

# Live Well Lawrence County

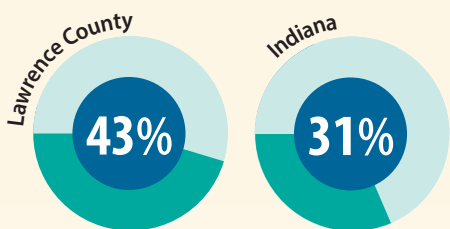
**Live Well Lawrence County** is a coalition of residents dedicated to improving health in our community



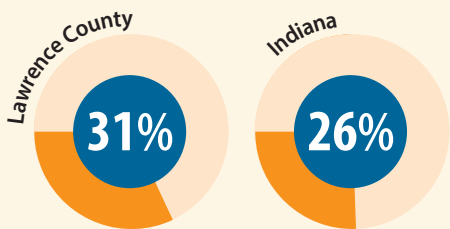
## Our Challenge

A chance to make life better in Lawrence County

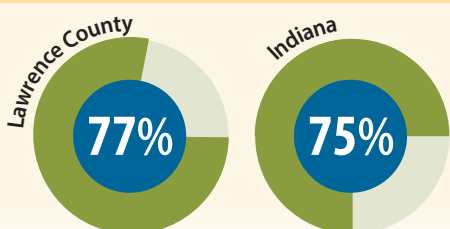
### Obesity rates (2012)



### Physical inactivity rates (2017)



### Opportunities for physical activity (2017 rates)



# Adult data from CDC's Behavioral Risk Factor Surveillance System



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.



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**Look for these opportunities to get involved in your community:**

***Your coalition, hard at work!***



## 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!**

**Please contact:**

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Facebook: Live Well Lawrence County

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