

# Rockcastle

Healthy  
Community

# Healthy Community

- A coalition of partners representing all sectors of the community joined in a movement to create healthier place to live, play, and work.
- A movement to strengthen community leadership, build capacity and activate change by changing the environment to make the healthy choice the easy choice.

# Health Prevention

- Physical Activity
- Nutrition
- Reduced Tobacco Exposure

# Physical Activity

## Creating an Environment of Safe Walking



## Suggested Improvements

- Cross walk with Abbey Stripes
- Textured speed bumps
- Cross walk signage and more connection with the Middle School

# ASSETS FOR SAFE WALKING

## PAVED SURFACE



## MULTI-PURPOSE



# NETWORK OF SIDEWALKS





# Let's Play Tennis Program

## TENNIS COURT IMPROVEMENTS

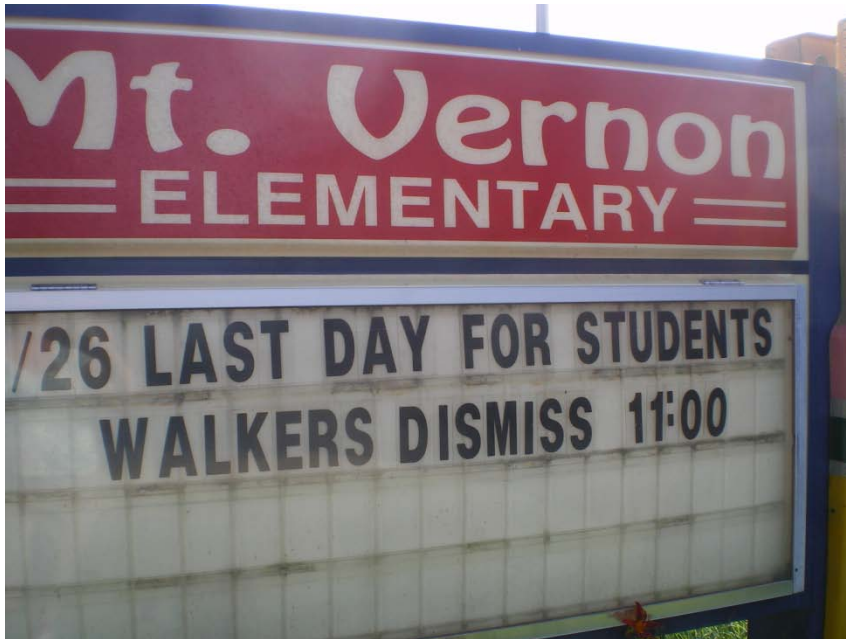


## TENNIS LESSONS



# SCHOOLS

## ENCOURAGE WALKING



## ROCKET READER PROGRAM





# COMMUNITY EVENTS

## LONGEST DAY OF PLAY



## 2<sup>ND</sup> SUNDAY EVENT



# ROCKCASTLE RIDES

**CANOEING, BICYCLING, HIKING, HORSEBACK RIDING**







# TRAILS

## LIVINGSTON TRAIL HEAD



## RECREATION



# OPPORTUNITIES



Rockcastle Strides  
Monthly  
4K and 5K Run/Walk  
By Rockcastle Hospital



# Nutrition

**Jon Carloftis**

**Eat, Grow, Learn  
Conference**



# Opportunities

## **Community Garden**

- ASPI
- Grow Appalachia
- CAP

## **Farmers Market**

- WIC
- Senior Farmers Market Program

# Increasing Access to Healthy Food

## School Greenhouse

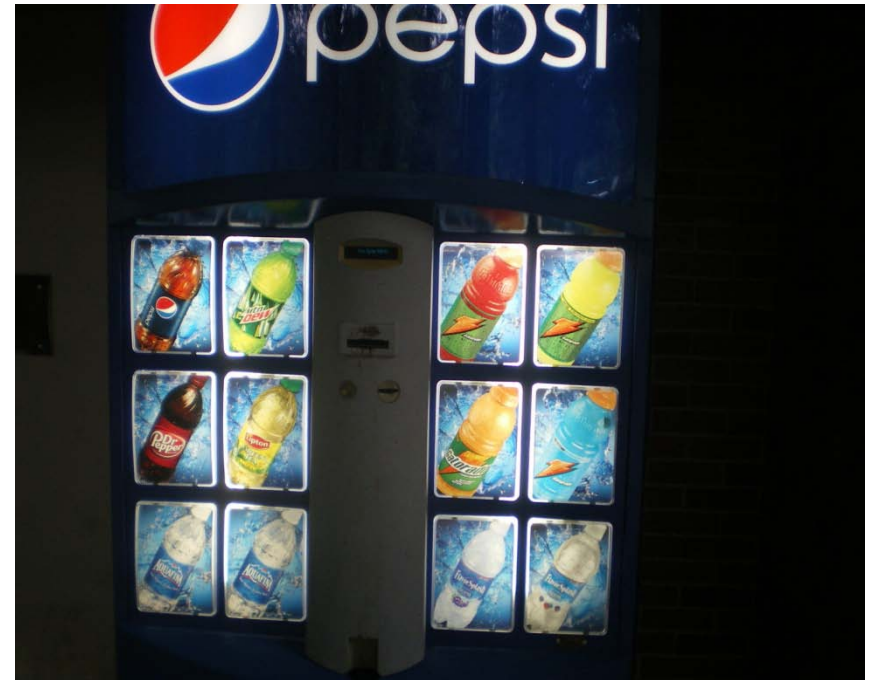


## Farm to School Opportunities



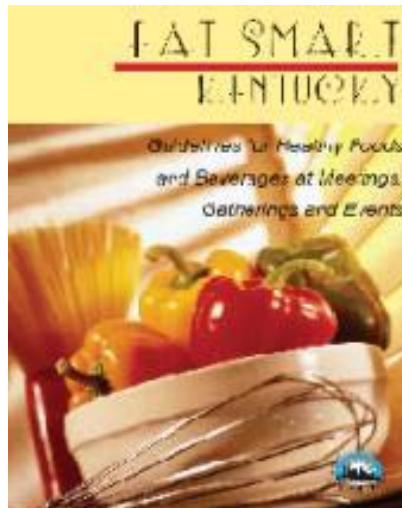
# Healthy Vending Policy

## Healthy Vending



# Healthy Food Policies at Meetings

Develop a Policy to serve healthy foods at meetings





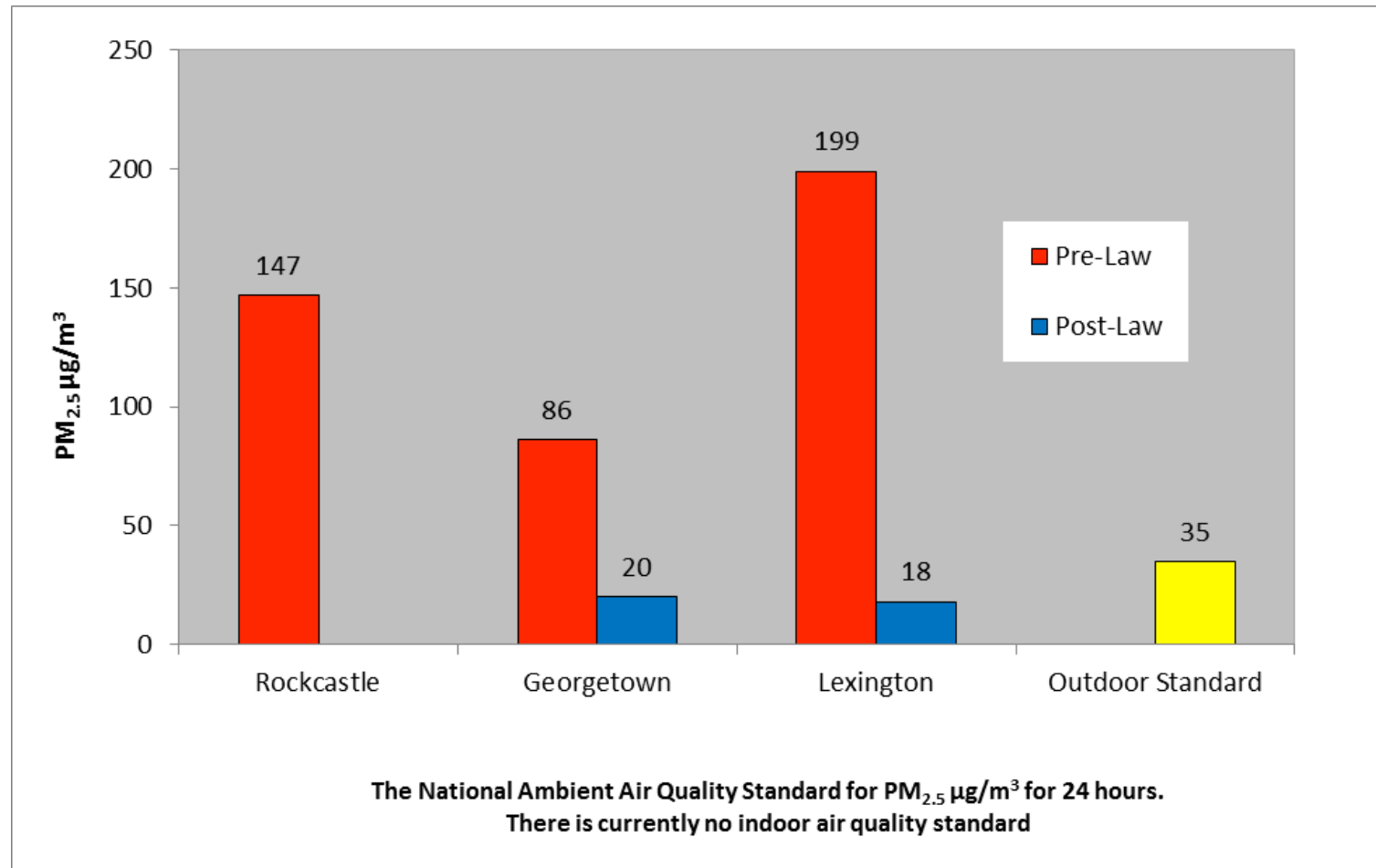
# Reducing Tobacco Exposure



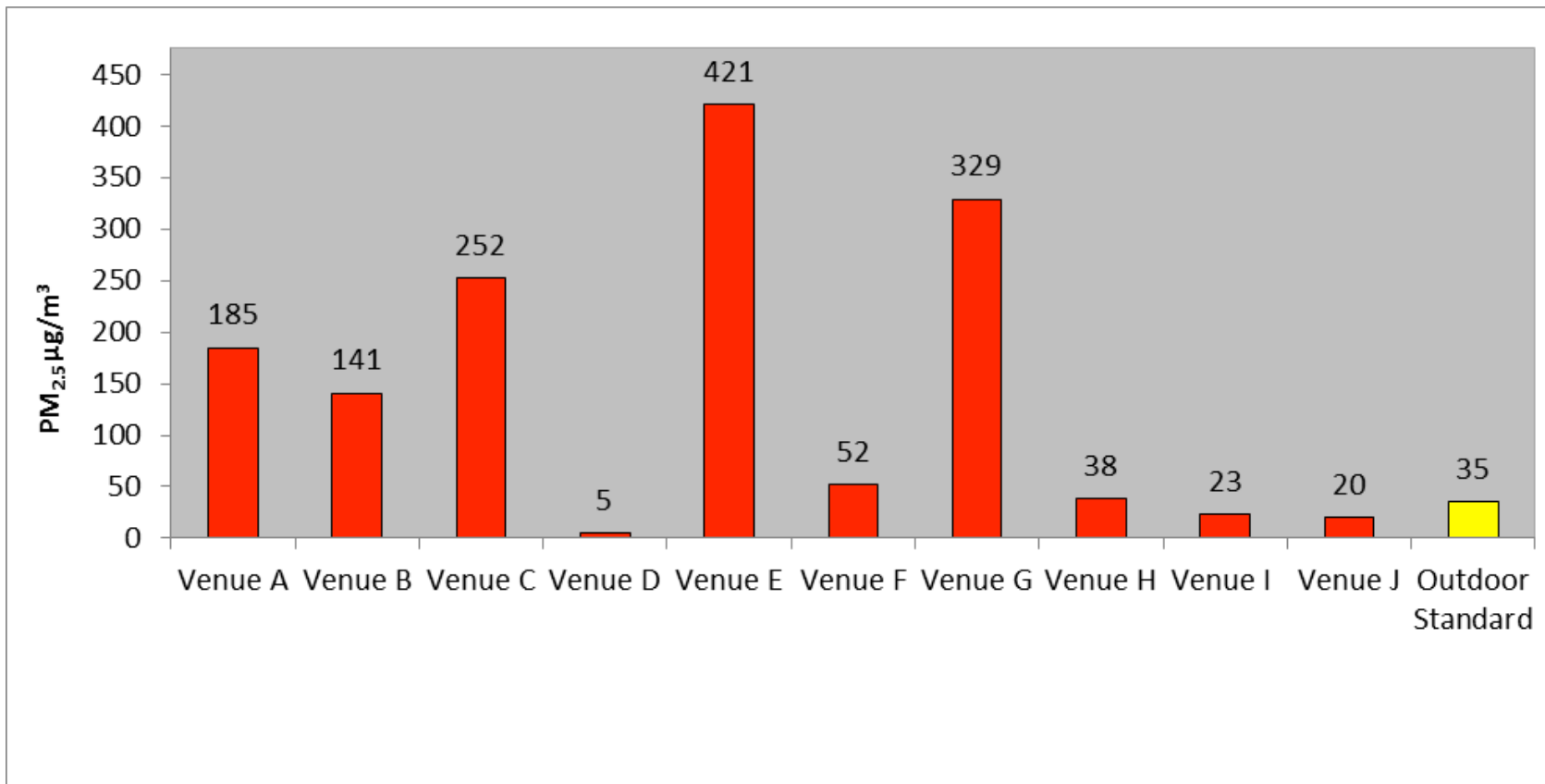
# How Do 100% Tobacco –free Schools Help?

- **Prevent role-modeling of smoking by teachers, staff, and other students, thus setting a tobacco-free norm**  
(Lovato, 2006; Barnett, 2007; Pointek, 2007)
- **Decrease chance of experimentation and progression to addiction**  
(Goldstein, 2003).
- **Reduce barriers to quitting**  
(Baillie, 2008)
- **Reduce access to tobacco from friends**
- **Prevent secondhand smoke exposure**

# Air Quality Test



# Average Indoor Fine Particle Concentration in 10 Venues, Rockcastle



# Benefits of Adopting a Smoke Free Policy

- Lowers the risk of premature death
- Protects your family, citizens, or employees health
- Lowers health care costs
- Increases productivity and morale
- Reduces absenteeism
- Decreases cleaning and maintenance costs
- Approximately 70% of Rockcastle residents do not smoke; it protects non-smokers from 2<sup>nd</sup> hand smoke exposure
- Lowers the risk of fires and accidental injury
- Protects and promotes good health