

Plan4Health: Kentucky Coalition for Healthy Communities

by: Madri Faul

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. The Kentucky Coalition for Healthy Communities seeks to improve access to affordable, local produce and to increase opportunities for physical activity for Kentucky residents age 45 years and older who live in rural parts of the state.



Welcomes You to Our
TOBACCO FREE CAMPUS!

The Track is **OPEN** for public use
outside of school hours.

PROHIBITED ITEMS

Tobacco Products	Bicycles
Skateboards	Skates
Scooters	Animals on Foot
Motorized Vehicles	Cleated Shoes (except Track Shoes)

Please **DO NOT** swing on the turnstile!
ENJOY THE TRACK!

CHALLENGE

The United Health Foundation recently ranked Kentucky 48th out of 50 for adult health. The coalition is targeting six counties in north central Kentucky and has a priority population of adults 45 and older with one or more chronic diseases. Residents with chronic diseases account for more than 82 percent of the target demographic and a total of 75,403 community members. When compared to the U.S., the six counties had higher rates of inadequate fruit

and vegetable consumption and lack of physical activity. Only 16 percent of adults eat five or more fruits and vegetables a day and only 33 percent participated in 30 minutes of physical activity five or more days per week; 17 percent of adults reported no physical activity. Adults in this region have an identified need for increased access to healthy foods, exercise facilities, and 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. You can also access the coalition's website directly at www.kchcommunities.org

"It would be a lot easier for the local government to pass resolutions that increase funds for schools if the community saw a benefit from our facilities."

- Community member

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SOLUTION

The Kentucky Coalition for Healthy Communities will develop and leverage partnerships to promote physical activity opportunities through the creation of new programs and shared and joint-use agreements as well as increase access to affordable fresh fruits and vegetables. The coalition will increase policies conducive to community gardens as well as the number of community gardens and partners to distribute produce. Resource packets containing information on sites for physical activity, community gardens, and more will be created and distributed to the target population.

RESULTS

The Coalition was successful in establishing open use agreements with schools in two different communities, including an indoor gym in a county with very few resources for physical activity. These agreements were successful because the coalition worked to develop partnerships through the year with different advocates within the school system, so when they were approached about opening up their facilities to the community, they were more receptive to the idea. In addition, the coalition offered to help purchase signs with rules for using the spaces, which put the administration more at ease with the idea. By opening up their facilities, schools will help improve access to spaces for physical activity in these rural communities.

SUSTAINING SUCCESS

The schools will continue to carry the costs of maintaining their facilities, so this initiative will definitely be sustainable after funding ends. The signs that will be posted outside the facilities are printed on aluminum, so they will also last quite a while. The coalition will also continue to advertise the availability of these resources throughout the year to encourage the community to use them. The coalition will be able to use these two communities as an example when approaching other schools about opening up their facilities to the community.

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