



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.

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 and to get a copy of the walking guide for 10 trails in the Española valley, contact Kathy Garcia at Kgarcia5@phs.org or 505-367-4402.

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. Local Prescription Trails programs are developed by partner organizations that have a vested interest in walkable communities. For more information about the Santa Fe Prescription Trails program, contact dpcp@diabetesnm.org and consult these links:

[Brochure about Prescription Trails \(Santa Fe\)](#)

[Poster for Prescription Trails \(Santa Fe\)](#)

[Santa Fe Trail Maps](#)

[Journal North article \(April 2010\)](#)

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

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

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