

CHRONIC DISEASE PREVENTION WORK GROUP REBECCA TRYON, HHSA

4/26/2017

MAY IS...BIKE MONTH!

WHO SPONSORS THIS CAMPAIGN?

 This national campaign is supported locally through the Sacramento Area Council of Governments (SACOG).

WHAT IS THE PURPOSE/HISTORY?

• The primary purpose is to reduce vehicle miles traveled via car by encouraging residents to hop on 2 wheels and enjoy a bike ride!

IS THERE A COUNTY CHAMPION (LEAD AGENCY)?

- The Yolo County Transportation Management Association (TMA) promotes May is Bike month with member agencies (employers) in the County.
- The County of Yolo is a member and the Woodland Safe Routes to School program partners with the County and the TMA to encourage biking in May.

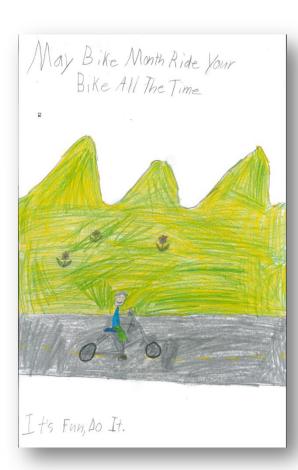
CAMPAIGN EFFORTS

- Community events
- Staff events
- Facebook
- Poster contests



Foot Power Fan Club at schools





GET INVOLVED

- PROMOTE our events
- Participate in events
- As a parent of a WJUSD elementary school GET INVOLVED!
- Get out and RIDE your bike!
- TAKE your kids on a bike ride
- Get your bike REPAIRED and pump your tires
- Purchase a new helmet so you're ready to ride



For more info on regional activities: www.mayisbikemonth.com

COLLECTIVE IMPACT

MENTAL HEALTH

"Nothing compares to the simple pleasure of a bike ride" – JFK

Biking can improve mood, allows for fresh air, offers a transportation mode and independence, and can improve physical (which can improve mental) health.

AGING

"Life is like riding a bicycle. In order to keep your balance, you must keep moving." - Albert Einstein

Physical activity over the life span can improve fitness, physical strength and coordination, which can reduce injuries, falls, and fitness related disease risks.

CHRONIC DISEASE

"When you ride a bike and you get your heart rate up and you're out...your mind tends to expand; it tends to relax." George W. Bush

The physical and mental benefits of biking and being outdoors can reduce lifestyle-related chronic disease risks; biking can be a mode of transport to access fresh foods to improve health.