



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 gardeners
- 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.