

Get Moving, Louisiana

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Louisianans were none too pleased last July when a *BusinessWeek* article named their home the state with the most sedentary lifestyle in the nation. Now a coalition led by the Prevention Research Center at Tulane is organizing a one-day summit to do something about it.



With the fifth-highest rate of adult obesity and the fourth-highest rate of childhood obesity in the country, it's tough to argue against promoting a more active culture to ensure “les bon temps rouler for future generations,” says Kate Parker-Karst, director of the KidsWalk Coalition.

On Nov. 13, the coalition will host *Walk & Roll Louisiana 2010*, a free, one-day summit for families, citizen advocates and policymakers to work toward improving street safety for recreation, cycling and transportation.

The coalition, led by the [Prevention Research Center](#) of the Tulane School of Public Health and Tropical Medicine, is a group of public health, transportation and advocacy organizations dedicated to reducing childhood obesity in New Orleans by promoting active environments.

The summit will feature advocacy and policy panels, keynote presentations and bicycle safety training, helmet giveaways and other activities for youth.

“Less than one in four high school students report being physically active for at least an hour a day,” says Parker-Karst. “At Walk & Roll Louisiana 2010, we will unite local policymakers, organizational leaders and concerned community members to advocate for environments that promote physical activity for youth and their families.”

The event will be held at the Sojourner Truth Neighborhood Center, 2200 Lafitte St. in New Orleans, from 9:30 a.m. until 3 p.m. [Registration](#) is under way, and more information is available by calling 504-988-7778.

The event is a joint effort of KidsWalk Coalition members: the AARP, the Metro Bicycle Coalition, Tulane, the University of New Orleans Center for Urban and Public Affairs and the City of New Orleans Department of Public Works.

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