



- Geographic Area:** Albuquerque and Santa Fe
- Target Audience:** All residents who could benefit from physical activity, especially walking, with a special focus on those with chronic disease
- Lead Organization:** New Mexico Health Care Takes On Diabetes (NMHCTOD)
- Description:** With Prescription Trails, participating healthcare providers receive blank prescriptions to prescribe specified amounts of activity based on the patient's physical condition, to treat chronic diseases such as diabetes, depression and high blood pressure. The prescriptions come with a walking guide that lists parks and trails in the community, making it easy for patients to find options for walking. Local Prescription Trails programs are developed by partner organizations that have a vested interest in walkable communities. For more information, contact:
- Charm Lindblad (NMHCTOD) at [clind48535@aol.com](mailto:clind48535@aol.com)**  
- or -  
**Diabetes Prevention and Control Program at [dpcp@diabetesnm.org](mailto:dpcp@diabetesnm.org)**

Publications about Prescription Trails are available through the links below:

[Fact sheet about Prescription Trails \(Albuquerque\)](#)

[Albuquerque Trail Maps](#)

[Fact sheet about Prescription Trails \(Santa Fe\)](#)

[Santa Fe Trail Maps](#)

[The Nation's Health article \(October 2009\)](#)

[Santa Fe New Mexican article \(August 2009\)](#)

[New Mexico Public Health Association article \(Summer 2008\)](#)