

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 opportunities for physical activity.

YOUR INVOLVEMENT IS KEY

To learn more about Plan4Health check out the project website (www.plan4health.us) and join the national conversation by using and following #plan4health.



SUCCESSFUL MOMENT

Discovering the new trails that were developed for the City of Willoughby Hills, Ohio could help the Cleveland Metroparks in fulfilling one of their goals to connect two of their facilities.

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.

"This project has provided Lake County communities the ability to come together and collaborate to integrate planning into health-based initiatives. It has been a valuable, as well as educational, experience to learn how planning approaches can be implemented to improve public health. I look forward to seeing the impact the Community Health Action Plans will have on my community."

*Plan4Health Lake County
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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

The funds were used to support community action plans prepared by professional city planners or landscape architects. These community action plans to either review existing parks and bike trails, or they create new parks, or new park trails. In some cases the plans recommend a safer way to move about a community by bike or foot, provide a policy to make roads in a community complete streets or review senior facilities. The plans recommend that 0.75 of a mile of paths be revamped and almost six miles in new trails be created. The plans also help design a new 3.25 acre park in a village that currently does not have a park and a new 0.75 of an acre pocket park, also in an area that is not served by a park. The plans redesigned 23 acres of park land to add new types of physical activity such as disk golf and pickle ball courts and they also redesign areas for traditional uses of playgrounds, exercise stations, baseball diamonds, soccer fields or football fields. The plans also call for the creation of community gardens and facilities that could be utilized for farmers markets in the parks. The policy was created that would require roads in a community to become pedestrian or bike friendly when the roads are rebuilt or widened. The Complete Street Policy shows that the city wants to make their community safer for pedestrians and bicyclists by having sidewalks, on street bike lanes and off street bike lanes added to the right-of-way. The policy would require the city to look at the feasibility of adding infrastructure whenever a change is made.

SUSTAINING SUCCESS

A common issue in city planning is that some plans are shelved and never implemented. The Lake County Plan4Health would like to avoid that with these Healthy Community Action Plans that they have been created for each of the thirteen communities. The next step in this process are to create full engineering drawings of the improvements and construct them. Lake County Plan4Health will create a committee to look for funding sources for these projects and promote those grants to the communities. They will help the communities write and review the grants. They will also help to organize the communities to ensure that we are not flooding grant sources with multiple applications in the same grant cycle. The Lake County Plan4Health will also work with the Lake County Ohio Board of Commissioners and the Lake County Planning and Community Development Office. The Lake County Ohio Board of Commissioners is a direct entitlement for Community Development Block Grant Funds. The communities that were

Plan4Health is made possible with funding from the Centers for Disease Control and Prevention (CDC). The views expressed in this success story do not necessarily reflect the official policies of the CDC or imply endorsement by the U.S. Government. Learn more about Plan4Health and the National Implementation and Dissemination for Chronic Disease Prevention project at www.cdc.gov/communityhealth.