

# Plan4Health: Pathways to Health Tulsa, OK

## 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. Pathways to Health will create greater access to locally grown foods; reduce barriers to physical activity; and promote a health in all policies approach to changes in communities across Tulsa County.

## Challenge

Tulsa County, OK is the most densely populated county in the state, with a population of more than 600,000. Oklahoma chronic disease rates are concerning: rates of obesity (27.8 percent), diabetes (13.6 percent) and hypertension (36.3 percent) are all worse than the national average. Oklahoma also ranked poorly among states for fruit and vegetable consumption; only 16.5 percent of adults in Tulsa County consumed adequate amounts of fruits and vegetables. The rate of grocery stores is much lower than the national average and the rate of fast food restaurants much higher. In Tulsa County, 17 percent of adults and 23 percent of children are food insecure. Additionally, Tulsa County ranked poorly with a walkability rating of 45.8, which is a contributing factor to why nearly one-third of adults do not participate in any physical activities.

## Solution

Pathways to Health works with community partners to reduce barriers to physical activity and nutrition by focusing resources on areas of need and strengthening cross-sector partnerships. Baseline data will be collected and assets mapped to identify opportunities to expand shared use agreements and to establish a “Food Forest” to increase the availability and consumption of healthy foods. Toolkits will be created for assessing the impact of the built environment on public health and the coalition will hold “Walk-Shops” as a community education and health assessment tool.



## Your Involvement is Key

Tulsa residents can stay up-to-date on coalition news and events by visiting the coalitions website ([www.pathwaystohealthtulsa.org](http://www.pathwaystohealthtulsa.org)) and Facebook page ([www.facebook.com/TulsaP2H](http://www.facebook.com/TulsaP2H)) and following @TulsaP2H on Twitter.

To learn more about Pathways to Health and all partners participating in Plan4Health, check out the project website ([www.plan4health.us](http://www.plan4health.us)).

Join the national conversation at the intersection of planning and public health on social media by using and following #plan4health.

## Results

Early in the project, the Shared Use Specialist and Chronic Disease Epidemiologist will be working closely with partners in the community. The Shared Use Specialist has already begun to work with five local schools interested in expanding or establishing shared use practices to encourage neighbors to utilize playground equipment, basketball courts and other amenities as a safe and welcoming place to be physically active.

The Chronic Disease Epidemiologist is establishing relationships with Tulsa city planners to review land use proposals and development applications to recommend opportunities to encourage positive health impacts. These recommendations include access to sidewalks, crosswalks, bike parking - and a holistic view of land use surrounding proposed projects to ensure healthier communities.

### Contact

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*"Plan4Health is a catalyst for Pathways to Health. It is the spring board to get out to the communities, establish shared use practices, and support the bridge between public health and planning."*

**- Leslie Carroll, Pathways to Health Board Chair**

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