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Naturopathic Doctor continues walk of conscience across USA for health equity

Fargo, ND - Dennis Godby, 69, ND, MA, a Sacramento, CA-Licensed Naturopathic Doctor (ND), on a 3,400 mile walk of conscience to raise awareness of significant health disparities, and support Health Equity, will continue his inspiring walking trek across 12 states - *Walk USA for Health Equity (WUHE)* – August 25-Sept. 25, 2025, on the 4th leg of his journey across the USA, from Fargo, ND to Bozeman, MT. This is Dr. Godby's third crossing of the USA on foot.

www.WalkUSAforHealthEquity.org/media/

The mission of WUHE is to raise awareness of health disparities, such as, one's zip code is often a better predictor of health outcomes than one's genetic code. Studies suggest that up to 60% of health is determined by where one lives, and to advocate for ALL Americans having a fair opportunity to achieve optimal health. WUHE focuses on: Implicit bias, Rural issues, Stress/Racism/Hypertension, Nutrition on a budget, Vitamin D deficiency, and Exercising in non-toxic areas.

Dr. Godby walks one-fifth of the USA each year and is partnering with local organizations, health equity advocates, Naturopathic Doctors, walkers, and others in North Dakota and Montana, to accompany him walking and hosting community health forums along the route.

The first three legs of the Walk USA for Health Equity (2022–2024)—from Myrtle Beach to Knoxville, to Milwaukee, and to Fargo—have been completed. The final leg, from Bozeman, MT to Seattle, WA, will conclude the journey in 2026. WUHE will continue seeking health equity beyond the walk's completion.

While the first 1,938 miles were walked solo without support, the remaining segments will include a support driver and vehicle due to longer distances between towns and services.

Leg 4, Dr. Godby will average a marathon a day, (26 miles) and will sleep in naturopathic doctors' homes, hotels, or in the back of a truck. His day typically begins around 7:30 a.m. and ends by 5:30 p.m., depending on events, media, and other factors.

In training for the walk, and encouraging others to walk, Dr. Godby has logged 16,307 miles over the last 5 years, averaging 9 daily miles, despite a 2018 torn knee meniscus and 2024 open heart surgery.

Dr. Godby's 2023-released book, *Health for All: A Journey Towards Health Equity*, chronicles his journeys on foot for social justice and health, and, most recently, his experiences from the first leg of the walk in 2022.

The 47-year veteran of long runs and walks of conscience for health and social justice, and the 2023 American Association Naturopathic Physician "True Grit" award recipient, Dr. Godby hopes to inspire a more health equitable, socially just, and healthier nation.

