

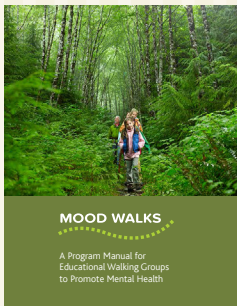
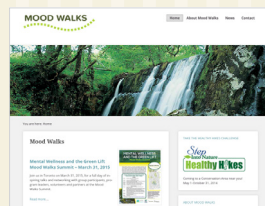
Mood Walks for Older Adults

AN ONTARIO
PILOT PROJECT

The Mood Walks program promotes both physical and mental health by reducing barriers and creating new opportunities for people experiencing mental health challenges to be physically active in the natural environment. Here are the results from our 2014 hiking season.

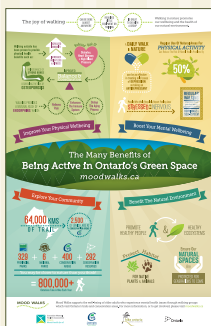
Resources

1 website
10,500
 PAGEVIEWS/YEAR
2,600
 VISITORS/YEAR



1 manual
 +
 evaluation
 toolkit

4
 newsletters



1
 poster



Training & Support

220

people participated in 9 webinars

257

people received Safe Hiker training

21

new Safe Hiker Instructors

51

new Certified Hike Leaders

2

new Certified Hike Leader Instructors

97%

of mental health agencies and

20%

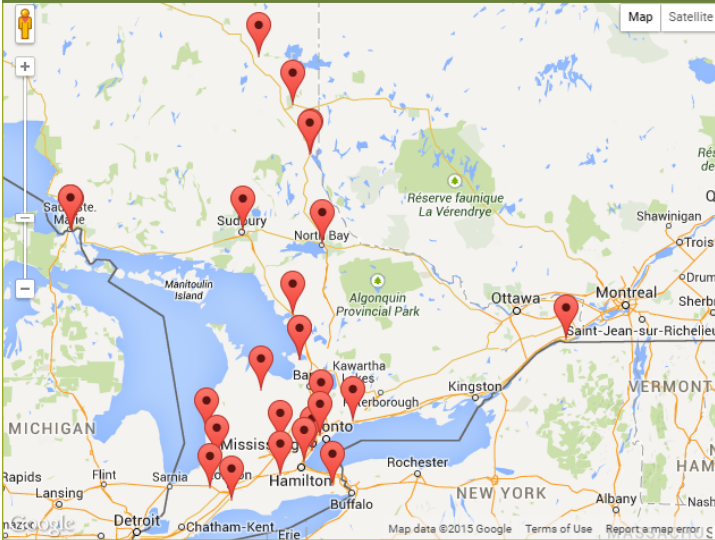
of partners consulted with
the Project Manager

90

people participated in the final
Mood Walks Summit

MOOD WALKS

Walking Groups



22 new walking  groups across Ontario

64% of groups walked for at least **10**  weeks

70  minutes = average length of walk

140 hours  of group walking time

 **896** hours of walking by participants

Most groups walked once per week, with an average of **6.4** participants per walk

42%  of hikes took place in Conservation Areas



Partnerships

Mental health agencies partnered with local hiking clubs, Conservation Authorities and student volunteers.

37 local partnerships (29 new partnerships)

29 hours = average contribution by partners

92% of partnerships described as “successful”

73% of partnerships “definitely” expected to continue



Impact on Mental Health Agencies

Participating in Mood Walks has...

Average Rating
(out of 5)

Increased overall client engagement	3.9
Enhanced capacity to implement physical activity interventions	4.2
Strengthened our agency's ties with the greater community	3.8
Enhanced our agency's ability to develop community partnerships	3.9
Supported the creation of peer leaders	3.5
Strengthened a health-promoting culture within our agency	4.0
Improved community awareness of our agency and its services	3.5
Improved staff connection to clients	4.2

Impact on Partners

Participating in Mood Walks has...

Average Rating
(out of 5)

Increased my awareness of nature's influence on mental health	4.3
Increased my understanding of mental health issues	3.5
Increased my comfort working with people who experience mental health issues	3.9
Increased interest of others in my organization to learn how to support people who experience mental health issues	3.8
Raised the profile of our organization in the community	3.3
Strengthened our organization's ties with the greater community	3.8
Enhanced our organization's capacity to develop community partnerships ..	3.5
Attracted the interest of new groups or members to our organization	3.3

Impact on Participants

Participants demonstrated a significant positive change (measured on a 10-point scale) in happiness, anxiety, and energy levels from pre- to post-walk.

Pre-Walk Happiness Score	Post-Walk Happiness Score	Significant Change
6.3	7.5	Yes ($p < 0.01$)
Pre-Walk Anxiety Score	Post-Walk Anxiety Score	Significant Change
4.2	3.2	Yes ($p < 0.01$)
Pre-Walk Energy Score	Post-Walk Energy Score	Significant Change
5.8	6.6	Yes ($p < 0.01$)

95% of participants achieved or somewhat achieved their personal goal.

“Mood Walks are awesome – I feel energized mentally, emotionally, physically, spiritually.”
 “I enjoyed every minute, every conversation, every emotion, every sight of the walks.”
 “I lost some weight, saw some new places, had fun with friends.
 I feel better about things. I can do things that I thought I couldn’t.”

For more information about Mood Walks, including access to the **program manual** and the **complete evaluation report**, visit www.moodwalks.ca

Mood Walks is an initiative of the Canadian Mental Health Association, Ontario, in partnership with Hike Ontario and Conservation Ontario. Financial support for the Mood Walks pilot project (2013-2015) was provided by the Ministry of Tourism, Culture and Sport through the Ontario Sport and Recreation Communities Fund.

