Parks and recreation areas for a healthier community: Rowan County, KY

Morehead State University
RAPP 300: Seminar in Regional Issues I

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Introduction

A continuing dialogue with *NewCity Morehead*......and others.
Project Focus

**Theme**
Health and community quality of life

**Why ‘health’?**
- Previous MSU-ATP student projects
- Scholarly literature & community initiatives
- ARC’s health program area
- Local comprehensive planning process
Community Organizations

Welcome To Morehead

NewCity Morehead

Gateway Wellness Coalition

Sustainable Morehead Incorporated

Morehead Tourism Commission
Indicators of Community Health

- Morbidity and mortality
- Physical activity
- Diet
- Mental health
- Alcohol and drug use
- Access to healthcare
- Environmental quality
- Access to parks
## Our Community’s Health

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Rowan County</th>
<th>Kentucky</th>
</tr>
</thead>
<tbody>
<tr>
<td>In less than good health (% adults)</td>
<td>27%</td>
<td>23%</td>
</tr>
<tr>
<td>Mentally unhealthy days (per month)</td>
<td>5 days</td>
<td>4 days</td>
</tr>
<tr>
<td>All cancers (age adjusted per 100,000 pop.)</td>
<td>223</td>
<td>212</td>
</tr>
<tr>
<td>Infant mortality (per 1,000 live births)</td>
<td>8.3</td>
<td>6.7</td>
</tr>
<tr>
<td>Uninsured population (% adults &lt; age 65)</td>
<td>20%</td>
<td>18%</td>
</tr>
<tr>
<td>Childhood obesity (2-4 years old)</td>
<td>18.3%</td>
<td>15.6%</td>
</tr>
<tr>
<td>Physically unhealthy days (per month)</td>
<td>4 days</td>
<td>5 days</td>
</tr>
<tr>
<td>Prevalence of diabetes (% adults)</td>
<td>7%</td>
<td>8%</td>
</tr>
<tr>
<td>Heart disease deaths (per 100,000 pop.)</td>
<td>222 days</td>
<td>224 days</td>
</tr>
</tbody>
</table>

*Source: kentuckyhealthfacts.org*
Indicator: Physical Activity

- Focus of current project
- Rationale
  - Local partners’ priorities
  - Ongoing community planning
  - Results of research studies
Our Question

• What opportunities currently exist in Rowan County for outdoor physical activity, and do they meet the current and expected future needs of the community?
Approach

- Collect demographic information
- Perform an asset inventory
- Conduct a pilot survey
Results

- Population age structure
- Asset inventory & map
- Pilot survey
An aging population...

![Population by Age](image)

(Census 2012)
## Existing Parks/Recreation Assets

### ASSETS
- Don Greenhill City Park & Soccer Complex
- Zane Collins Community Park
- Rodburn Park
- Cave Run Lake Campgrounds
- Rowan County School System
- Eagle Trace Golf Course
- Water Trails
- Bike Routes
- Daniel Boone National Forest
- Eagle Lake
- Memorial Tree Walk
- Other

### AMENITIES
- Athletic Fields
- Skate Park
- Walking Parks
- Campgrounds
- Hiking Trails
- Playgrounds
- Biking Trails
- Shelters
- Trailheads
- Other
Population Density by Census Tracts
(Pop. per square mile)

(Source: ESRI, 2012)
Planned Asset - Recreation Area

- Sports fields
- Hiking & biking trails
- Indoor gym & swimming pool
Planned Asset - Trail

- Connects west end of town to the 230 mile Sheltowee Trace trail
- Incorporates existing parks and trails
Pilot Survey

- **Two stages**
  - NewCity Morehead
  - Sustainable Morehead

- **Revisions**
  - Instructions
  - Question wording
  - Answer choices
Conclusions

- **Our contribution**
  - Inventoried parks and recreational facilities
  - Conducted pilot surveys

- **Community involvement**
  - Local agencies
  - Nonprofit organizations
Recommendations

- Help community promote existing outdoor assets
- Revise pilot survey based on recommendations
- Investigate methods of survey distribution
- Stay involved in the planning process
- Examine additional health indicators & communities
Acknowledgements

Our Community
City of Morehead
Gateway Wellness Coalition
Morehead Tourism Commission
NewCity Morehead
Sustainable Morehead

Previous ATP classes

School of Public Affairs