



“Your office has provided training and technical assistance to help county health departments initiate different physical activity-related programs. We wouldn’t be where we are at today without your help. You’ve provided good program models and follow-up assistance.”

Sara Sundquist
Health Education Specialist
Shasta County
Public Health Department

About Us

The California Center for Physical Activity, a program of the California Department of Health Services, creates opportunities for everyday physical activity by connecting partners to active living resources and helping develop more walkable and bikeable communities for the state’s diverse population.

Center projects include:

CALIFORNIA ACTIVE AGING NETWORK is an extension of the Center’s Active Aging Community Task Forces, which were established in 28 counties throughout the state to increase the number of Californians over 50-years-old who daily engage in physical activity. The Network will serve as a leader for the state in addressing active aging issues.

CALIFORNIA’S WALK TO SCHOOL HEADQUARTERS provides all the materials, ideas and technical assistance needed to get a Walk to School program started in a neighborhood. Whether hosting a first Walk to School event or conducting a year-round program, our tools can help build a tailored program for schools statewide.

HEALTHY TRANSPORTATION NETWORK assists California’s local decision-makers as well as traffic engineers, land use planners and law enforcement with ways to promote and design safer walk- and bike-friendly communities.

LOCAL PUBLIC HEALTH AND THE BUILT ENVIRONMENT increases public health department staff knowledge of the built environment’s impact on community health.

SAFE ROUTES FOR KIDS seeks to make it easier for children and youth to walk or bike to school, community centers, libraries, parks and local businesses through trainings that address community walkability.

California is the first state in the nation to offer **WALKABLE COMMUNITY WORKSHOPS** that are led by trained, in-state experts. The four-hour workshops convene community stakeholders and serve as the impetus for policy and environmental changes that make it easier and safer to walk in a community. Workshops can focus on safe routes to school, safe routes to transit, safe routes for seniors, and safe routes to healthy foods.