



PUBLIC HEALTH AND COMMUNITY BUILDING WORKING GROUP

Envision 2040 Comprehensive Plan

Meeting 4

Tuesday, July 23, 2019

5 – 7 p.m.

City Barn at Farmer's Market, 720 High St., Paris, KY



Attendees:

- Drew Beckett, Paris-Bourbon County YMCA
- Andrea Brown, Bourbon County Health Department
- Vanessa Logan, Resident
- Lindsey Mullis, UK Human Development Institute, Health and Wellness Initiative
- Catesby Simpson, Resident
- Erin Sliney, Resident
- Anna Svergel, UK Human Development Institute, Health and Wellness Initiative
- Patty Swiney, Physician
- Dan Kuhl, University of Kentucky, CEDIK
- Andrea Pompei Lacy, Bourbon County Joint Planning Administrator
- Micki Sosby, Bourbon County Joint Planning Technician

Agenda

1. Recap from prior meeting
2. Review goals and objectives
3. Discussion on Goal 4 – Food access
4. Actions and outcomes
5. Next steps

DRAFT PUBLIC HEALTH GOALS AND OBJECTIVES FROM MEETING 3

1. Create and sustain equitable opportunities to promote physical and mental self-sufficiency.
 - a. Provide responsive and dependable health delivery systems.
 - b. Nurture a culture of wanting to get involved and give back.
 - c. Foster partnerships and collaboration between public health organizations and a broad range of stakeholders.

Action items to consider:

Recreational facilities, programs, opportunities/passive recreation/staffing
Increase availability of second shift child care.

2. Consider health impacts in all policy creation.

- a. Ensure policy development is inclusive and accommodates accessibility.
 - b. Reduce environmental impacts on community health.
 - c. Ensure access to public safety services/ER/clinics
3. Develop policies and programs to prevent, treat and recover from substance use disorder.
- a. Conduct educational campaign on substance use disorder.
 - b. Improve accessibility to available resources.
 - c. Encourage workplace policies and incentives to successful use recovery
 - d. Create more opportunities long term recovery.

Action Items:

Dispel the stigma of addiction.

Educate the community that substance use disorder is an illness (cradle to grave, consistent messaging).

Expand treatment opportunities in Bourbon County.

Wholesome recreation opportunities.

4. Promote and improve access to fresh and affordable food.
- a. Transportation (for consistent access)
 - b. Knowledge on how to prepare
 - c. Community Gardens
 - d. Farmer's Market – Food Stamps and WIC
 - e. Summer feeding program

Goals and objectives reviewed by attendees. After discussion, breakout groups to work on action items:

DRAFT PUBLIC HEALTH GOALS, OBJECTIVES AND ACTION ITEMS:

1. Create and sustain equitable opportunities to promote physical and mental ~~self-sufficiency~~ well-being
 - a. Provide responsive and dependable health delivery systems.
 - b. Nurture a culture of wanting to get involved and give back.
 - i. Encourage charitable work programs that introduce students to diverse charity opportunities
 1. Find resources: What are the charitable opportunities in the community. Develop listing of opportunities.
 - c. Foster partnerships and collaboration between public health organizations and a broad range of stakeholders.
 - i. Create quarterly community conversations focused on health
 - ii. Promote or create evening/overnight childcare events (i.e., recreation camps, lock-ins) for caregiver respite.
 - iii. Increase availability to second shift child care. (breakout group questioned whether child care availability would be more suited to economic growth)
 - d. Objective added by breakout group: Increase opportunities and access to indoor and outdoor recreation opportunities
 - i. Improve and expand recreational facilities, programs and staffing. Partners: YMCA, Parks and Recreation
 - ii. Create small urban parks
 - iii. Participate in 10-minute walk program.
 1. Partners: National Parks and Recreation Association

2. Consider health impacts in all policy creation.
 - a. Ensure policy development is inclusive and accommodates accessibility.
 - i. Establish initiative to inventory and promote alternate transportation services.
 1. Partners: CAB, FTSB, Uber/Lyft, School groups/clubs, City of Paris, Health Department
 2. Estimated Cost Range: minimal
 3. Timeframe: 1 year or less
 - ii. Ensure policy development addresses alternate modes of transportation
 1. Partners: Planning and Zoning, Health Department, ADA/Disability organization or advocacy group
 2. Estimated Cost Range: minimal
 - iii. Hold meetings in ADA accessible locations (both buildings and sidewalks) where people feel comfortable
 - iv. Engage residents from diverse demographic backgrounds in policy development initiatives and processes.
 - b. Reduce environmental impacts on community health.
 - i. Ensure development only occurs to sanitary sewers.
 - ii. Advocate for indoor, smoke-free workplaces
 1. Partners: Community members, elected officials, public health professionals, UK Breathe Program
 2. Estimated Cost Range: minimal
 - iii. Improve air and water quality. Litter programs. Decrease use of herbicides and pesticides. Idling programs. Plant trees along roadsides. Increase tree canopy. Cigarette receptacles.
 1. Partners: City storm water, city and county solid waste, schools
 - iv. Environmental Education
 - c. Ensure access to public safety services/ER/clinics
 - i. Promote training for public safety services/ER/Clinics on accommodations.
 - ii. Ensure all developments are accessible to public safety services (fire, ambulances, etc.)

3. ~~Develop policies and programs to prevent, treat and recover from~~ Support education initiatives on substance use disorder.
 - a. Conduct educational campaign on substance use disorder. Another recommendation was to phrase as "Support initiatives to address substance use disorder."
 - i. Implement and evaluate evidence-based age-appropriate substance use disorder prevention program in elementary, middle and high school.
 1. Partners: Schools, health department, EMS, Jail, Social Services, Behavior Health Groups.
 2. Estimated Cost Range: dependent on program
 3. Timeframe: 5+ years
 - b. Improve accessibility to available resources.
 - i. Create a clearinghouse for substance use disorder resources. Find resources, notify/publicize, build
 1. Partners: Health Department, Volunteer Task Force for available resources, Human Services Groups
 2. Estimated Cost Range: minimal
 3. Timeframe: 1 year or less

- ii. Publicize Resource List (and keep up to date).
 - iii. Increase opportunities for needed resources for substance use disorder
 - 1. Partners: AA, NA, etc.
 - 2. Estimated Cost Range: minimal
 - 3. Timeframe: 1 year or less
 - c. Encourage workplace policies and incentives to effective substance use recovery
 - i. Educate employees to support persons with substance use disorder
 - ii. Develop model policies and use recover work programs for employers to implement.
 - 1. Partners: Treatment centers, Chamber of Commerce, KY Can Heal Program
 - 2. Estimated Cost Range: minimal
 - 3. Timeframe: 1-3 years.
 - d. Create more opportunities long term recovery.
- 4. Promote and improve access to fresh and affordable food.
 - a. ~~Transportation (for consistent access)~~ Increase accessible means of transportation for consistent access.
 - i. Public transportation
 - 1. Partners: County, City, State, Federal governments
 - ii. Sidewalks and bike paths
 - 1. Partners: County, city State government. Residents
 - iii. Mobile Markets
 - 1. Partners: Farmer's Market, Community Farm Alliance, Extension Office
 - iv. Incentives for homeowners for sidewalk repair (possible 50/50 split).
 - 1. Partners: City government, financial institutions
 - b. Knowledge on how to obtain and prepare fresh and affordable food
 - i. Educational campaign to promote resources – including Food Bank, Farmer's Market, Operation Backpack, etc.
 - ii. ~~Community Gardens~~ Support local food production: Community gardens, school gardens. Gardening Classes.
 - 1. Partners:
 - a. FFA
 - b. Library
 - c. Extension Office
 - d. Schools, Rotary Club
 - e. Kiwanis
 - f. Youth groups
 - g. Senior citizens groups
 - h. Voyage Movement.
 - 2. Estimated Cost Range: Minimal to ??
 - 3. Timeframe: varies
 - iii. Farmer's Market – Food Stamps and WIC
 - iv. Summer feeding program. Direct fresh food to vulnerable population feeding program
 - v. Meals on Wheels
 - vi. Work with farmers to accept government food programs. Incentives.

Partners: Extension office, schools, 4-H, FFA, Farmer's Market, Community Services (food stamps), WIC (Health Department), YMCA garden, churches.

Next meeting: Tuesday, September 10th, from 5-7 p.m. at Paris-Bourbon County Library.