

Extension Enhances the Built Environment

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



Federal Funding through Extension Revitalizes Clinton County as a More Active Community

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It starts with us



The Fit Trail encourages a variety physical activity for all ages, hosting the bike safety rodeo and Storybook Walk.

Citizens in Clinton County suffer from alarmingly high rates of child and adult obesity, diabetes, and heart disease. Community members of all ages need access to healthy foods as well as increased and enhanced opportunities for physical activity.

In 2007, Clinton County Extension and Public Health established a coalition with community partners to address health issues that plagued their community. The organization and leadership of Clinton County positioned them to capitalize on resources and technical assistance from the Centers for Disease Control and Prevention (CDC). One specific initiative utilizing CDC support was the Building More Active Communities Summit where approximately 30 community leaders participated in shared discussion of ways to make the community more physically active as well as ways to actually transform streets, roads, and trails to encourage more walking and bicycle use in 2014. Technical assistance was provided by a nationally recognized consultant in active transportation and community design. Through strong Extension leadership, Clinton County has been able to access support to enhance Kentucky and USDA supported programs that traditionally form the backbone of Extension services. Progress over time has allowed Clinton County to leverage their partnerships and resources to garner broad support that promotes healthier living in this rural community.

The community embraced active living following the Summit installing a 10 station fit trail was

installed at the Mountain View Park in 2017. Community physical activity programs have been held at the park utilizing the fit trail and other infrastructure items supported by the CDC including outdoor water fountains, enhancements to baseball and softball fields, safety fencing, and early childhood playground equipment. The connector trail was developed to support the joint use agreement between the middle school and the park. Events have also featured a Storybook Walk for families with young children to encourage physical activity, literacy, and positive family time interaction.

The cooperation between city and county leaders brought additional funding from the KY Division of Forestry, and the Virginia Tech Community Design Assistance Center. Those funds were used to develop a conceptual trail linkage plan for Albany based on the walkability study conducted earlier.

The momentum continues as Clinton County, one of 20 communities nationally to receive technical assistance, received funding from the EPA Smart Growth Local Foods, Local Places. Local Foods, Local Places creates walkable, healthy, economically vibrant neighborhoods through the development of local food systems with the aim to boost economic opportunities for local farmers and businesses, improve access to healthy local food, and promote childhood wellness. Special consideration is given to communities in the early stages of developing local food enterprises and creating economically vibrant communities.

Representatives from state and federal agencies visited Clinton County, in 2017, facilitating an action plan for enhanced local food access and community revitalization. Due to the positive momentum to improve health of resident, community revitalization, local foods, and economic development has occurred. Clinton County plans to seek additional funding and resource opportunities for implementing the action plan over the next few years.

Since 2015, Clinton County Extension and the CDC funding led to over \$150,000 in additional federal and state funding for design and implementation of community changes that improved health and public spaces, and community revitalization.