

## SUMMARY

Plan4Health connects communities across the country, funding work at the intersection of planning and public health. Anchored by American Planning Association (APA) chapters and American Public Health Association (APHA) affiliates, Plan4Health supports creative partnerships to build sustainable, cross-sector coalitions. Plan4Health Lake County aims to develop a framework for comprehensive Community Health Action Plans for Lake County communities lacking access to healthy food and opportunities for physical activity.

## CHALLENGE

The 13 target communities in Lake County, OH have a population of more than 190,000 residents.

Approximately 10 percent of the population lives below the poverty line and this rate increases significantly for minority populations: more than 26 percent of African Americans and 23 percent of Hispanic or Latino residents live below the poverty line.

Data revealed that 28 percent of residents did not exercise at all.

Residents felt that the lack of

sidewalks and bike trails made it unsafe for kids to walk or bike to school.

Although 74 percent of residents eat fruits and vegetables each day, the amounts fall below daily recommendations. Throughout this project, community representatives have identified that the growing senior populations in some Lake County communities are experiencing health disparities due to lack of access to opportunities for physical activity and nutritious food.

## YOUR INVOLVEMENT IS KEY

To learn more about Plan4Health Lake County and all coalitions participating in Plan4Health, check out the project website ([www.plan4health.us](http://www.plan4health.us)) or on Facebook at <https://www.facebook.com/Lake-County-Planning-Community-Development-201075950242454/>. Meetings for each community will be advertised through each community's website and on the Facebook Page. Join the national conversation at the intersection of planning and public health on social media by using and following #plan4health.

*"This will provide funding for projects that everybody wishes they can do, but never have the resources to complete them. It will positively affect the health of the residents in each one of these communities for decades to come."*

*- David Radachy, Director, American Planning Association Community Development*

## **SOLUTION**

Plan4Health Lake County seeks to enable each target community to create and to implement a personalized Community Health Action Plan, with a primary focus on land use planning for the promotion of healthy communities. The coalition will develop a framework that will serve as the shared foundation for all communities. The coalition will also create and distribute resources, including a plan model, which will outline best planning practices to promote access to healthy foods and increased opportunities for physical activity.

## **RESULTS**

Plan4Health Lake County is providing funding for 13 communities in Lake County to hire a contractor to provide professional services to redesign a park, add bike lanes, or provide a complete streets policy, among other activities. The coalition is funding two community sidewalk connectivity plans to connect disconnected sidewalks to provide a safe place to walk, four new park plans, and three reviews of existing parks. Additionally, the coalition is supporting improvement suggestions including designs and cost estimates, trail park trail plans connecting to neighborhoods and regional parks, a complete streets policy for a city, and a review of a senior center and their programs.

### **Contact**

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