

## PARTNERSHIP INSTITUTIONS:

Auburn University  
University of California-Davis  
Delaware State University  
University of the District of Columbia  
University of Hawaii-Manoa  
Purdue University  
University of Kentucky  
Louisiana State University  
University of Maryland  
University of New Hampshire  
Rutgers University  
The Ohio State University  
Pennsylvania 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:

USDA, National Institute of Food and Agriculture (NIFA)

Mail: 1400 Independence Avenue, SW  
Washington, D.C. 20250-2225

Deliveries: 800 9th St. SW  
Waterfront Centre Rm. 4414  
Washington, D.C. 20024

Phone: 202-720-2908  
Fax: 202-720-9366

Or visit: <http://www.americaonthemove.org/usda/>



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



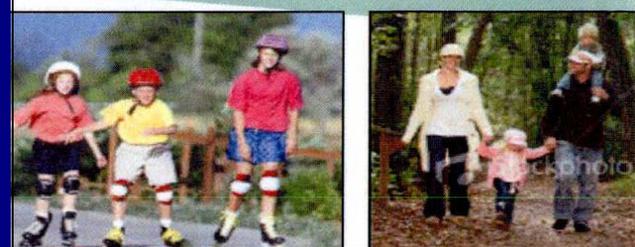
Cooperative Extension Service educators work to improve Americans' health and the environment to support healthy food choices and increase physical activity.



United States Department of Agriculture  
National Institute of Food and Agriculture

The National Institute of Food and Agriculture (NIFA) advances knowledge for agriculture, the environment, human health and well-being, and communities. NIFA 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 2010



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



United States  
Department of  
Agriculture  
National Institute  
of Food and  
Agriculture





## PARTNERSHIP GOAL

The goal of the partnership between America On the Move® (AOM) and NIFA 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;
- networking with the AOM community.



## PARTNERSHIP GOAL

To download your copy of the walking curriculum, *A Partnership Guide for Walking and Healthy Living*, visit [http://www.nifa.usda.gov/nea/food/pdfs/walking\\_guide.pdf](http://www.nifa.usda.gov/nea/food/pdfs/walking_guide.pdf). The Guide can be used with ongoing classes and presentations in a one-time or six-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 website 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.

