



PUBLIC HEALTH AND COMMUNITY BUILDING WORKING GROUP

Envision 2040 Comprehensive Plan

Meeting Date

Thursday, May 30, 2019
Tuesday, June 18, 2019
Tuesday, July 02, 2019
Tuesday, July 23, 2019
Tuesday, September 10, 2019

Meeting Place

Paris-Bourbon County Library, 701 High St.
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Thursday, May 30, 2019

5 – 7 p.m.

Paris-Bourbon County Library, 701 High St., Paris, KY



Attendees:

- Tony Asbury, Bourbon County Sheriff
- Drew Beckett, YMCA
- Andrea Brown, Bourbon County Health Department
- Ron Carter, Hopewell Museum – Historic Paris-Bourbon County
- Craig Davis, Ampersand Sexual Violence Resource Center of the Bluegrass
- Lisa Farmer, Bourbon County Schools
- Liza Levy, Retired Physician
- Vanessa Logan, Resident
- Charlotte Roberts, Bourbon Heights
- Cyndi Steele, Bourbon County Health Department
- Stacy Varvel, YMCA
- Mike Williams, Bourbon County Judge-Executive
- Alison Davis, PhD University of Kentucky, CEDIK
- Andrea Pompei Lacy, Bourbon County Joint Planning Administrator
- Micki Sosby, Bourbon County Joint Planning Technician

Agenda

1. What is comprehensive planning?
2. What is the role of a working group member?
3. What have we learned from the community?

4. What does the data tell us?
5. What is a goal?
6. Let's craft our public health and community building goals! (break out groups)

Introduction: Andrea Pompei Lacy: Developing Goals. What is a goal? Why do we craft goals? Existing and potential economic growth goals.

1. What is Comprehensive Planning?

What is planning? Planning provides a vision for the community today and what we want our community to be in the future.

Who plans? Individuals, families, organizations, public sector entities, private entities, non-profit organizations, religious institutions.

Who do we plan for? Everyone. All inclusive: existing and prospective residents, employers, employees, visitors, vulnerable populations, future generations. The heart of planning is to equitably serve people regardless of their race, ethnicity, social, and economic status in a manner that is sustainable to the environment.

Why do we plan? Good health, economic well-being, public safety. Sustainability. To be equitable. Required by KRS 100.183-.197. It is in our best interest to plan.

Community Engagement: Artwalk events; Chatauqua Days in Millersburg, On the Table Events, Focus Groups, surveys.

Community Strengths: Natural resources, community facilities, local business, people, schools, history/architecture, small town vibe, community events, community groups.

Challenges: Housing, infrastructure, Blighted and vacant properties, mindset, economic sustainability, drugs and crime, entertainments activities, education and training, health care, local businesses.

Flow of information for comprehensive plan:

Community engagement information (On the Table, Focus Groups, Surveys) → Working groups → Legislative Body → Planning & Zoning Commission. (*The Advisory Committee is involved throughout the entire process.*)

2. Role of Working Group members: Draft goals, objectives and action items. All draft items shall take into consideration the perspectives of the community (qualitative) and data and statistics (quantitative). The commitment is five (5) meetings over a four (4) month period.

3. What have we learned from the community: (*Source – Bourbon County On The Table April 2019*)

STRENGTHS:

Our downtown is a walkable community

Our community has a small-town vibe

Safe place to live and raise children

Library is highly supportive of youth development

Joint Parks and Recreation Board will be a great benefit

We are fortunate to have a hospital and strong health department

CHALLENGES:

Depressing because of sad state of houses and lots

Opioid and drug crisis

Homeless issue not recognized

Lack of fresh food choices

Lack of local mental health providers

Sidewalks in disrepair

Negative mindsets and lack of community involvement

Introduction of Drew Beckett, YMCA and Andrea Brown, Bourbon County Health Department.

Video: What is Public Health? Covered topics including:

- Who is responsible for Public Health: All sectors of society - health departments, other stakeholders, other areas of government, community, private sector, NGOs, international organizations.
- Core areas of Public Health: Protection, Prevention, Promotion.

Progress of Bourbon County Health Department:

- Bourbon County schools adopted a tobacco free schools policy in May 2011.
- Get Fit Bourbon County – annual community wide physical activity program since 2015 to help reduce the obesity rate in Bourbon County.
- Infectious disease reporting and monitoring – Large TB caseload in 2016 and Statewide HEP A outbreak 2018/2019 – launched a countywide vaccination plan
- Continued partnership with KY-ASAP (Agency for Substance Abuse Policy) to work on opioid crisis.
- Syringe Exchange Program

Progress of Paris-Bourbon County YMCA:

- Over 100 years in the Paris-Bourbon County Community.
- Donor support through the Annual Campaign. Allowing for the fulfillment of the mission of youth development, healthy living, and social responsibility.
- Provided over \$800,000 in direct scholarships for programs and memberships.
- Since 2013 served approximately 33,000 people through membership and programs.
- Provided free swim lessons to over 1,800 second graders since 2013.
- Opened a satellite YMCA fitness facility in January of 2015 in Nicholas County.
- Annually serve 255 children through quality early childhood, after school, and summer camp programs.

Bourbon County Health Outcomes vs Health Factors

Health Outcomes 2019 – (Today's Health) Ranked 45

Health Factors 2019 – (Tomorrow's Health) Ranked 28

Positive Outlook for Health Factors (Tomorrow's Health)

- Decrease in uninsured population
- Primary care, dental, and mental health provider/patient ratio decrease
- Increase in high school graduation rates
- Decrease in violent crimes (small)
- Decrease of income inequality

Where we are:

- Currently added approximately 80 second graders from Nicholas County to our free swim lesson program
- Currently serving our aging population through fitness classes at the Senior Center, and other Evidence-Based Health Programs.
- In the process of expanding the childcare center to provide care to more families in the community. This includes an upgrade to the playground and several classrooms.
- Upgraded pool facilities with new water and cosmetic features.

Where we are going: Bourbon County Health Department

- Opioid Crisis
ASAP Board

KY CAN HEAL Grant
Drug Treatment
Workforce and destigmatizing
Drug Prevention

- Chronic Disease (Heart Disease and Cancer Prevention)
 - Obesity
 - Physical Activity
 - Diabetes
 - Tobacco Prevention/Smoke Free Workplaces

Where we are going

- Secured a \$600,000 Community Block Development Grant to fulfill the vision of the adding a Teen Center to our facility.
- Expanding into Cynthiana (our service area) initially with Early Childhood Care and Group Exercise classes that potentially would grow into a full-service YMCA facility.
- Focusing on Community Integrated Health programs that aims to strengthen the relationships between traditional health care systems and community-based organizations, like the Y. For example, programs such as Blood Pressure
- Monitoring, Diabetes Prevention, Live Strong.
- Expanding our Youth & Family programs to cater to the growing needs of this community.

Next Steps to Further Public Health

- Walkability study
- Smoke-free Bourbon County (Workplaces)
- Parks and Recreation Development
- Community Health Improvement Plan

Introduction of Alison F. Davis, PhD. Executive Director, Community and Economic Development Initiative of Kentucky (CEDIK). Professor, Department of Agricultural Economics. University of Kentucky.

Goals versus Objectives

Goal: A desired state of affairs to which planned effort is directed. General statements of desired outcomes of the community. Should be broad but specific enough to where progress has been made.

Objective: A goal or end toward the attainment of which plans and policies are directed. More specific and a subset of goals, providing measurable strategies.

Goals presented:

1. Plan for community facilities to improve quality of life and meet anticipated growth.
2. Enhance mobility by providing multi-modal connections to parks, trails, amenities, and community facilities as new development occurs.
3. Integrate sustainability and resilience in community planning processes.
4. Encourage residents of Bourbon County to increase their physical activity level.
5. Promote the availability and access to fresh and affordable produce in food deserts of Bourbon County.
6. Develop land use policies that encourage a reduction of substance abuse in the community.

Goals advanced:

1. Create and sustain economic opportunity to promote mental, physical and emotional health for all demographics. Economic security for all walks of life, regardless of age, race, gender, income, education or background.
2. Integrate sustainability and resilience in community planning to improve quality of life and meet anticipated growth.
3. Develop policies and procedures to prevent substance abuse and encourage reduction and/or abstinence from alcohol, tobacco and other drugs. Create pathways to re-enter society successfully.
4. Improve food access to fresh and affordable produce. Increase knowledge and education about healthy diet, how to prepare healthy foods.

Next meeting: Thursday, June 18th, from 5-7 p.m. at Paris-Bourbon County Library. Plans are to:

- Finalize draft goals
- Craft objectives