



Española Walking Guide

**Geographic Area:** Statewide

**Target Audience:** All residents who could benefit from physical activity, especially walking, with a special focus on those with chronic disease

**Lead Organization:** Diabetes Prevention and Control Program (DPCP)

**Description:** The DPCP supports a number of walking programs throughout the state, including Cuba, Española and Santa Fe. If you are interested in starting a walking program in your community, you can access our step-by-step guide on how to do this at [www.diabetesnm.org](http://www.diabetesnm.org).

For more information about the **Cuba** program, go to the Step-into-Cuba website at <http://stepintocuba.org/>.

For more information about the **Española** program, go to the Rio Arriba Health Council website at [www.rachc.org](http://www.rachc.org) and download the Española Valley Walking Trail Guide.

With the Prescription Trails program in **Santa Fe**, 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. For more information about the Santa Fe Prescription Trails program, contact [dpcp@diabetesnm.org](mailto:dpcp@diabetesnm.org) and consult this link: [Santa Fe Trail Maps](#)

For information about other Prescription Trails programs in New Mexico, go to <http://prescriptiontrailsnm.org/index.shtm>