York 79-Linn County, Iowa 80-Nibley City, Utah 81-Schuyler County, New York
	Cohort 12 (LA): April 25-28, 2023	Baton Rouge, Louisiana	Interdisciplinary local teams	20	82-Abbeville, Louisiana 83-Bunkie, Louisiana 84-Hammond, Louisiana 85-Sunset, Louisiana

WAI Year:	WAI Dates:	Locations:	Target Audience:	Participants:	Attending Teams:
	Cohort 13 (MI): May 9-10, 2023 (WAI); May 25-June 13, 2023 (WVA)	Ann Arbor, Michigan (WAI); Zoom Meeting platform (WVA)	Interdisciplinary local teams	27	86-Zachary, Louisiana 87-Kalkaska, Michigan 88-Kent County, Michigan 89-Muskegon County, Michigan 90-Saginaw, Michigan
	Cohort 14 (SC): June 6-7, 2023 (WAI); June 19-29, 2023 (WVA)	Spartanburg, South Carolina (WAI); Zoom Meeting platform (WVA)	Interdisciplinary local teams	42	91-Anderson, South Carolina 92-Fairfield County, South Carolina 93-Georgetown County, South Carolina 94-West Columbia/ Cayce, South Carolina 95-Williamsburg County, South Carolina
TOTALS:					
14 WAI Cohorts	N/A	N/A	10 Interdisciplinary State Teams; 47 Interdisciplinary Regional Teams; 38 Interdisciplinary Local Teams	612	95 Teams from 36 States

States Represented among WAI Teams:

- A total of **95** interdisciplinary teams have participated in the WAI project over a **nine-year** period from within **36** states (see map below).



NACDD WAI Outcomes:

Throughout the nine-year project period, outcomes have been captured through semi-annual or annual self-report progress reports administered using the online Survey Monkey or Qualtrics mechanisms to Team Leads. The data provided has been categorized into the following outcome categories:

- New Policy (P) Changes
- New System (S) Changes
- New Environmental (E) Changes
- New Non-PSE Changes
- New Tools Developed
- New Resources Developed
- Additional Outcomes in Progress (but not fully accomplished yet)

While the outcomes are gathered and listed cumulatively in separate cohort lists, the total numbers are reflected in Chart 2 below to provide total NACDD WAI project outcomes per cohort. To date, a total of **1,416** outcomes have been self-reported, collectively reaching **60,354,216** people (Chart 3) within the project’s **95** locations and **36** states. *(Please note this number includes the **140** additional outcomes that have currently been initiated by a team and are considered as still in progress).*

Chart 2: NACDD WAI Project Total Self-Reported Outcomes (2015-2023)

Cohort Year:	Policy Change:	System Change:	Environmental Change:	Non-PSE Change:	New Tools:	New Resources:	Additional Outcome in Progress:	Total:
Cohort 1 (2015)	44	40	62	227	4	12	19	408

Cohort Year:	Policy Change:	System Change:	Environmental Change:	Non-PSE Change:	New Tools:	New Resources:	Additional Outcome in Progress:	Total:
Cohort 2 (2016)	7	8	15	57	2	0	20	109
Cohort 3 (2017)	31	20	135	87	1	1	33	308
Cohort 4 (2018)	19	13	167	46	2	1	32	280
Cohort 5 (2019)	6	7	22	11	1	0	0	47
Cohort 6 (2020)	8	9	23	32	1	2	10	85
Cohort 7 AR (2021)	4	0	7	8	0	0	1	20
Cohort 8 NY (2021)	1	2	9	2	0	0	1	15
Cohort 9 UT (2022)	1	3	8	2	0	0	2	16
Cohort 10 WA (2022)	4	8	28	14	2	0	8	64
Cohort 11 WVA (2023)	1	4	3	9	0	0	0	17

Cohort Year:	Policy Change:	System Change:	Environmental Change:	Non-PSE Change:	New Tools:	New Resources:	Additional Outcome in Progress:	Total:
Cohort 12 LA (2023)	0	2	2	6	0	0	9	19
Cohort 13 MI (2023)	0	0	0	2	0	0	1	3
Cohort 14 SC (2023)	0	3	11	7	0	0	4	25
Total:	126 (8.9%)	119 (8.4%)	492 (34.7%)	510 (36%)	13 (.9%)	16 (1.1%)	140 (9.9%)	1,416

Chart 3: NACDD WAI Project Outcome Total Reach

Cohort Year:	Self-Reported Total Outcomes:	Self-Reported Total Unduplicated Reach:
Cohort 1 (2015)	408	41,585,337
Cohort 2 (2016)	109	3,241,998
Cohort 3 (2017)	308	6,828,098
Cohort 4 (2018)	280	3,008,238
Cohort 5 (2019)	47	1,611,415
Cohort 6 (2020)	85	2,323,952

Cohort Year:	Self-Reported Total Outcomes:	Self-Reported Total Unduplicated Reach:
Cohort 7 AR (2021)	20	14,580
Cohort 8 NY (2021)	15	1,174,956
Cohort 9 UT (2022)	16	2,224
Cohort 10 WA (2022)	64	560,190
Cohort 11 WVA (2023)	17	2,232
Cohort 12 LA (2023)	19	-----
Cohort 13 MI (2023)	3	-----
Cohort 14 SC (2023)	25	996
Total:	1,416	60,354,216

NACDD WAI Project Return-on-Investment (ROI) and Leveraged Funds:

NACDD includes a question in the progress reports pertaining to the amount of funds leveraged by WAI teams since attending the WAI to implement related walkability outcomes. While this funding data is also listed cumulatively per team in separate cohort lists, Chart 4 details the total dollars leveraged per cohort to date below.

Additionally, the total funds leveraged per cohort are divided by the NACDD funding received for the WAI project for each cohort year to estimate NACDD's WAI *project* ROI. NACDD received project funds from the Centers for Disease Control and Prevention (CDC) Division of Nutrition, Physical Activity, and Obesity (DNPAO) for 13 of the 14 cohorts; NACDD received project funds from the Michigan Public

Health Institute (MPHI) for one cohort. Chart 4 also displays estimated *project* ROI per cohort year as well as for the nine-year WAI project period overall.

Chart 4: NACDD WAI Total Funds Leveraged Per Cohort

Cohort Year:	Total Funds Leveraged Per WAI Cohort:	NACDD Project Funds Received Per WAI Cohort:	Estimated NACDD WAI <i>Project</i> ROI: (rounded to nearest tenth and whole)
Cohort 1 (2015)	\$141,312,361	\$200,000 (CDC DNPAO)	706.6:1 (707:1)
Cohort 2 (2016)	\$9,242,521	\$300,000 (CDC DNPAO)	30.8:1 (31:1)
Cohort 3 (2017)	\$241,281,446	\$300,000 (CDC DNPAO)	804.3:1 (804:1)
Cohort 4 (2018)	\$84,690,954	\$250,000 (CDC DNPAO)	338.8:1 (339:1)
Cohort 5 (2019)	\$11,200,002	\$300,000 (CDC DNPAO)	37.3:1 (37:1)
Cohort 6 (2020)	\$4,359,006	\$314,000 (CDC DNPAO)	13.9:1 (14:1)
Cohort 7 AR (2021)	\$36,765,000	\$210,000 (CDC DNPAO)	175.1:1 (175:1)
Cohort 8 NY (2021)	\$6,018,000	\$210,000 (CDC DNPAO)	28.7:1 (29:1)
Cohort 9 UT (2022)	-----	\$210,000 (CDC DNPAO)	-----

Cohort 10 WA (2022)	\$4,142,934	\$210,000 (CDC DNPAO)	19.7:1 (20:1)
Cohort 11 WVA (2023)	\$35,000	\$180,000 (CDC DNPAO)	0.2:1 (0)
Cohort 12 LA (2023)	\$10,000	\$180,000 (CDC DNPAO)	0.1:1 (0)
Cohort 13 MI (2023)	\$290,000	\$140,000 (MPHI)	2.1:1 (2:1)
Cohort 14 SC (2023)	\$28,653	\$180,000 (CDC DNPAO)	0.2:1 (0)
Total WAI Project	\$539,375,877	\$3,184,000	169.4:1 (169:1) <i>*includes CDC DNPAO and MPHI funding</i>
<i>*NACDD/CDC DNPAO Project ROI (\$539,085,877 / \$3,044,000 = 177.1:1 (177:1)</i>			

Evaluation and Data Limitations:

The following factors serve as possible limitations to the outcomes data. NACDD acknowledges the following:

- The method of how NACDD and CDC DNPAO categorizes and counts WAI outcomes data may differ, however, the same counting and categorization methods were maintained throughout the nine-year project period.
- These outcomes are provided through voluntary annual and online progress reports. Any outcomes counted and categorized derived from the completed progress reports received. Because the outcome and fiscal data are voluntarily self-reported by Team Leads, outcomes and fiscal data are likely underreported since not all teams complete the progress report surveys.

- Each survey respondent is subject to not providing detailed feedback to the questions asked on the progress report survey. The NACDD Project Lead attempted to gain clarification and details in follow-up emails and phone conversations where vague and/or unclear responses were entered into the surveys, however, not all Team Leads provided additional detail or responses when asked.

The **Supporting the Growth of Walkability Action Institutes Across the Country** project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling **\$720,000** (FY22) with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.