

# Active Living Plan

## Waco-McLennan County



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WACO - MC LENNAN COUNTY  
Public Health District



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## Acknowledgments

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## Executive Summary

The Waco-McLennan 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 Waco-McLennan County Public Health District identifies with the strategies and framework set by the Centers of Disease Control and Prevention (CDC) and the Texas Department of State Health Services (DSHS) and accommodates those standards to fit our community needs.

In the 2019 McLennan County Community Health Needs Assessment (CHNA), lifestyle and healthy behaviors, specifically a lack of physical activity were recognized. The Active Living Plan is meant to focus on strategies that will help individuals increase their daily physical activity by making the healthy choice the easy choice and involving the community in implementation.

In Waco-McLennan County, active living should be an accessible way of life for all residents. It is strongly recommended that the City and County continue to push for more equitable active living opportunities so that all residents can live, work, and play in environments that facilitate day-to-day physical activity.

This plan prioritizes strategies that have been developed by community partners after considering community needs and best practices. It is designed to benefit local institutions and organizations from all sectors of Waco-McLennan County in developing and promoting policies, programs, as well as creating systems and environmental changes that support active living. The vision is to use this plan to guide decisions about policy, resource allocation, program development, and advocacy. Every member of the community plays a role in the implementation of this plan.



The recommendations in the plan are presented by the following societal sectors:

- Business and Industry
- Community, Recreation, Fitness, and Parks
- Education
- Military
- Faith-Based Settings
- Healthcare
- Public Health
- Sport
- Mass Media
- Transportation, Land Use, and Community Design

Each sector's section within the Active Living Plan offers opportunities for improved quality of life. These sectors provide a framework in which organizations, agencies, and individuals can use to reach the goals.

Key crossover themes throughout the process include: increasing access to resources especially within parts of the community which show disparities by utilizing shared use or joint use agreements, increased focus on person-first environment changes to improve walkability, and improved collaborations across sectors to amplify efforts.

## Vision and Background

The Waco-McLennan County Active Living Plan (ALP) is a working document that will coordinate – alongside public, private, and non-profit stakeholders – the development of environments, policies, and programs to help all residents be physically active to improve overall health and well-being.

The ALP follows the lead of the National Physical Activity Plan and is organized using similar societal sectors. This plan intends to be a living document and will be updated on an ongoing basis to respond to the physical activity needs of the Waco-McLennan County community. The information provided in the ALP includes strategies and priorities developed through discussions and planning that took place throughout 2022.



## Mission and Goals

In Waco and McLennan County, active living should be an accessible way of life for all residents. The City and County are strongly recommended to continue to push for more equitable active living opportunities so that all residents can live, work, and play in environments that facilitate day-to-day physical activity.

This plan aims to:

- Make a collective statement that physical activity is a public health priority in Waco-McLennan County;
- Establish multi-sector collaborations to advocate for plan strategies and priorities; and
- Create an implementation framework for the strategies and priorities in the Active Living Plan.

This plan prioritizes strategies that have been developed by community partners. It is designed to benefit local institutions and organizations from all sectors of Waco-McLennan County in developing and promoting policies, programs, as well as creating systems and environmental changes that support active living. The goal of the Active Living Plan is to guide decisions about policy, resource allocation, program development, and advocacy. Every member of the community plays a role in the implementation of this plan.

## The Need for Active Living and an Active Living Plan

It is recognized that active living encompasses a way of life in which physical, social, mental, and emotional activities are valued and integrated into daily living. Within this document, the reader will see a heavier focus on the physical aspect of active living. Active living can take many forms from an evening walk, choosing to take the stairs, an organized exercise class, or sitting less.<sup>1</sup> McLennan County residents report low engagement in physical activity. In 2019, 28% of adults did not report any engagement in leisure-time physical activity and only 23% would meet national guidelines.<sup>2</sup> Living an active lifestyle and being physically active have vital impacts on mental health, disease prevention, and overall quality of life.<sup>1</sup> This plan is meant to focus on strategies that will help individuals increase their daily physical activity by making the healthy choice the easy choice and involving the whole community in implementation.

## Sectors Included in this Plan

### Business and Industry



Business and industry operations are integral to ensuring employees have opportunities to support their physical health. Business investments into public health programs are associated with lower health risks from non-communicable diseases such as, obesity, heart disease, and diabetes. Such investments also reduce economic costs for employers and employees while encouraging healthier lifestyles, lower healthcare costs, and improving worker productivity. Businesses and industries in Waco-McLennan County must commit to a workplace culture of a healthy, active lifestyle to benefit their operations and employee livelihood.

### Community, Recreation, Fitness, and Parks



The Community, Recreation, Fitness, and Parks Sector includes environments, programs, and services provided by non-profit and local government, such as community centers, public parks, trails, and open spaces. To contribute to active lifestyles, public and private parks, recreational, and fitness organizations should provide free to low-cost programming for residents to maintain active lifestyles. Living near such facilities has been shown to play a critical role in residents' physical health. This sector notably contributes to facilitating activities for all ages and groups who may lack access close to home otherwise. Equitable distribution of these facilities is fundamental to reducing health disparities.

### Education



School is the central focus of daily life for most children in Waco-McLennan County. About half of children's physical activity occurs at school, on average. Yet, the amount of physical activity children accrue at school can vary drastically across schools. Thus, children who accrue little physical activity at school often have low overall levels of physical activity. The school setting can play a significant role in public health initiatives related to physical activity. School-based personnel (e.g., teachers, administrators, and other staff), education decision makers, and policy leaders can significantly affect the development and delivery of comprehensive physical activity programming that impacts all students. Schools are also often at the center of our community making them a great place to promote physical activity before and after school hours.

### Military



Military personnel are generally more physically active than civilians; however, the transition to life as a veteran is characterized by a steep decline in physical activity, and a sharp rise in obesity and related health conditions. Veterans may also bear physical (e.g., chronic pain, traumatic brain injury) and psychological injuries (e.g., post-traumatic stress, depression) stemming from their service, which can contribute to isolation and poor health. The benefits of regular physical activity (i.e., sport, exercise, and recreation) for mental and physical health are well-substantiated. Physical activity promotion among veterans, particularly those with physical limitations and/or mental health conditions, represents an opportunity to promote holistic well-being.

## Faith-Based Settings



The Faith-Based Settings Sector includes diverse religious organizations, and can include religious congregations or houses of worship, organized religious denominations, faith-based social service agencies, and faith-based charities. Although the primary mission of religious congregations is the spiritual growth and well-being of its members, most faith-based organizations promote community service, outreach, and volunteerism. This inclusive mission, combined with broad reach across diverse communities, makes religious congregations well-positioned to play an important role in public health practice. Additionally, faith-based organizations often have spaces to promote physical activity central to neighborhoods.

## Healthcare

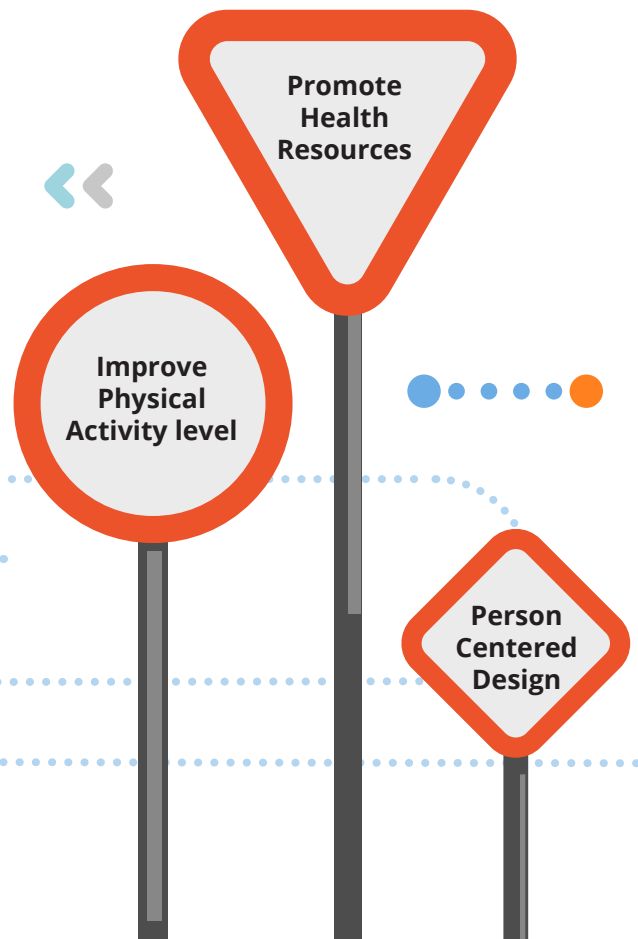


Healthcare resources can be utilized to improve individuals' physical activity and wellness. Individuals commonly receive assessments, counseling, and recommendations on physical health and promotion of safe and effective physical activity from their healthcare providers. Access to healthcare is necessary to receive this vital information. Healthcare providers can empower individuals to change their behaviors and improve their physical activity levels. Healthcare providers can form partnerships with other sectors to ensure individuals have access to physical activity resources.

## Public Health



The overarching goals of the Public Health Sector are to promote, protect, and maintain health and prevent disease at the population level. Public health initiatives historically have focused on controlling communicable diseases. Recently, in response to the rise in rates of obesity, heart disease, diabetes, cancer, and other chronic conditions, public health efforts have increasingly focused on preventing these non-communicable diseases. The Public Health Sector consists of governmental organizations, such as public health agencies and federal, state, county, and local health departments. It also includes non-governmental organizations that seek to address public health goals, such as institutions of higher education, professional societies, non-profit organizations, think tanks, and advocacy groups. Organizations within the Public Health Sector perform a variety of functions, including research, surveillance, program development and delivery, evaluation, training, and advocacy.



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## Sport



The Sport Sector represents a powerful opportunity to make transformative progress in youth and adult physical activity and health in Waco-McLennan County. Promoting overall health and providing specific health benefits associated with increased physical activity is an obvious focus. Other aims include advancing health equity, supporting child development, assisting academic achievement, accelerating inclusion, serving as a social movement strategy, stimulating economic growth, and making broad cultural impacts and contributions. Participating in sports also supports child development, academic achievement, tolerance, and inclusion. Changes to expand access and infrastructure for sports is critical to permit youth and adult involvement.

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## Mass Media



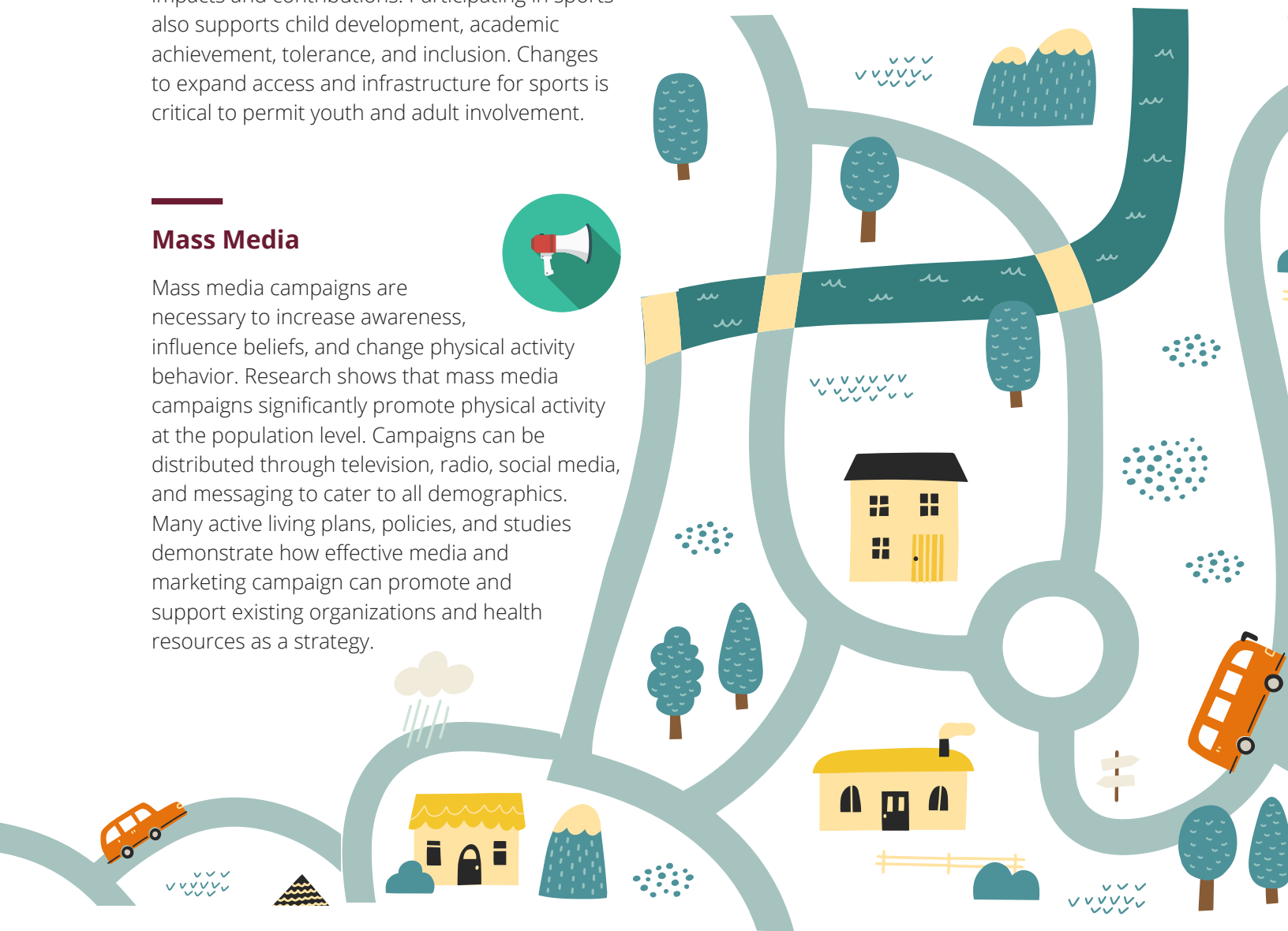
Mass media campaigns are necessary to increase awareness, influence beliefs, and change physical activity behavior. Research shows that mass media campaigns significantly promote physical activity at the population level. Campaigns can be distributed through television, radio, social media, and messaging to cater to all demographics. Many active living plans, policies, and studies demonstrate how effective media and marketing campaign can promote and support existing organizations and health resources as a strategy.

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## Transportation, Land Use, and Community Design



Equitable designs that promote walking and bicycling accessibility subsequently boast an active physical lifestyle. Affordable and safe transportation options, such as walking and bicycling, combats public transportation barriers to people of color, people with disabilities, and people of low socioeconomic status. Land use and zoning policies also influence the creation of sprawl or easily accessible destinations, such as grocery stores, schools, jobs, and health services.



## Process

1

### Existing Plan Review

In the first stages of developing the Waco-McLennan County Active Living Plan, previous existing plans were examined and opportunities identified to advance recommendations in those plans while highlighting areas to leverage and complement efforts being made by Waco- McLennan County. This baseline helped guide and facilitate conversations throughout the engagement process and establish a foundation for understanding what strategies may be missing to increase access to healthy living opportunities.

2

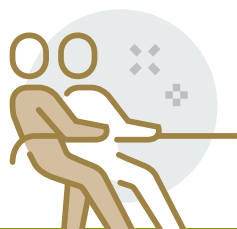
### Policy

Policy and planning procedures impact everything from the development of new areas to the upkeep of infrastructure. Certain policy elements have been proven to create environments that maximize physical activity. Fifteen city and county policy/planning documents were evaluated for the presence of policy elements noted to encourage physical activity and activity friendly routes to everyday destinations. Frequencies of explicitly stated, implicitly mentioned, and missing items were calculated for each of the 15 documents.

3

### Physical Activity Resource Assessment

Physical activity resources like parks, schools, and churches provide places to be active. Parks, schools, and churches in the county were identified, along with the presence and quality of physical activity features, amenities, and nuisances were assessed using Google Maps.



4

### Survey

Surveys were conducted online via social media, email, and in person. The survey included current physical activity behaviors, perceptions of social norms, sense of control, barriers to physical activity, and intentions to engage in physical activity. 273 residents completed the survey (67% female, 38.5 average age, 71% White, 17% Black/African American, 8% Hispanic/Latinx, 4% other or multiple races).



5

### Community Conversations

Community members were invited to participate in anonymous open discussions about active living in Waco-McLennan County. Five focus groups were completed via Zoom and in-person with 30 people. One of the five focus groups was facilitated in Spanish. The conversation discussed the barriers and facilitators to being active in the community as well as changes the community members would like to see. Answers were categorized into themes and summarized for reporting.



6

### Best Practices Review

The best practices review evaluated national and local active living plans to obtain priorities and strategies recommended for use. These plans provide suggestions and frameworks for active living that range from high to low level implementation. Together, they provide national, regional, and local suggestions with various nuances. Plans also acknowledged that social and cultural differences will affect the reception, adoption, and translation of active living practices into everyday life. Mitigating and adjusting for local, hyper-local, and cultural variances is an important undercurrent running through all suggestions. Hence, further adaptation to these recommendations were made by community stakeholders.

7

### Stakeholder Listening Sessions

Stakeholder listening sessions were held for each sector specifically to discuss example priorities and strategies. Stakeholders were asked for feedback regarding the fit, impact, and feasibility of each potential strategy and provided unique insight into their experience and expertise. Revisions were made resulting in finalized priorities and strategies.

## Results Brief

### Policy



- Policy change takes time but a dedicated effort to explicitly state active living elements in policy and planning documents will promote long-term system and environmental change.
- Bringing multiple viewpoints and stakeholders including resident voices may be needed for this change.
- Equitable project selection policies may help to reduce disparities seen in park/development locations.

### Physical Activity Resource Assessment



- Adding or improving resources may be needed in certain zip codes/areas to increase equity and accessibility.
- Shared use of churches and schools may improve access to resources for many residents.
- Temporary activation of unused space (grassy fields or parking lots) may be an option to provide safe play places.
- Key resources such as Cameron Park and recent park improvements should be maintained as cornerstones of an active lifestyle.

### Survey



- Most residents report being active; however, many are not confident in their ability or opportunities to be active.
- Time reported sitting is above the national average (400 min). Ways of breaking up sitting time might be welcomed.
- Free or reduced-cost programs that make it easy for groups of residents to start and commit to a physical activity plan may be needed.
- Safety and access issues exist in preventing residents' physical activity.

### Community Conversations



- A focus on safety and lighting would promote park usage.
- Adding more swimming pools, splash pads, and water features may be relevant park upgrades.
- Awareness of programming, resources, and events may need to be more comprehensive.
- Infrastructure upgrades and park quality may not be distributed evenly across areas of the community.
- Areas lack sidewalks or connectivity to physical activity resources.





## Business and Industry

### Priorities

1. Identify and circulate materials for best practices, models, and evidence-based physical activity programs in the workplace.

- Create or enhance access to places for employees to engage in physical activity before, during, and after work hours; combine with informational outreach activities.
- Provide resources necessary to support physical activity behavior adoption and maintenance among employees, including access to relevant expertise, evidence-based behavioral change programs, and well-qualified fitness and behavior change professionals.
- Ensure these best practices address the needs of all worksites, especially small and medium size businesses. Ensure that the needs of organized labor, diverse populations, and low-resource populations are addressed.

2. Create an accessible forum that nurtures natural collaborations between industry, agency, and business to share worksite wellness resources and programming and promote physical activity among employees.

- Encourage businesses to establish partnerships that offer gym membership discounts with the intention to improve the overall health of their employees.
- Encourage business and industry to collaborate with each other and with all other sectors to identify opportunities to promote physical activity.

3. Encourage businesses to embrace a culture of active living through small meaningful changes to the workday including walking meetings, standing desks, mindfulness habits, and other practices.

- Support businesses in establishing flexibility for employees with work hours to allow time for nutritious meals, physical activity, and appropriate walk break times throughout the day.
- Develop specific approaches to promoting physical activity and reducing prolonged sitting time that are appropriate for large, medium, and small sized businesses as well as worksites with large numbers of lower income workers and workers of diverse racial and ethnic backgrounds.





## Community, Recreation, Fitness, and Parks

### Priorities

#### 1. Support community strategies that improve access to, and the safety and security of, parks, recreation, fitness, and sports.

- Explore the use of “resiliency centers” to enhance resident access to many resources in one location.
- Focus on the development of smaller, neighborhood parks that are easily accessible to nearby residents by foot, bike, or public transit.
- Adopt strategies that improve safety and security of community recreation, fitness, and park facilities (especially in low-resource, geographically isolated and/or high-crime communities), including lighting and design features.
- Support joint use agreements for access to school playgrounds or recreation areas.

#### 2. Communities should develop new, and enhance existing, community recreation, fitness, and park programs that provide and promote healthy physical activity opportunities for diverse users across the lifespan.

- Activate park space through development of new park programs (at free or reduced cost) that support physical activity opportunities for all residents.

- Promote 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.
- Develop partnerships with school districts and local businesses to offer physical activity programs before and after school/work, with special attention given to diverse and underserved populations.

#### 3. Community recreation and park organizations, the fitness industry, and private business should advocate for increased and sustainable funding and resources to create new, or enhance existing, physical activity facilities and services in areas of high need.

- Develop partnerships to increase and protect dedicated funding for community recreation, fitness, and park facilities and services, especially in areas of high need.
- Identify and pursue creative and alternative sources of funding for community sites and places for physical activity from local business, community foundations, and partnerships.
- Explore opportunities to collaborate within and between sectors to promote resource sharing and sustainability.





## Education

### Priorities

1. Education systems should operate public health and physical activity programs ranging from early childhood to post-secondary education.
  - Encourage early childhood education programs to adopt standards that ensure young children are appropriately physically active when in early care and education settings.
  - Schools should consider how elements of the Comprehensive School Physical Activity Program model can be appropriately adapted and adopted into current programs to align with Texas and national standards.
  - Schools should look for opportunities to carve out a space to test and pilot new, innovative ideas to increase physical activity including programs such as yoga, meditation, and mindfulness.
2. School districts should partner with the community to improve access to physical activity opportunities and provide students with a variety of options to be physically active.
  - Encourage and seek out shared use agreements that enhance student access to school and community-based physical activity facilities especially in communities with few resources.
  - Consider transportation partnerships as well as after-school programs at free or reduced cost to improve access to physical activity opportunities for of the community which may not have resources.
  - Maintain and create new partnerships with community organizations and residents providing expertise and experience to promote physical activity opportunities for all students.



## Military

### Priorities

1. Identify existing personnel within the Department of Defense and Veterans' Affairs workforce with requisite subject matter expertise in physical activity and health, physical fitness, and/or tactical strength conditioning, who can be immediately leveraged as subject matter experts within their organizations.
2. Provide resources and training necessary to support Veterans in adopting and maintaining physical activity behaviors, including providing access to relevant expertise, evidence-based behavioral change programs, and qualified fitness and behavior change professionals.
3. Develop and implement comprehensive and immersive physical activity and physical training prescriptions for the U.S. Armed Forces to ensure the delivery of safe and effective training and subsequent assessments of the Physical Fitness Dimension of Total Force Fitness.
4. Invest in efforts to understand what motivates military members, veterans, civilian Department of Defense and Veterans' Affairs employees, and military families to establish physically active lifestyles and identify strategically compelling physical activity messaging.



## Faith-Based Settings

### Priorities

1. Identify partnerships between health ministries, local organizations, and community resources to promote active living through fitness classes, and education initiatives.

- Promote existing programs such as parks and recreation activities, nutrition and cooking classes, and educational workshops to church members.
- Faith-based organizations should establish cross-sector partnerships to promote physical activity in a manner consistent with their values, beliefs, and practices as well as tailored to their community and constituents.
- Partner with other local sectors (e.g., business, education) for funding, technical assistance, and expertise to implement evidence-based/informed physical activity and other health programs.
- Include all religious affiliations, racial/ethnic groups, and geographic locations in efforts to promote physical activity in faith-based organizations.

2. Explore opportunities to use church space and resources for community active living promotion.

- Churches with adequate indoor space should consider creating joint use agreements to share spaces that encourage physical activity.
- Churches with green space should also consider shared use agreements or advocating for community use to encourage physical activity.

3. Create and maintain an electronic resource for faith-based organizations to access evidence-based programs and best practices for promoting physical activity in faith-based settings that can be tailored to church community.

- Create a public website with physical activity research and practice program materials tailored for application in faith-based settings.
- Support faith-based leaders and lay community members in reviewing programs, products, and resources throughout the development process.
- Support the development of messages from all religions and denominations that demonstrate how scripture and religious law can support and encourage engagement in physical activity and other positive health behaviors.





## Healthcare

### Priorities

#### 1. Healthcare systems should increase the priority of physical activity assessment, advice, and promotion.

- Make physical activity a patient “vital sign” that all health care providers assess and discuss with their patients.
- Establish physical inactivity as a treatable and preventable condition with profound health implications.
- Encourage healthcare professionals to be role models of an active lifestyles for patients.
- Expand the evidence on the cost-effectiveness of promoting physical activity in inactive patients with and without chronic disease, including evidence on the effect of therapeutic physical activity for existing conditions on patient outcomes and costs of care.

#### 2. Healthcare systems should partner with other sectors to promote access to evidence-based physical activity-related services that increase health equity.

- Establish partnerships with state and local health departments to fund and implement inclusive physical activity policies and programs for underserved groups and ensure that they are tailored to the cultures and needs of these groups.
- Partner with faith-based organizations and schools to increase access to physical activity opportunities and programs.

- Partner with providers of community physical activity services to form referral networks (such as Park Prescription and/or Exercise Prescription programs) that increase opportunities for physical activity and ensure equal access of their patients to community resources, including patients living in rural areas.

#### 3. Work with the senior population to help promote policies for active aging in place.

- Promote activities and community events to bring people together across the lifespan to improve social cohesion and joint active living.
- Partner with community planners to ensure equitable access to active transportation and to expand opportunities for active transportation and recreational activity.





## Public Health

### Priorities

1. Identify and disseminate tools and resources important to promoting physical activity, including resources that address the burden of disease due to inactivity, the implementation of evidence-based interventions, and funding opportunities for physical activity initiatives.

- Reimagine community health fairs and education outreach programs within the community to pair primary care and prevention with health information.
- Reconceptualize the use of Community Health Workers (CHWs) and Peer Educators to provide education and connect community members to resources for increasing physical activity to be sustainable.
- Identify and support expansion of culturally salient tools that build upon community assets to promote physical activity across all population groups.

2. Create, maintain, and leverage cross-sectoral partnerships and coalitions that implement evidence-based strategies to promote physical activity.

- Promote new voices from all sectors to inform public health decisions.
- Increase networking and collaboration between practitioners, researchers, community-based organizations, and advocates.
- Encourage partnerships between local health agencies and scientists in academic and private settings to conduct community participatory research to facilitate the dissemination of evidence-based practices to promote physical activity.

3. Expand monitoring of policy and environmental determinants of physical activity and the levels of physical activity in communities (surveillance) and monitor implementation of public health approaches to promoting active lifestyles (evaluation).

- Identify and promote a common set of measures that can be applied across diverse populations to track progress in physical activity promotion.
- Define a common framework to evaluate policy and environmental change processes, outcomes, and impacts.
- Build the capacity of practitioners to monitor key outcome measures of chosen interventions.
- Expand surveillance systems to monitor the status of environmental and policy determinants of physical activity and the disparities in resource availability and utilization.







## Sport

### Priorities

1. Explore ways to promote collaborations between sport organizations unifying and strengthening this sector forging a path to improved infrastructure, more equitable opportunities, and a wider array of programming through partnership and shared resources.
  - Build awareness, among sport organizations, of the value of “backbone” entities which leverage and coordinate resources across affiliated organizations.
  - Engage in critical multiorganizational conversation to establish a clear vision for future needs and wants within community sport organization with the expressed focus on finding areas for collaboration.
  - Establish committee of stakeholders to establish priorities and timelines, break down required tasks, assign tasks to stakeholders able to complete task, and provide deadlines and expectations.
  - Support joint use agreements for access to school playgrounds or recreation areas.

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### 2. Create better quality and variety of sports programming, affordable and accessible to all members of the Waco McLennan County community.

- Support community strategies that improve access to and the safety and security of parks, recreation, fitness, and sports facilities, especially in low-resource areas.
- Develop new park programs that support physical activity opportunities for all residents.
- Ensure the virtual delivery of sports activities to people of all ages, backgrounds, and abilities, and promote individual sports such as biking, skateboarding, and running.
- Encourage free and creative opportunities for residents to regularly be active in a safe space.



## Mass Media

### Priorities

1. Create digestible, regularly updated information on active living.
    - Launch a regular schedule of active living campaigns focused on different parts of Waco and McLennan County.
    - Highlight local places and resources to be active within the community.
    - Encourage writers and producers to include messages and stories related to physical activity and overall health and wellness by continuing to provide coverage for health-related topics.
- 
2. Engage traditional and new media; English and Spanish language media; electronic, print, and web-based media channels, including social media, to reach diverse audiences.
    - Involve community members representative of the community in storytelling and messaging promoting the benefits of active living and physical activity.

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### 3. Foster continued collaborations with public health and health care sectors to ensure quality and accuracy of information to lend credibility.

- Engage public health agencies and key stakeholders at all levels and across all societal sectors in developing a standardized “brand” for promoting physical activity.
- Develop and disseminate a toolkit to support extensive application of the messages and standardized brand for promoting physical activity.



## Transportation, Land Use, and Community Design

### Priorities

1. Use social determinants of health to set benchmarks and use an evaluation tool to measure impact of planning programs, policies, and land use changes.

- Transportation and public health agencies should invest in and institutionalize the collection of data to inform policy and to measure the impacts of active transportation on physical activity, population health, and health equity.
- Reform transportation spending at all levels to tie it to larger goals for health, safety, equity, and the environment—rather than to a focus only on traffic volumes and speeds.

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2. Community planners should integrate active design principles into land-use, transportation, community, and economic development planning processes and policies.

- Prioritize new sidewalks, bike lanes, greenways, etc., that connect to neighborhoods to resources like physical activity destinations and workplaces.
- Use events, short-term interventions, and demonstration and pilot projects (e.g., tactical urbanism or quick build) to create knowledge of and demand for permanent infrastructure and policy improvements for walking, cycling, and transit.
- Communities should change zoning laws to favor or require mixed-use developments that place common destinations within walking and bicycling distance of most residents and incorporate designated open space suitable for physical activity.



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3. Support plans to enhance community design for active transportation and encourage a “people first” design that promotes walking and bicycling.

- Encourage the development of street designs that accommodate all users regardless of age, ability, or mode of transportation.

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4. Transportation and public health agencies should implement initiatives to encourage and reward more walking, bicycling, and transit use for routine transportation.

- Establish parking policies that encourage and support active living and active transportation.
- Integrate considerations for non-motorized travel and public health into formalized planning processes, such as master plans, comprehensive plans, zoning code updates, housing and commercial developments, metropolitan planning organizations’ (MPO) transportation improvement project lists, trail plans, and regional transportation plans, with specific focus on improving environments in low-income communities.



## Final Words

Throughout the many conversations with residents and stakeholders, three main themes consistently appeared.

### Person-Centered Design

- The need for walkable, person-centered design and policy decisions to improve active living and overall quality of life was evident.

### Cross-sector Collaborations

- Several stakeholders repeated a desire to leverage existing cross-sector collaborations and form new connections to amplify active living efforts.

### Disparities in Access

- Several stakeholders and residents acknowledged disparities in access to resources especially within parts of the community.
- Within these conversations, many also discussed the possibility or desire for shared use or joint use agreements.

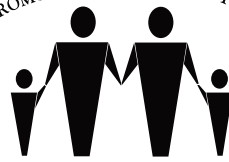


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