

Live Well Lawrence County

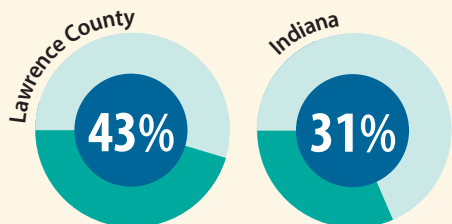
Live Well Lawrence County is a group of residents dedicated to improving health in our community



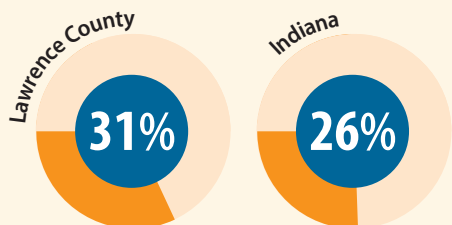
Our Challenge

A chance to make life better in Lawrence County

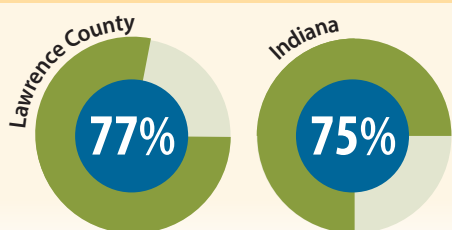
Obesity rates (2012)



Physical inactivity rates (2017)



Opportunities for physical activity (2017 rates)



Being physically active and maintaining a healthy weight is good for everyone.

► Physical activity and a healthy weight can lower the risks of serious health conditions, including heart disease, stroke, some cancers, and Type 2 diabetes.

Lawrence County, we can do this together!

We partnered with the CDC to improve the health of our neighbors, friends, and families!

The Centers for Disease Control and Prevention (CDC) invested in the Live Well Lawrence County Coalition to support sustainable community-based efforts.

Together, we aim to:

Provide a **COMMUNITY** voice for health and maximizing our resources.



Promote **PHYSICAL ACTIVITY** opportunities across the county.



Make more **HEALTHY FOODS** available to everyone.



Adult data from CDC's Behavioral Risk Factor Surveillance System

Live Well Lawrence County



Advocating and Educating in Our Community

670 individuals attended 20 presentations about policy and environmental changes that promote health

35 local leaders took part in an active transportation workshop hosted in Mitchell by a nationally recognized expert



Increasing Healthy Food Consumption

6,200 students benefited from the development of school wellness policies

6,000+ patrons visited concession stands serving healthier food options

19,000+ people were served from food pantries with new healthy food donation guidelines



Promoting Physical Activity

45,000 residents now have access to:

- an online map of our trail system and 2.6 miles of marked, signed walking trail — the Bluejacket Trail
- outdoor adult exercise equipment in Mitchell, Judah, Fayetteville, Springville
- bike racks, benches, and active transportation signage on Main Street in Mitchell

In the Mitchell Schools,

135 teachers and **1,800** students:

- have safer routes to school with newly painted crosswalks
- participated in the National Walk to School day

Look for these key policy outcomes:

- Bedford passed a complete streets policy (45,000 residents)
- Continue to gain support for and promote resources to establish Mitchell as a trail town

We are off to a great start!

Let's keep it going.

Increasing Health is a long-term goal, for you and *Live Well Lawrence County*, and our work goes on. We continue to:

- Sustain a coalition website and Facebook page to highlight health and wellness opportunities and links to community health resources.
- Support physical activity efforts and resources like the **Bluejacket Trail** through the Economic Growth Council, Chambers of Commerce, Lawrence County Tourism, and Mitchell School Corp.
- Facilitate community garden efforts like the Inclusion Garden and the Hatfield ES Learning Garden, as well as joint use agreements for Mitchell School Corp.

► Want to be involved? Terrific!

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