Meeting 7
Healthy Communities
Working Group
Top Strategies
Goal: Local Food Production

• Table 1: Preserve significant agricultural lands
  – Protect prime agricultural lands for local food production.

• Table 2: Enable urban agriculture
  – Encourage opportunities to grow food within the parks, schools, open spaces and neighborhoods of our cities and towns.
Preserve Ag Lands

• Develop a local seed bank.
• Develop production and markets for premiere, signature, gourmet, regional agricultural products.
• Support diversity of production ("agri-tourism" to "you pick" to larger scale production and products).
• Farm and land management cooperatives (sharing land and resources among a farming community).
Enable Urban Ag

- More rural counties create task forces/committees to assess need and potential; work with hospitals, health councils, and health departments, farmers
- Learn from successes in other places - micro and macro - Knox Co CAC (Beardsley); Knoxville Knox County FPC
- Secure resources: land, seed, tools, water, education, master gardners
- Use data to move leaders towards building commitment for support of local food - policy, production, access to local food for underserved
Goal: Healthy People

• Table 1: Encourage activity
  – Create places where people can safely walk and bike as part of the daily routine of school, work and play.

• Table 2: Promote wellness
  – Promote wellness as a means of minimizing the physical, mental and social costs of treating sickness.
Encourage Activity

• Systematically integrate greenways into the built environment.
• Social marketing, promoting that we can become a physically active region.
• Provide sidewalks in urban/municipal areas. (take advantage of existing wider road facilities, re-striping, paving, etc...)
• Local government support for age-specific (youth to elderly) focused physical activities (soccer leagues, yoga, walking, etc...).
Promote Wellness

• Engage policy makers, for example school board members.
• Coordinate with PlanET economic development goals
• Work with Coordinated School Health
• Identify current groups working in this area to determine gaps (access, needs) in physical and mental health and bring partners together.