



Walking the Way to Health Initiative (WHI) Ballymena, County Antrim. Northern Ireland.

- Lindsay Dunlop. Countryside & Access Officer. Ballymena Borough Council.
- Frank McFarland . Volunteer Walk Coordinator & Walk Leader. Ballymena Health Walk Group.



WHI. Background

- March 1996. Be Active – be healthy. The Northern Ireland Physical Activity Strategy 1996-2002 was published.
- Ballymena Borough Council's endorsement of the Strategy
- Northern Health & Social Services Board N.I.
- Physical Activity Coordinator. Nicola Browne



WHI. Early Days

- Scheme Initiator Training
- Volunteer Walk Leaders Training
- Heart Start Training
- Pilot Programme. B.B.C & Braid Valley Hospital Staff.
- Initial Walk Programme.



WHI. Current Position

- Weekly Walk Programmes
- Evaluation & Research
- Adherence rates
- Psychological, Social & Physical Well Being



WHI. Way Forward

- Community Sports Development Officer
- Socially Disadvantaged Areas
- People with Disabilities

