

# Lamar County Active Living Plan



We are under exercised as a nation. We look instead of play. We ride instead of walk.  
Our existence deprives us of the minimum of physical activity essential for  
healthy living.

– John F. Kennedy



## **Paris-Lamar County Health District Leadership**

The leadership committee includes: Gina Prestridge, Executive Director; Emily Neeley, Texas Healthy Communities Liaison and Community Health Worker.

## **Funding**

This County-wide plan was funded through a grant by the Texas Healthy Communities Program at the Texas Department of State Health Services, with the goal to design and implement changes in the community and adopt priority public health practices to reduce risk factors for chronic diseases.

## **Special Acknowledgements**

We would like to acknowledge the input of the Paris/Lamar County Active Living Council and other County partners that contributed information, time, and expertise in the gathering of data, referrals and information to develop the Lamar County Active Living Plan.

## **Lamar County Active Living Council Members**

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Education: Brandon Dennard (North Lamar I.S.D.)

Health Care: Dr. Amanda Green (Paris Regional Medical Center)

Mass Media: Dave Johnson (East Texas Broadcasting)

Parks and Recreation, Fitness and Sports: Bridget Domengeaux (City of Paris) & Amy Samis (City of Paris)

Public Health: Gina Prestridge & Sharmila Franklin (Paris-Lamar County Health District)

Transportation, Land Use, and Community Design: Earl Erickson (Trail de Paris & Advocate for Safe Routes to School)

Volunteer & Non-Profit: Melinda Malone (United Way of Lamar County) & Dave Cook (Community Volunteer)

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**Mission Statement:**

The mission of the Paris/Lamar County Active Living Council is to promote nutrition, physical activity and proactive measures by a network of individuals and organizations working together to create a healthy community.

**Vision Statement:**

The vision of the Paris/Lamar County Active Living Council is to promote and support healthy places to live, work, and play.

## Executive Summary

According to the Centers for Disease Control and Prevention (CDC), there are many benefits of physical activity. Physical benefits include weight control, and a reduction of the risks for cardiovascular diseases, type 2 diabetes, osteoporosis and some cancers. Physical activity also helps build muscle and strengthen bones. Mental benefits include an improvement in mental health and mood. Furthermore, regular physical activity increases the chances of having a longer and healthier life.<sup>1</sup>

Sedentary behavior, regardless of physical activity, is also linked with a significant increase in the risk of type 2 diabetes as well as obesity. Therefore, it is not enough to avoid physical inactivity, but to simultaneously limit sedentary behavior.<sup>2</sup>

The 2017 County Health Rankings identify 33% of Lamar County residents as obese, 18% as smokers, 31% physically inactive, with a total of 23% medically uninsured; all of these statistics are higher than state and nationwide averages.<sup>3</sup>

The Lamar County Active Living Plan is a living document focused on a comprehensive set of programs and initiatives that target improving the overall health of the community through physical activity. The target audience for the Lamar County Active Living Plan includes policy and decision makers, physical activity practitioners and advocates, but vitally important are community members who desire a safe, pleasing environment, where they live, work, and play.

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<sup>1</sup> Physical Activity and Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/everyone/health>.

<sup>2</sup> Sedentary lifestyle and risk of obesity and type 2 diabetes. PubMed. 2003;382): 103-8. <http://www.ncbi.nlm.nih.gov/pubmed/12733740>.

<sup>3</sup> County Health Rankings. [www.countyhealthrankings.org](http://www.countyhealthrankings.org), 2017.

## **Introduction**

This Active Living Plan is a creation of the Lamar County Active Living Council. This council will work together to join local leaders and citizens to deliver solutions and provide opportunities that are tailored to our community's unique cultural needs.

This council consists of representatives from the community of Lamar County who are dedicated to creating a healthier environment. This plan, as does the National Physical Activity Plan, aims to create a culture that supports healthy eating, physically active lifestyles, and a community knowledgeable in preventive health.

The recommendations in the plan are presented by the following sectors similar in accordance to the National Physical Activity Plan:

- Business and Industry
- Education, After School, and Early Childhood Programs
- Healthcare
- Mass Media
- Parks, Recreation, Fitness and Sports
- Public Health
- Transportation, Land Use, and Community Design
- Volunteer and Non-Profit

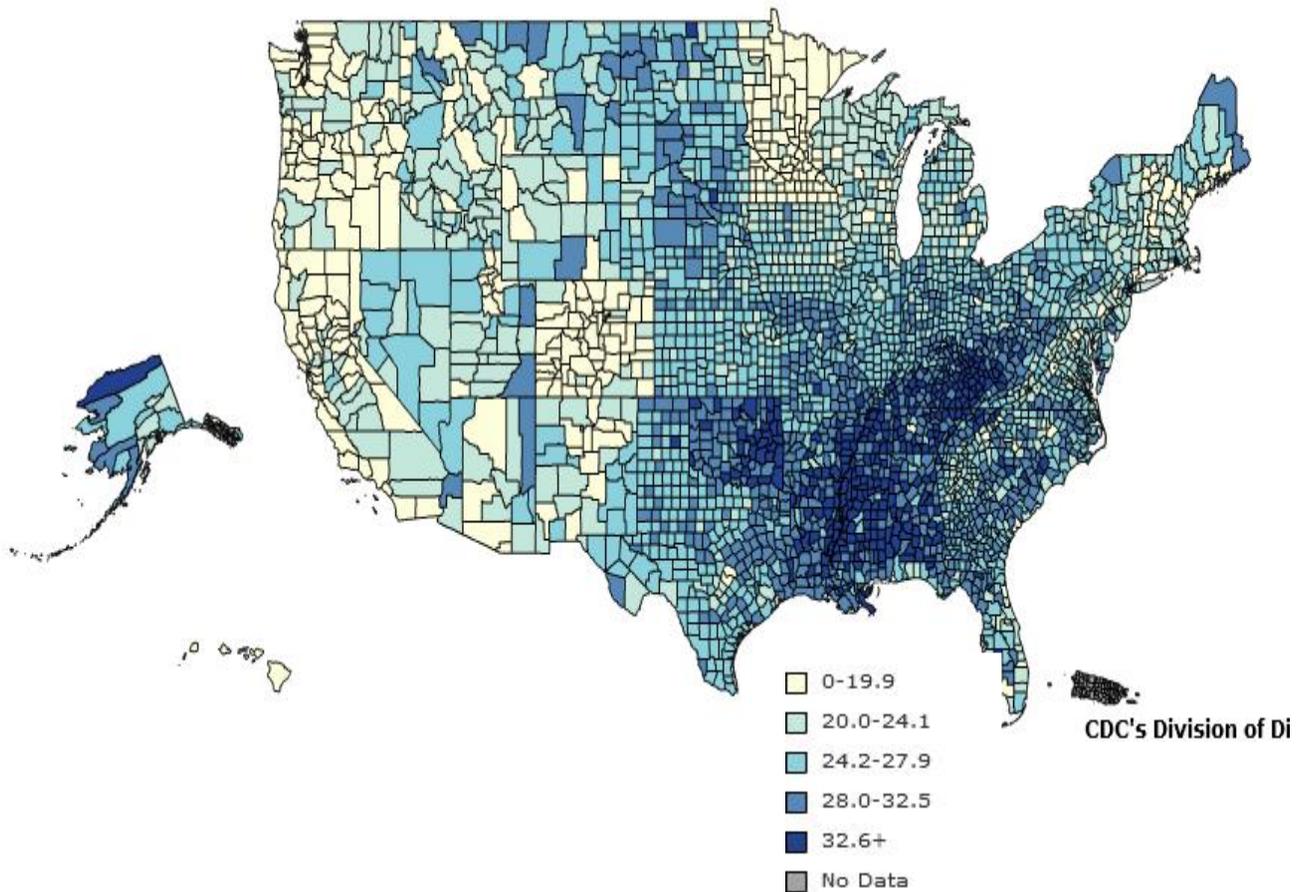
It is our hope that when possible, direct input from community members will be used as a mechanism to ensure that our plan is logical and appealing to the community. This participation will safeguard that this living document will be sustained for future generations.

## **State and National Data**

The CDC estimates that nationally only 48% of adults meet the national guidelines for physical activity. Furthermore, less than 3 out of 10 high school students participate in 60 minutes of physical activity daily. Disparities exist between different populations and age groups. More non-hispanic white adults meet the 2008 Physical Activity Guidelines for aerobic and muscle-strengthening activity than non-hispanic black adults and hispanic adults. Men are more likely than women to meet the guidelines for aerobic activity, and younger adults are more likely to meet the aerobic activity guidelines than older adults. Adults with more education are more likely than those with less education to meet the guidelines, and adults whose family income is above the poverty level are more likely to meet the

guidelines than adults whose family income is at or below the federal poverty level.<sup>4</sup>

### 2008 Age-Adjusted Estimates of the Percentage of Adults Who are Physically Inactive<sup>4</sup>



As the map indicates, Texas compares unfavorably with regards to physical activity nationwide. According to the Behavioral Risk Factor Surveillance System, the prevalence of physical activity participation (150 minutes or more of Aerobic physical activity per week) in the state of Texas was 42.1% compared to the National average of 50.5%.

<sup>4</sup> Facts about Physical Activity. CDC. <http://www.cdc.gov/physicalactivity/data/facts.html>

## **Community Assessment Summary**

Community assessment includes determining local physical activity resources, needs and barriers, looking at existing data, and using existing tools to collect necessary data. Countywide input was targeted as a goal in collecting responses. A "survey-monkey" link was distributed via email and social media. Surveys were distributed to a cross population at civic clubs, community organizations, senior centers, etc.

The Active Living Assessment Survey results were tabulated, indicating of the 133 respondents to the question of which Lamar County School district they resided within, 42.86% Paris, 7.52% Chisum, 34.59% North Lamar, 13.53% Prairiland, 1.5% Roxton.

When asked, "How would you most prefer to receive information about ways to have an active living lifestyle in Lamar County, 133 responded. The results are: 21.05% web information, 49.62% social media, 17.29% news/radio, 12.03% Other which included suggestions as: newsletter, newspaper, email, and phone.

Respondents were given a list of typical barriers to select that were applicable to their lack of an Active Living lifestyle. They were to select all that apply, from the 134 answers, 58.96% time, 44.03% motivation, 33.58% work hours, 32.09% lack of available sidewalks, bicycle paths, or trails, 27.61% safety concerns, and 25.37% lack of knowledge about where to get active in Lamar County. Since the top two barriers are time and motivation, this can be a focal targeted area of preventative health education in all of the sectors.

To assess the use of city/county parks for Active Living, of the 133 respondents, 14.29% regularly visited them, 38.35% sometimes visited, 36.84% rarely, and 10.53% never visited a city/county park. To further explore this lack/use of the existing park systems, 129 answered the following question, Which of the following typically prevents you from using city/county parks in Lamar County? The options to select all that apply, and results are 59.69% time issues, 31.78% safety concerns, 20.93% lack of information about what is available, 27.91% distance between your home and public parks, and 2.33% transportation issues. Time issues again, will need to be addressed behaviorally to motivate lifestyle priorities towards wellness. The value of active living must be driven by personal choice to

incorporate a lifestyle of habits that promote health both personally and within the family lifestyle.

The next questions: What suggestions do you have regarding active living in Lamar County? This question was answered by 53 people, responses to this question are varied and results are on file for review.

The final question was, In your opinion, does community design (placement of neighborhoods in close proximity to trails, sidewalks, shopping areas, etc.) influence how physically active (walking, biking, etc.) people are? 73.28% responded yes, 13.74% responded no, and 12.98% not sure.

## Strategies and Activities      **Business & Industry**

### Description:

Business and Industry leadership must facilitate and encourage active lifestyle changes for employees and their families by creating healthy workplace policies and using health incentives to leverage community resources. By providing opportunities for physical activity and encouraging employees to participate in physical activity, business leaders can foster a climate that promotes healthful habits among dependents, community members, and business partners across Lamar County.

### **Strategy 1:**

Encourage collaboration among businesses and industries utilizing other sectors to identify and develop opportunities to promote physical activity.

### **Activity: (How will we do this?/What will progress look like?)**

1. Recruit a local organization to spearhead the collaborative effort.
2. Educate business and industry leaders regarding their role as positive agents of change to promote physical activity and healthy lifestyles.
3. Encourage business and industry leaders through education to interact with all other sectors to identify opportunities to promote physical activity with-in the workplace and throughout the community.
4. Have business and industry leaders influence their peers and include mentor relationships in their unique setting.
5. Encourage business and industry leadership to participate in a Worksite Wellness program through Paris Regional Medical Center to encourage their employees to get healthy and include physical activity into their lives and worksites.

### **Strategy 2:**

Identify, summarize, and disseminate best practices, models, and evidence-based physical activity interventions in the workplace.

### **Activity: (How will we do this?/What will progress look like?)**

1. Develop and maintain a directory of examples of best healthy practices and resources that can be accessed by local business and industry.
2. Identify Worksite Wellness Program that would be beneficial to worksites and employees.

3. Make information readily available and promote within worksite on a regular basis (i.e. web-sites, forums, competitions, local network, etc.)

**Strategy 3:**

Identify and recognize organizations that are examples of best practices, in achieving success in promoting physical activity and other aspects of wellness.

## Strategies and Activities

## Education

### **Description:**

Approximately one-third of children and teens are overweight or obese, and most youth do not meet National Physical Activity guidelines. The acquisition of information that shapes a lifelong pattern of physical activity vs. inactivity is developed in child's early years. Planning daily activities ensures that children have a variety of activities that meet their developmental needs. Recent research indicates that physical activity actually has a positive impact on academic performance. With the increased use of classroom based, hand-held technology devices, the Active Living Council desires to foster an "active classroom" vs a sedentary setting.

### **Strategy 1:**

Coordinate with Lamar County school districts to ensure development and implementation of district wellness plans in accordance with state and federal regulations. The wellness plans outline district expectation for physical activity and adherence to nutritional standards for students.

### **Activity: (How will we do this?/What will progress look like?)**

1. Make contact with Lamar County school districts to offer assistance in the development of a Wellness Plan.
2. If plan is already created, offer services, partnerships, or contact information to services that are included in the Wellness Plan.
3. Partner with school districts and the community to have Joint Use Agreements that encourage physical activity.
4. Inform school districts about alternative active transportation and Safe Routes to School (where applicable) so that they may promote walking and bicycling to school.

### **Strategy 2:**

Coordinate with Lamar County school districts to develop partnerships with local businesses to offer services to staff, students, parents, and community to promote healthy lifestyles.

### **Activity: (How will we do this?/What will progress look like?)**

1. Make contact with Lamar County school districts to offer assistance in developing partnerships with local businesses to offer services to staff, students, parents, and community to promote healthy lifestyles.

2. Make contact with Lamar County businesses to offer assistance in developing partnerships with Lamar County school districts.

**Strategy 3:**

Coordinate with Lamar County Early Childhood education providers, for children ages 0-5 years of age, to check for the promotion and facilitation of physical activity and healthy nutritional standards.

**Activity: (How will we do this?/What will progress look like?)**

1. Make contact with Lamar County early childhood education providers to offer assistance in developing physical activity and healthy nutritional standards.
2. Make contact with Lamar County early childhood education providers to offer assistance in developing partnerships with local businesses to offer services to staff, students, parents, and community to promote healthy lifestyles.

## Strategies and Activities

## Healthcare

### Description:

While Public Health focuses on improving the health of families and communities, the Healthcare visit has been focused on the individual. The focus of the health care providers visit has historically been on treatment, but many are recognizing the importance of prevention, and collaborating with Public Health organizations. Health care providers have a unique relationship with their patients, in that they have access to and insight explaining an individual's particular health status. Due to this access and understanding, providers can potentially cause great behavior change. Healthcare providers working in groups, such as local medical societies, can also work to care for the community as a whole.

### **Strategy 1:**

Recognize and treat physical inactivity as a chronic illness.

### **Activity: (How will we do this?/What will progress look like?)**

1. Promote screening for inactivity on intake to clinics and hospital.
2. Provide handouts to physician and advanced practice provider clinics for education on physical inactivity and resources on how to be more active.
3. Collect emails from clinics on patients interested in being more informed about structured exercise activities in the community, and promote local physical activity events through this list.

### **Strategy 2:**

Promote activities that encourage physical activity as a medical community.

### **Activity: (How will we do this?/What will progress look like?)**

1. Continue to promote Walk With a Doc, and help this educational physical activity grow in numbers of participants and frequency of walks.
2. Partner with health department and other resources to promote ongoing activities such as the Slow Roll, Fit City Paris at clinic visits. The local medical society continues to partner with the Kids Marathon to promote physical activity.

3. A local physician currently chairs the Paris Independent School District School Health Advisory Committee. Through this role, will continue to partner the local medical community with the schools in promoting physical activity for students and parents.

## Strategies and Activities

## Mass Media

### **Description:**

Mass Media includes both traditional media such as radio, newspapers, TV, billboards and magazines and new media like social networking, text messaging and websites. This sector can be a useful tool to influence and encourage behavioral changes and attitudes. Through partnership and collaboration with other sectors, mass media can promote physical activity to benefit the overall health of the community.

### **Strategy 1:**

Encourage partnerships across sectors to combine resources, utilizing key messages around common themes to promote physical activity in Paris and Lamar County.

### **Activity: (How will we do this?/What will progress look like?)**

1. Coordinate and promote an Active Living campaign that shares a brand.
2. Coordinate business and industry to link to a shared web banner promoting the Active Living campaign.

### **Strategy 2:**

Serve as a platform to increase citizen awareness and engagement in physical activity by showcasing physical activity opportunities across the city and county.

### **Activity: (How will we do this?/What will progress look like?)**

1. Update and publicize information to increase awareness and/or knowledge of physical activity opportunities covering diverse target populations.
2. Promote and incorporate the Active Living campaign website in all local and county websites and other sector sites as identified.

## Strategies and Activities

## Public Health

### **Description:**

The public health sector includes governmental public health agencies and non-government organizations that contribute to promoting the health of the community. According to the American Public Health Association, there are three primary goals of public health:

1. Prevention – preventing disease and promoting healthy habits and good health
2. Policy Development – advocating for evidence-based policies, which promote health
3. Surveillance – monitoring health of populations and keeping track of trends or epidemics (such as obesity).

The National Physical Activity plan notes the importance of public health – both as a profession and as a practice with regards to physical activity interventions. There are several strategies offered within this sector which the Paris/Lamar County Active Living Council would like to pursue and are dedicated to achieving the following objectives.

### **Strategy 1:**

Disseminate tools and resources important to promoting physical activity, including resources that address the burden of disease due to inactivity and the implementation of evidence-based interventions.

### **Activity: (How will we do this?/What will progress look like?)**

1. Make use of established resources for referral and wellness programming for community health opportunities to increase knowledge of physical activity guidelines and opportunities.
2. Promote physical activity in ethnic minority, disabled, youth, and other underserved populations throughout the County.
3. Ensure regular physical activity opportunities are disseminated consistently.
4. Utilize Community Health Workers (CHW's) to provide education and connect community members to resources for increasing physical activity and consumption of healthy foods including fresh produce.

### **Strategy 2:**

Develop local expertise within governmental and non-governmental public health organizations in physical activity as part of an integrated and coordinated approach to chronic disease prevention.

**Activity: (How will we do this?/What will progress look like?)**

1. Encourage health-care agencies and coalitions to participate/disseminate information on evidence-based policies related to physical activity, with emphasis on educating partners at local, county levels regarding chronic disease rates.
2. Promote a user friendly informational website accessible to community members ([www.fitcityparis.org](http://www.fitcityparis.org)).

## Strategies and Activities

### **Volunteer & Non-Profit**

#### **Description:**

For many people, a physically active lifestyle is fraught with obstacles. Unsafe neighborhoods, limited access to parks or recreational areas, social barriers, and individual physical barriers prevent healthy levels of physical activity.

Recognizing that non-profit organizations and volunteer groups often have the capacity and willingness to work with marginalized populations, this section of the Lamar County Active Living Plan focuses on both using this group as advocates for physical activity policy, as well as internal interventions ensuring that these groups are reaching physically inactive people within their organizational scope. Lamar County is fortunate enough to have a very active body of non-governmental organizations (NGOs) and volunteer groups which, seek to provide physical activity opportunities to those who want them.

#### **Strategy 1:**

Connect and establish relationships with other non-profits, social service agencies and volunteer agencies promoting the Lamar County Active Living Plan through the interagency partnerships to build awareness and encourage active living.

#### **Activity: (How will we do this?/What will progress look like?)**

- A. Educate the agencies about the Lamar County Active Living Plan and how they can promote healthy practices to advocate for policies and systems changes, aligning with the goals of the National Physical Activity Plan.
  1. Publicize the Active Living Plan as well as what and how local organizations can contribute to its implementation.
    - Four outreach events/activities completed per year.
  2. Create database of organizations willing to support portions of the Active Living Plan and identify areas of interest, specific capacity for funding, volunteer resources, capacity for dissemination of information, and resources for advocacy.

- Initial database, including areas of interest, resources available to assist with master Active Living Plan (e.g., funds, volunteers, advocacy resources, etc.) and level of influence, created by Paris-Lamar County Health District.
  - Update and release of database quarterly to constituents.
3. Provide information about the Lamar County Active Living Plan to each of the agencies, with the hope that they will add it to their websites, weekly emails and as a resource for agency training event.
- Use all available communication channels to members, volunteers, and constituents, including print publications, websites, social media, broadcast media, and newsletters to promote engagement in behavior change and advocacy.
  - 50% of participating organizations include active and healthy living pieces in media communication monthly.
  - 30% of participating organizations promote action and methods for advocacy in calls by member organizations for specific advocacy related to active living.
4. Adopt the workplace tactics recommended by the Business and Industry sector to promote active living among employees and constituents.
- 30% of participating organizations have adopted at least two workplaces. Five agencies and/or Lamar County sites will agree to provide workplace wellness initiatives within their organization.

**Strategy 2:**

Engage Lamar County residents to participate and support Non-Profit events that include running, biking, and walking.

**Activity: (How will we do this?/What will progress look like?)**

1. Identify and promote opportunities for participation at events that foster physical activity.
2. Assist with marketing to increase the participation of community members especially the at-risk for chronic disease, by sharing event information, via each organization's social media outlets and through client referral.

3. When possible, have representatives from organizations volunteer at events: representative(s) from organizations will volunteer a minimum of one event per quarter and/or will join a steering/planning committee for an event.

**What will progress look like?**

1. Identify joint priorities so multiple organizations across issue areas can speak with one strong voice.
2. Develop and disseminate position statements to policy- and decision-makers on issues relevant to active living.
3. Assist in prioritizing community needs and facilitate collaboration between the community and government to achieve the services, programs and accessibility that most benefit the community, particularly those at highest need.
4. Use community mobilization techniques, such as community assessment, education, skill-building, and specifying needed action, to recruit and engage members, volunteers, and constituents.
5. Use enhanced strategies to reach and serve all populations with advocacy and outreach efforts, including high risk and traditionally underserved populations.
6. Implement a minimum of one advocacy training opportunity per year.

## Strategies and Activities

## **Parks, Recreation, Fitness & Sports**

### **Description:**

The parks, recreation, fitness and sports sector of society is designed to provide fun and meaningful channels by which individuals can engage in physical activity. From playgrounds to community sports groups to trails to gyms, this sector contributes to physical activity in a variety of ways. Facilities and services provided through this sector cover environments, programs, and services provided through non-profit and local government community centers such as public parks, trails, and open spaces.

For both adults and youth, access to places for physical activity can be created or enhanced by having safe, attractive parks in local neighborhoods. People who live closer to parks are more likely to visit parks and be physically active more often than people who live farther away from parks.

### **Strategy 1:**

Promote and enhance public and private programs and facilities where people work, learn, live, play and worship to provide easy access to safe and affordable physical activity opportunities.

### **Activity: (How will we do this?/What will progress look like?)**

1. Establish and utilize partnerships within the sectors to educate the community about the established activity opportunities available in Lamar County. Promote opportunities for specific activities available at each location, including joint-use facilities (both academic and religious)
2. Support social marketing to increase use of established Parks and Recreation, Fitness and Sports resources.

### **Strategy 2:**

Provide recreation, fitness, and sports programs within parks and public recreation facilities appropriate for individuals of all cultures, abilities, developmental stages and needs to promote positive physical activity outcomes.

### **Activity: (How will we do this?/What will progress look like?)**

1. Identify barriers that people may encounter that prevent them from being more active.
2. Develop programs with partnership from community sectors and with local parks and/or other facilities to focus on weight loss, walking, and or fitness across all age groups.
3. Develop three community fitness challenges with local parks or other facility/organization focusing on weight loss, walking, and/or fitness.
4. Share information about events through media and online (including [www.fitcityparis.org](http://www.fitcityparis.org) and also City of Paris website) to get the word out about events and opportunities.

## Strategies and Activities

## **Transportation, Land Use, and Community Design**

### Description:

The design and development of communities must be intentional to make it easier for people to be physically active in their everyday lives. Utilizing environmental and policy approaches to increase physical activity in Lamar County, will need the efforts of city planners, architects, engineers, developers and public health professionals to change the physical environment in ways that support physical activity. Ensuring design includes good connections to walking and cycling paths, activates public spaces, and encourages physical, social, and economic activities. Ensuring that places are safe and attractive to everyone using that space are also essential components to the community utilizing those spaces.

### **Strategy 1:**

Increase collaboration and accessibility to essential community destinations and areas for physical activity, to increase active transportation and to improve the utilization of walking and biking areas.

### **Activity: (How will we do this?/What will progress look like?)**

1. Support efforts to enhance signage and viability of transit services and stops and support efforts to develop safe pedestrian and bicycle connections to transit stops (i.e., Paris Metro, TRAX, etc.)
2. Encourage the development of complete street designs that accommodate all users regardless of age, ability or mode of transportation.
3. Work towards having a tie-in from Downtown Paris & Historic District to the Trail de Paris to promote physical activity and community partnerships.

### **Strategy 2:**

Educate and support municipal resolutions supporting walking, cycling and recreational physical activity.

### **Activity: (How will we do this?/What will progress look like?)**

1. Educate the public and community "to make Paris a Pedestrian/Bike Friendly Community".

2. Promote Safe Routes to School program through public schools, workplaces and the community as a whole. Also help gain a champion from each campus (teacher, parent, etc.) that could form walking/biking groups to promote physical activity to and from school.
3. Support Complete Streets initiatives and planning through the city and supporting partnerships.

## Using the Active Living Plan

The National Physical Activity Plan and its implementation companion, *Make the Move*, provide a comprehensive long-term strategy for transforming the nation into a more active one. This Active Living Plan localizes and prioritizes the strategies and is designed to help local institutions and organizations from all sectors of the Lamar County community develop and promote policies, environments, systems, and programs that support active living. Policy makers, funding decision makers, program providers, and Lamar County community members all play a role in implementation of the plan's recommendations. They may use this plan to guide decisions about policy, resource allocation, program development and advocacy.

Several principle guidelines guided the Active Living Plan development:

- Physical activity improves health and wellness of community members.
- Health is everyone's business.
- Integrate the Active Living Plan into other local, state and national health promotion and disease prevention education campaigns.
- Public health approach to increasing physical activity is needed to improve population health.
- Individuals are impacted not just by their own personal attributes and behavior, but also by political, societal and environmental influences.
- Success depends on engaging leadership and working collaboratively to determine the content of the plan and implementation of the plan.
- Make the healthier choice the easier choice where people live, work, pray and play.
- Make it personal – tell success stories related to physical activity.

## **Conclusion**

The Active Living Plan provides cross-sector strategies and tactics to ensure access to safe, healthy places and programs to support physical activity and active living, ultimately decreasing premature illness and death and improving quality of life. This plan helps leaders to incorporate health considerations into decision-making and enhances collaboration and use of best practices to meet activity-related goals.

A cities ability to compete depends on an active population. The research is very clear on this. Integrating physical activity into the places we work, live, learn, travel and play is the only way to ensure we move enough to thrive. Higher levels of physical activity are associated with positive outcomes for most of the things that matter to city leaders (and also for people who may be moving into a new community). Access to physical activity locations is important. When people move more, crime, pollution, and traffic go way down. Productivity, school performance, property values, health and well-being improve drastically.<sup>5</sup>

## **Special Appreciation**

Special appreciation to our partners at the Texas Department of State Health Services:

Cecily E. Brea, M. Ed Program Coordinator Texas Healthy Communities Program, Chronic Disease Branch, and Debra E. Warren, CHW, CHWI, Regional Program Specialist, Texas Healthy Communities Program, Chronic Disease Branch.

We are very grateful for the time and energy that with their leadership has devoted to making the lives of our Lamar County citizens healthier and more active.

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<sup>5</sup> Designed to Move Active Cities Guide, A Guide for City Leaders, 2015, pg 3, [www.designedtomove.org](http://www.designedtomove.org)



Photo Courtesy of Northeast Texas Trails and the Trail de Paris