

# Jackson County Healthy Communities



# Action Area 1

***Develop and/or Enhance Access  
to Community Walking and  
Biking Paths and Sidewalks***





# Walking

- Sand Gap Walking Track
- McKee City Park
- Jackson County Middle School
- Flat Lick Falls Park





2009/10/22





2009/09/24





2009/09/21





2009/09/21





2009/09/24





2009/09/30





2009/10/22





2009/10/22





2009/10/22





# Flat Lick Falls Park

- 80 acre park
- Received a GOLD grant and Recreational Trails grant in 2008
- Volunteers are helping to create 5 miles of trails
- Trails will include  $\frac{1}{4}$  mile loop that will be handicapped accessible
- Look-out point to the falls
- Future plans include camping, open area for play and recreation



















# Biking

Sheltowee Trace Trails  
Jackson County Tourism  
Redbud Ride



























# Physical Activity Resource Guide

- Physical Activity Resource Guide posted on [www.fitky.org](http://www.fitky.org) (need for updating)
- Collaboration with Jackson County Tourism
- Wellness in the Valley (Regional Obesity Coalition for Partnership for a Fit KY)





# Action Area 2

Develop policies to increase access to healthy foods and physical activity utilizing evidence-based programs to support policies.





# Increase Number, Participation, and Promotion of Farmers Market

- Local Food Council (Appalachian Alternative Agriculture of Jackson County: 3AJC)
- Community Kitchen
- Promotion of Market
- Iron Chef Cook-off and Fruit & Veggie Campaign
- Grower's Educational Training
- Signage







# Community Campaign

- Fruits and Veggie More Matters (Color Me Healthy, LEAP)
- Eat Smart Play Hard
- Take 10!
- 1% or Less Milk Campaign
- WE Can!
- Healthy Restaurant Menus



















# Action Area 3

Implement policies to reduce exposure to  
secondhand smoke





# Reduce 2<sup>nd</sup> Hand Tobacco Smoke Exposure

- Billboards
- Developing a Work-Site Toolkit to develop Non-Smoking Policies
- Business Buy-In
- Health Fairs





Peeing  
section

Non-  
Peeing  
section

Tobacco  
Smoke  
Doesn't  
Read  
Signs  
Either

Jackson County Health Department  
Healthy Communities Grant





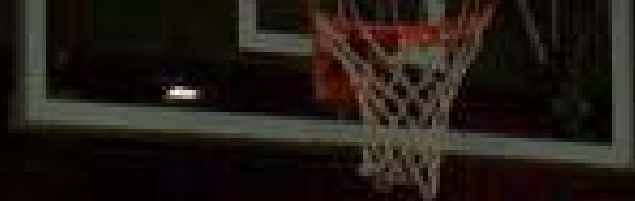
# LORD'S GYM OF JACKSON COUNTY



**For the health of our community,  
our building and grounds  
are tobacco free.**

**No smoking allowed  
within 100 ft. of entrance.**

**Thank you!**





# Tobacco Prevention and Treatment

- Cooper Clayton Smoking Cessation
- Media Awareness Campaign on risks of 2<sup>nd</sup> hand smoke
- The Jackson Co. Health Department targeted 7<sup>th</sup> grade students on prevention of initiation of smoking as well reducing exposure.



Jackson County will continue to  
work toward a County-wide  
Smoke-Free Ordinance.





We would like to thank the  
Department of Public Health for  
this opportunity and our  
Community for all their support  
to make this initiative such a  
**SUCCESS.**

