



ROME WALKING ROUTES

The walking routes crisscrossing the city of Rome, Italy, provide residents with an opportunity to engage in free and accessible physical activity. In addition to getting citizens moving, this initiative helps build healthier communities by creating stronger social networks.

Partners

See an overview of the partners below



Building healthy communities with walking routes

A need to make physical activity accessible

When Rome joined the Cities Changing Diabetes programme in 2017, it began a three-year study that mapped the prevalences of obesity and diabetes in the city, and examined the impact of urbanisation on type 2 diabetes. One of the insights that emerged during this process was that 40% of residents in Rome considered themselves physically inactive¹. In response to this, a collaborative effort between Cities Changing Diabetes, Health City Institute, To Walk in the City Lab, Roma Metropolitan City, and a network of municipalities, scientific societies and patient associations gave rise to the city's walking routes.

Getting healthier one step at a time

The walking routes were created to encourage citizens to participate in free and accessible physical activity. There are 74 walking routes covering approximately 460km in Rome's metropolitan area. Designed by Olympic gold medallist Maurizio Damilano, the routes cover urban, tourist, environmental and athletic itineraries. Each of the routes includes information about places of interest, facilities and amenities in the area. This information is accessible via a smartphone application that allows users to track how far they have walked and interact with other users.

Building healthier communities through connection

Through this initiative, Rome has developed one of the most extensive networks of walking routes in Europe. Roughly 100,000 people use the routes and, while they are open to all who live in or visit the city,

special measures have been taken by local health authorities and patient associations to encourage the involvement of people living with diabetes.

There are approximately 600 people in the 32 walking groups that currently use the routes. By fostering these social networks, the initiative has done more

than simply provide citizens with an opportunity to engage in physical activity: it has played an important role in building healthier communities.

The initiative can easily be replicated. Many other cities, including Milan, Turin and Bologna, have already followed Rome's example.



Partners

- Rome Capital City
- Health City Institute
- National Institute for Health
- Italian Municipalities Association
- IBDO Foundation
- University of Rome La Sapienza
- University of Roma Tor Vergata
- Censis Foundation
- National Institute of Statistics
- Institute for Competitiveness
- Centre for Outcomes Research and Clinical Epidemiology
- Italian Diabetes Society (SID)
- Italian Diabetologist Association (AMD)
- Italian Society of GPs (SIMG)
- FederDiabete Lazio
- Diabete Italia
- C14+
- Cittadinanzattiva
- IO-Net
- CONI
- FIDAL
- Italian Society of Paediatric Endos (SIEDP)
- Italian Endos Society (SIE)
- Italian Obesity Association (SIO)
- Italian Association of Dietetics and Clinical Nutrition (ADI)
- Fitwalking Association
- Parliamentary Intergroup on QoL in Cities
- University Rome Foro Italico
- Fondazione SportCity



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