

Plan4Health: Kentucky Coalition for Healthy Communities Bullitt, Henry, Oldham, Shelby, Spencer, and Trimble Counties, KY

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.

Challenge

The United Health Foundation recently ranked Kentucky 48th out of 50 for adult health. The coalition is targeting six counties in Northern 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.

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.



Your Involvement is Key

Residents in the KIPDA region can stay engaged and up-to-date with coalition news and events by visiting the coalition's website (www.kchcommunities.org) and Facebook page (www.facebook.com/KCHCommunities/).

To learn more about the Kentucky Coalition for Healthy Communities and all coalitions participating in Plan4Health, check out the project website (www.plan4health.us). Join the national conversation at the intersection of planning and public health on social media by using and following #plan4health.

Results

The health coalition forming in Trimble County is possibly the KCHC's biggest success story so far. The expansion into Trimble County was spearheaded by a local coalition member, so the work is truly coalition driven. The first meeting included the mayor of Bedford, a town in Trimble County, as well as the local state representative. In addition, there were community members and local organizations represented, and they are all committed to working to improve the health and wellness of their rural community. Workgroups have been formed to focus on identifying a community garden location, and the mayor has volunteered to allow residents to use the community center as an exercise facility when not in use by other groups.

Contact

Madri Faul

KIPDA
11520 Commonwealth Drive
Louisville, KY 40299
502-266-5571 phone

"I was excited when we asked our coalition to help find ways to help the elderly to access fresh vegetables in a way that would work for them and the community garden idea was brought up. I want tomatoes and wanted to do my part."

- Member, Kentucky Coalition for Healthy Communities

Plan4Health is made possible with funding from the Centers for Disease Control and Prevention (CDC). The views expressed in this newsletter do not necessarily reflect the official policies of the CDC or imply endorsement by the U.S. Government. Learn more about Plan4Health and the National Implementation and Dissemination for Chronic Disease Prevention project at www.cdc.gov/communityhealth.