

# We Walk PHL

## Participant Survey Findings



### Background

We Walk PHL is a network of free walking groups at public parks throughout Philadelphia. Launched in 2017, We Walk PHL is a partnership between Fairmount Park Conservancy, the Philadelphia Department of Public Health, and Philadelphia Parks & Recreation. We Walk PHL seeks to promote positive health outcomes, increase use of Philadelphia's park system, and create opportunities for people to pursue fitness goals while meeting their neighbors.

From 2019-2022, We Walk participants were surveyed were administered through 5 surveys. Although all five surveys share some questions, they followed different formats. Three were administered post-season, and two before the season had begun. One of the post-season surveys used a much shorter list of questions than the other two.



### WEWALK PHL IS OVERWHELMINGLY POPULAR

"I get so much joy out of walking with my We Walk PHL friends... I find myself with a big smile on my face long after the walk is over."

Participants credit We Walk with improving mental & physical health by allowing them to safely experience the outdoors, find a supportive community, & have regular exercise.

Participants regret the conditions of some parks, at which they have encountered trash, disrepair, & erratic behavior from other park goers.

The most common complaints about the program itself are that the season is too short & the program is not offered widely enough.

### Demographics

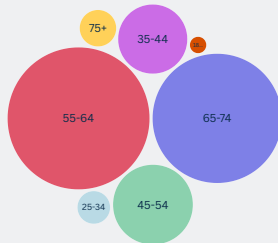
"I met tons of positive black women that are beautiful and powerful and amazing- each in their own right."

#### REPORTED GENDER



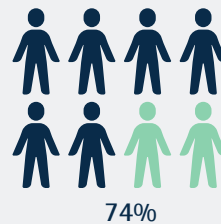
Nearly 9 out of 10 participants identify as female.

#### AGE



The majority of participants were between the ages of 55-74.

#### RACE



Nearly 75% of participants were Black.

#### CHRONIC CONDITIONS

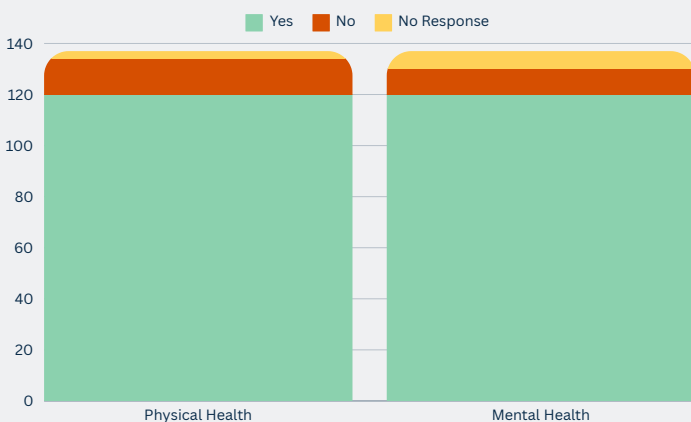


About 3/4 of participants had 1 or more chronic conditions.

### Participant Satisfaction

"We Walk helped me become more focused on exercise. I appreciate [being around] other folks that are health conscious. Love being out in nature on a regular basis."

#### HAS WE WALK IMPROVED YOUR...



#### OVERALL PROGRAM SATISFACTION

