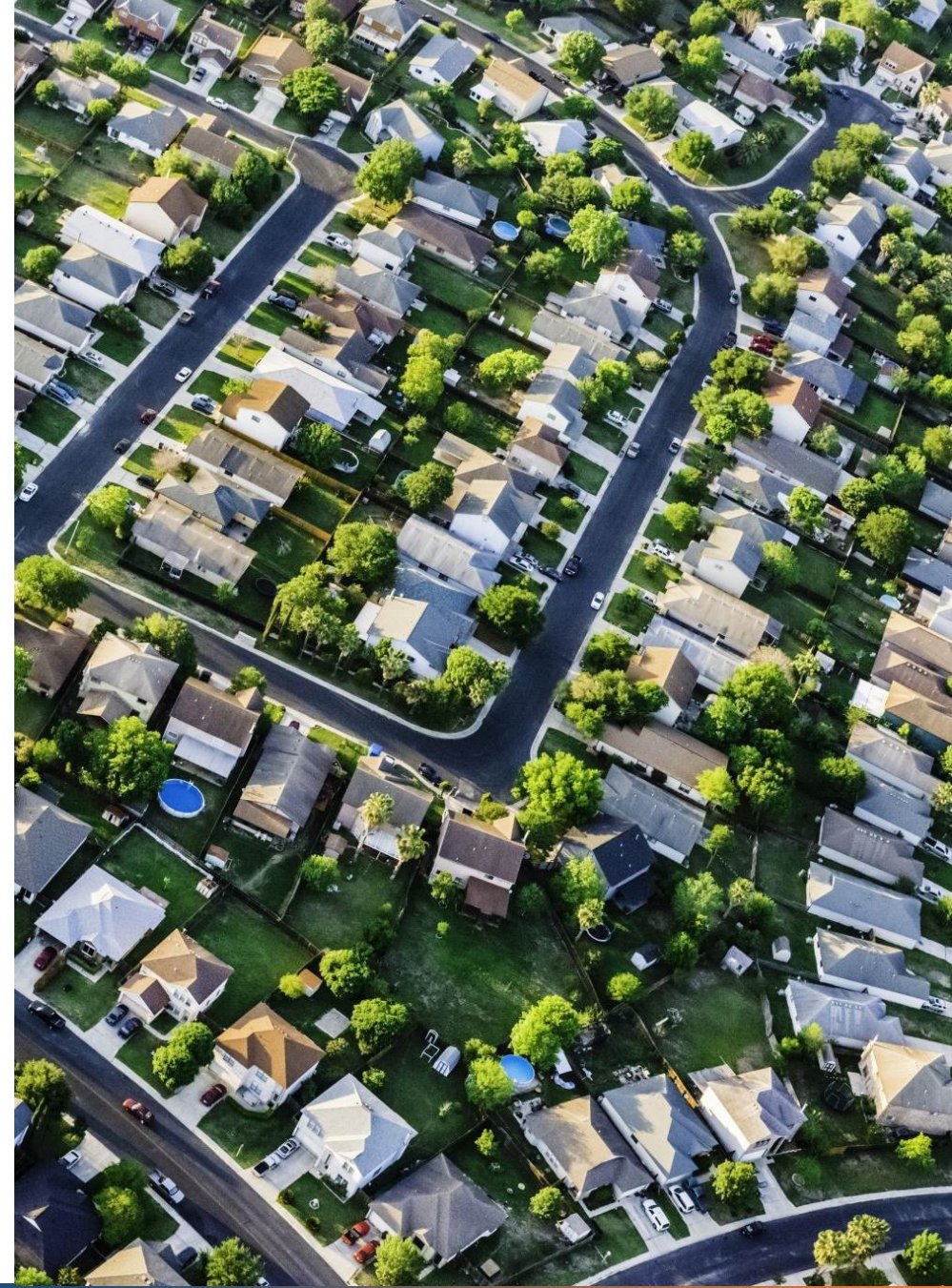


Waco-McLennan County Active Living Plan

LaShonda Malrey-Horne, Director of Public Health



Work Session Overview



VISION &
BACKGROUND



MISSION & GOALS



THE NEED FOR AN
ACTIVE LIVING PLAN



TIMELINE FOR
ACTIVE LIVING PLAN
DEVELOPMENT



DATA COLLECTION
METHODS



RESULTS



CONTENTS OF THE
ACTIVE LIVING PLAN



NEXT STEPS

Vision & Background

A working document that will coordinate – alongside public, private, and non-profit stakeholders-the development of the following to improve overall health and well-being:

- Environments
- Policies
- programs

Mission & Goals

The plan aims to:

- Make a collective statement that physical activity is a public health priority in Waco-McLennan County
- Establish multi-sector collaborations to advocate for plan strategies and priorities
- Create an implementation framework for the strategies and priorities in the Active Living Plan.

Project Staff

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- Tyler Prochnow, PhD, Med, Assistant Professor
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Waco-McLennan County Public Health District

- LaShonda Malrey-Horne, MPH, MCHES, Director of Public Health
- Emily Green, CHWI, Public Health Education Specialist
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The Need for an Active Living Plan

McLennan County residents report low engagement in physical activity.

In 2019, 28% of adults did not report any engagement in leisure-time physical activity and only 24% would meet national guidelines.

Living an active lifestyle and being physically active have vital impacts on mental health, disease prevention and overall quality of life.

The plan is meant to focus on strategies that will help individuals increase their daily physical activity, by making the healthy choice the easy choice and involving the whole community.

Timeline-FY 2021

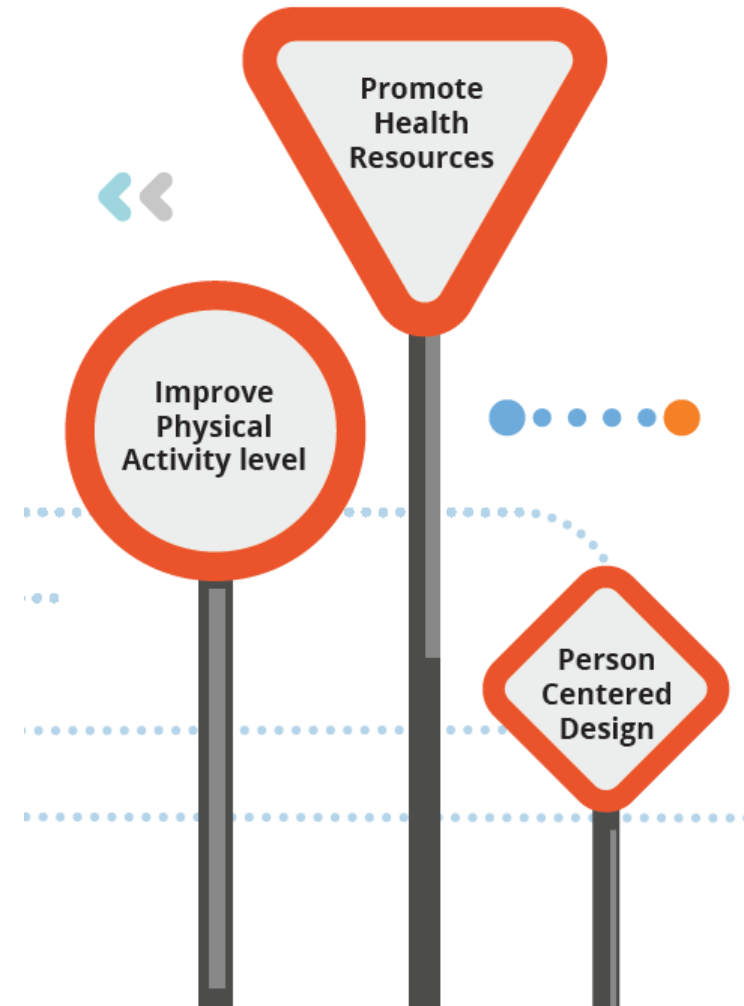


Timeline-FY 2022



Data Collection Methods

1. Physical Activity Policy Scan
2. Physical Activity Resource Assessment
3. Community Conversations
4. Community Survey



Results – Physical Activity Policy Scan

- Fifteen city and county policy/planning documents were evaluated for the presence of elements that encourage physical activity and activity-friendlies to everyday destinations.
- Frequencies of explicitly stated, implicitly mentioned, and missing items were calculated and shown in the findings and take aways.

Policy

- Policy change takes time but a dedicated effort to explicitly state active living elements in policy and planning documents will promote long-term system and environmental change.
- Bringing multiple viewpoints and stakeholders including resident voices may be needed for this change.
- Equitable project selection policies may help to reduce disparities seen in park/development locations.



Results – Physical Activity Resource Scan

Resources in McLennan County reviewed included:

- Parks
- Schools
- Churches

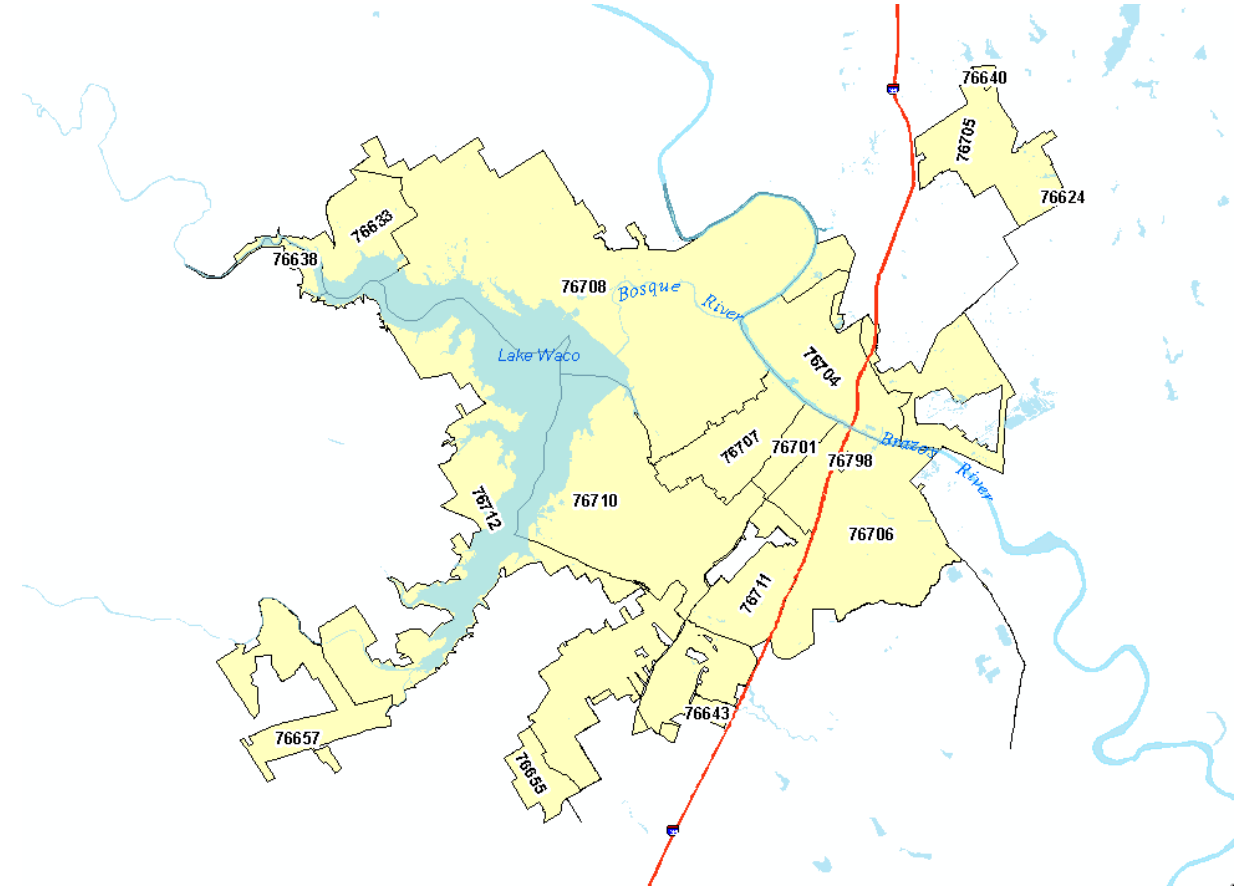
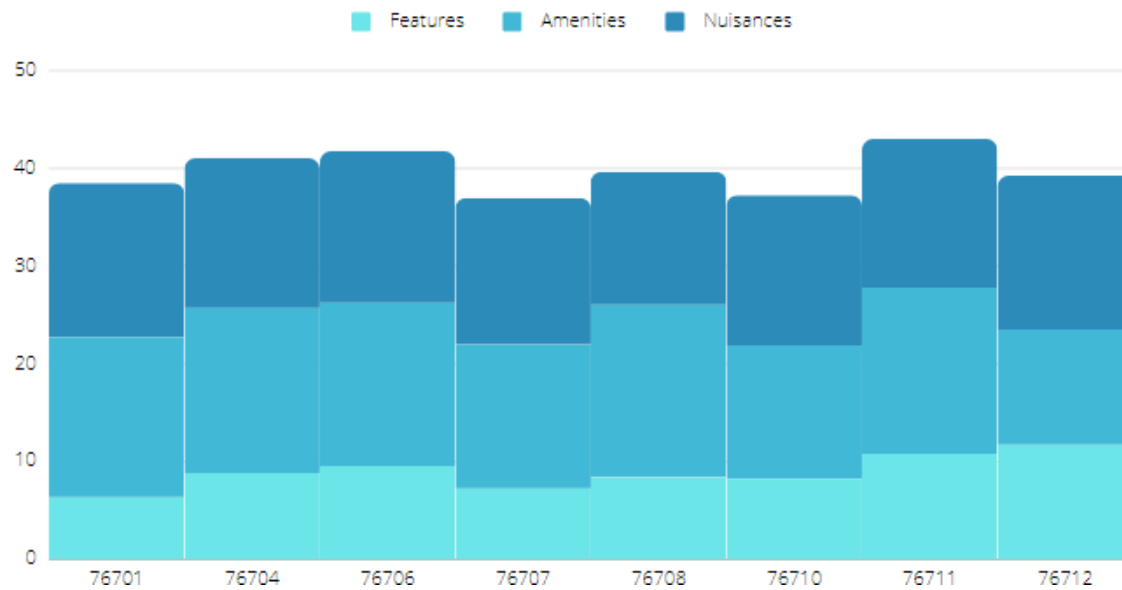
Physical Activity Resource Assessment



- Adding or improving resources may be needed in certain zip codes/areas to increase equity and accessibility.
- Shared use of churches and schools may improve access to resources for many residents.
- Temporary activation of unused space (grassy fields or parking lots) may be an option to provide safe play places.
- Key resources such as Cameron Park and recent park improvements should be maintained as cornerstones of an active lifestyle.

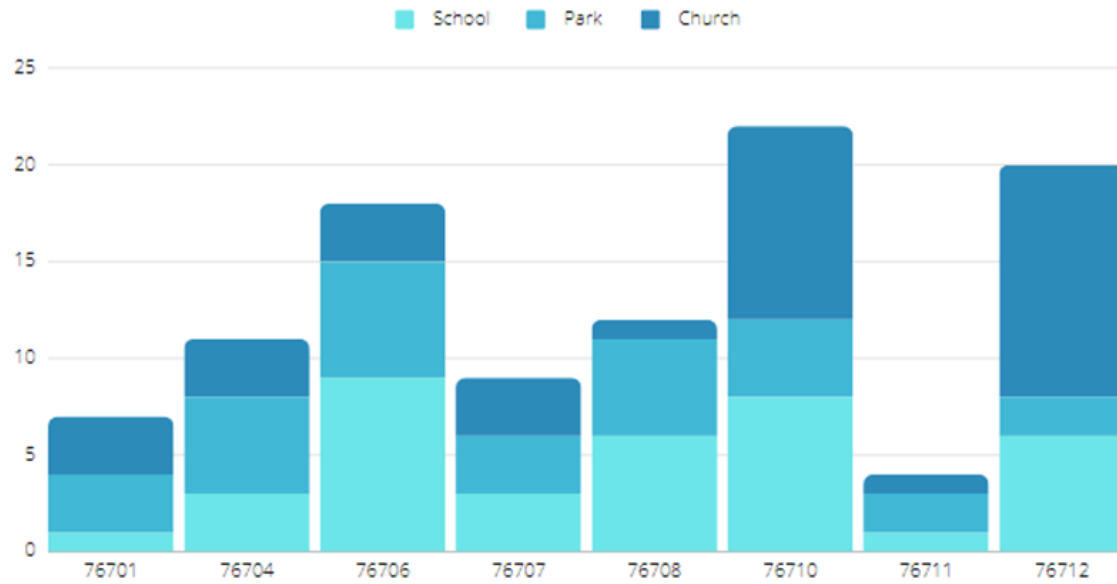
Physical Activity Resource Scan Findings

Quality: Waco



Physical Activity Resource Scan Findings

Quantity: Waco



Results – Community Conversations

- Community members were invited to participate in open discussions about active living in Waco and McLennan County.
- Five focus groups were completed via Zoom and in person with 30 people.

Community Conversations



- A focus on safety and lighting would promote park usage.
- Adding more swimming pools, splash pads, and water features may be relevant park upgrades.
- Awareness of programming, resources, and events may need to be more comprehensive.
- Infrastructure upgrades and park quality may not be distributed evenly across areas of the community.
- Areas lack sidewalks or connectivity to physical activity resources.

Results – Community Survey

273 residents completed the survey

- 67% female
- 38.5 average age
- 71% White,
- 17% Black/African American
- 8% Hispanic/Latinx

Survey

- Most residents report being active; however, many are not confident in their ability or opportunities to be active.
- Time reported sitting is above the national average (400 min). Ways of breaking up sitting time might be welcomed.
- Free or reduced-cost programs that make it easy for groups of residents to start and commit to a physical activity plan may be needed.
- Safety and access issues exist in preventing residents' physical activity.

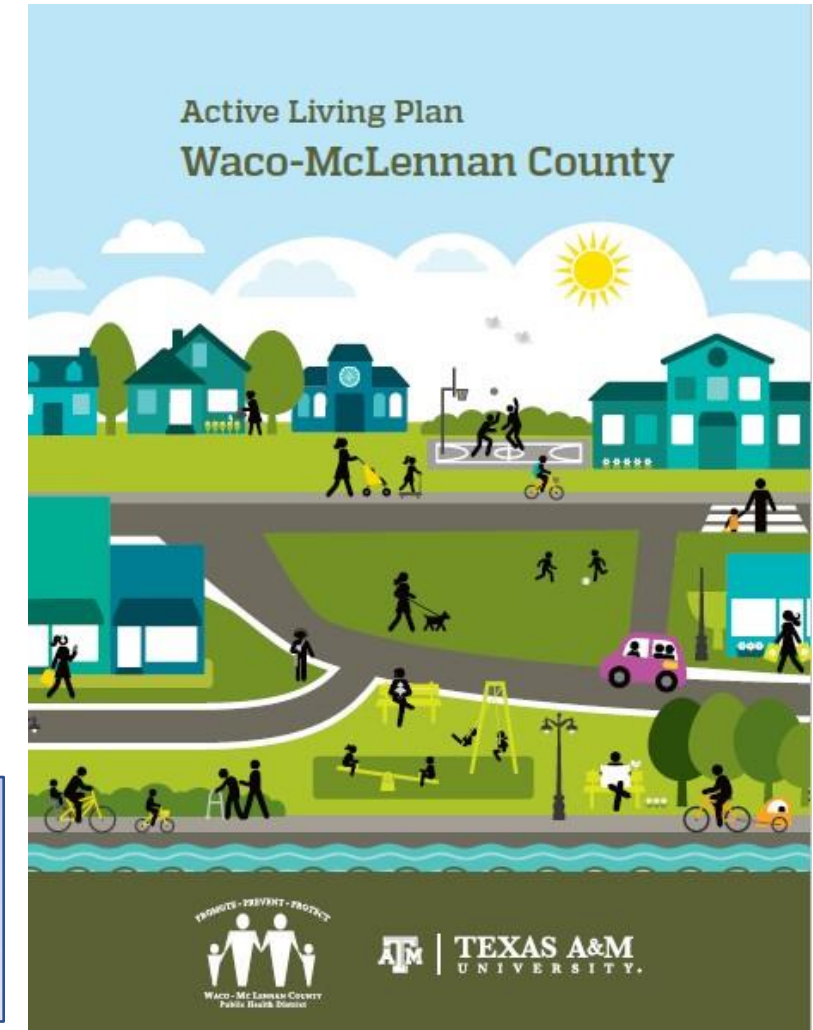


Contents of the Active Living Plan

Sectors included in this plan:

- Business and Industry
- Education
- Community, Recreation, Fitness & Parks
- Military
- Faith-Based Settings
- Public Health
- Healthcare
- Sport
- Transportation, Land Use & Community Design
- Mass Media

- ✓ Each sector has a list of priorities and strategies to reach a more active-friendly Waco-McLennan County.
- ✓ Lists were inspired by community feedback and listening sessions among each sector.



Main Themes from Residents & Stakeholders

Person-Centered Design

- The need for walkable, person-centered design and policy decisions to improve active living and overall quality of life was evident.

Cross-sector Collaborations

- Several stakeholders repeated a desire to leverage existing cross-sector collaborations and form new connections to amplify active living efforts.

Disparities in Access

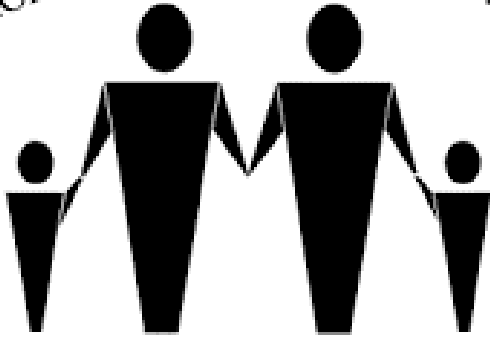
- Several stakeholders and residents acknowledged disparities in access to resources especially within parts of the community.
- Within these conversations, many also discussed the possibility or desire for shared use or joint use agreements.

Next Steps

- HD Advisory Board voted to adopt the Waco-McLennan County Active Living Plan-January 18, 2023
- Seek approval and adoption of the Active Living Plan from the City Council
- Collaborate with the Live Well Waco Coalition and its members to begin implementing sector priorities and strategies
- Offer technical assistance to Health District funded cities and McLennan County on the implementation of the Active Living Plan
- Make Waco-McLennan County a more active place to live!



PROMOTE • PREVENT • PROTECT



WACO-McLENNAN COUNTY
Public Health District

Thank you!

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