

APRIL 15  
–  
AUGUST 28

San Joaquin County CalFresh Healthy Living's ParkRx 2025:

# Oak Park Community Walking Program Highlights

Through 5 million steps, 2,000+ miles, and dozens of community-led activities, Oak Park's Community Walking Program has shown the power of walking together. By blending physical activity, health education, and local leadership, the initiative is building not just healthier habits, but a stronger and more connected Stockton community.

## PROGRAM OVERVIEW

- 42 walks hosted
- 102 Stockton residents reached
- 21 average walkers per session
- Approximately 2085 miles walked
- A collective 5,222,865 steps taken
- Walks conducted in 3+ languages (English, Spanish, Khmer)

## IMPACT IN NUMBERS

- Walkers covered almost 3 times the length of California in steps, or 8.4% of the way around the Earth.
- An estimated 72,979 calories burned, the equivalent of 20.85 pounds of weight loss.



## WALK GROUPS

- **Steady Striders:** averaged **1.27 miles per day**, increasing to 2.0 miles.
- **Leisure Legends:** averaged **0.81 miles per day**, increasing to 1.3 miles.



Several participants achieved perfect attendance - some joining every walk for multiple months.



Over a dozen community members joined 75% + of walks this summer.



A few also demonstrated leadership by volunteering as walk leaders

## ENRICHMENT & COMMUNITY ENGAGEMENT

5

CalFresh Healthy Living Food Demos

5

Mobile Farmers Market Produce Distribution

1

Walk with a Doc Chapter Established

3

Guest Walk Leaders\*

*\*2 health care professionals and 1 public health professional*





**The Oak Park Community Walking Program** inspired over 100 Stockton residents to enjoy nature, meet people, and walk for their health. Across 42 walks, participants logged more than 5.2 million steps (2,085 miles) — nearly three times the length of California. Alongside the walks, residents enjoyed health and nutrition education, food demonstrations, farmers market distributions, and Walk With a Doc sessions, all while strengthening community connections and building healthier futures.





Photo Credit: Emergency Food Bank of Stockton/San Joaquin

