Live Well Lawrence County

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

**Our Challenge**
A chance to make life better in Lawrence County

**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!
Our partnership with the CDC can help!
The Centers for Disease Control and Prevention (CDC) is investing in Live Well Lawrence County.

**What we are working on:**

- Provide a **COMMUNITY** voice for health and maximizing our resources.
- Promote **PHYSICAL ACTIVITY** opportunities across the county.
- Make more **HEALTHY FOODS** available to everyone.

### Obesity rates (2012)

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<tr>
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<th>Lawrence County</th>
<th>Indiana</th>
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<tbody>
<tr>
<td><strong>43%</strong></td>
<td><strong>31%</strong></td>
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### Physical inactivity rates (2017)

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<th>Lawrence County</th>
<th>Indiana</th>
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<tr>
<td><strong>31%</strong></td>
<td><strong>26%</strong></td>
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### Opportunities for physical activity (2017 rates)

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<th>Lawrence County</th>
<th>Indiana</th>
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<tr>
<td><strong>77%</strong></td>
<td><strong>75%</strong></td>
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# Adult data from CDC’s Behavioral Risk Factor Surveillance System
Live Well Lawrence County

Look for these opportunities to get involved in your community:

- Providing community support
  - Be an advocate for new and improved walking trails. Join the coalition, and let the city councils and parks departments know what you think.

- Increasing healthy food consumption
  - Establish community gardens. Help find locations, support, and funding.
  - Help re-establish and promote farmers markets.
  - Partner with schools to promote and support healthy and fresh food options for students.

- Promoting physical activity
  - Develop a fitness map to promote free physical activity opportunities across our county (walking/running trails, open facilities, etc.)

We are off to a great start!
Let’s keep it going.

Good health is a long-term goal, for you and Live Well Lawrence County. The CDC grant will end in 2018, but our work will continue. Then — and now — we will:

- Establish and maintain a Live Well Lawrence County website and Facebook page featuring health and wellness opportunities and links to community health resources.
- Coordinate and link trail efforts like the Blue Jacket Trail through the Economic Growth Council, Chambers of Commerce, and Lawrence County Tourism.
- Facilitate the establishment and maintenance of community garden efforts like the Inclusion Garden and the Hatfield ES Learning Garden.

Want to be involved? Terrific!

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