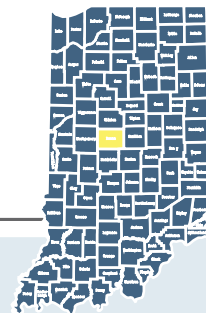


Lebanon's Active Living Workshop Sustainability



SUMMARY

The Indiana State Department of Health Division of Nutrition and Physical Activity (DNPA) conducted an active living workshop in Lebanon, Indiana, during early 2014. More than 50 community leaders attended the one-day workshop that included educational presentations, a walk audit, an active transportation suitability mapping exercise and small group goal-setting activities. To do this, DNPA partnered with Health by Design, a statewide coalition that works to ensure Indiana communities have infrastructure for neighborhoods, public spaces and transportation that promotes physical activity and healthy living.



CHALLENGE

At the time of conducting the workshop, Lebanon lacked an overall vision for creating a more active community. The Boone County seat is located just north of Indianapolis with a population of 16,000. Prior to conducting the workshop, Lebanon did not have basic active-living amenities and had infrastructure issues that limited active living. Approximately 28% of Boone County adults experienced obesity and 22% of Boone County adult residents reported no leisure-time physical activity in the past month in 2013, according to the County Health Ranking and Roadmaps. Physical activity can lower the risk of early death, heart disease, type 2 diabetes and some cancers. Physical activity also can help manage many chronic diseases, yet communities like Lebanon struggle with educating residents and putting environmental changes into action to support physical activity such as biking or walking.

YOUR INVOLVEMENT IS KEY

For more information about Lebanon's Active Living program, visit the city's website at <http://www.lebanon.in.gov/>. More information about DNPA can be found at <http://www.dnpa.isdh.in.gov/>. This project is supported by the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health cooperative agreement (DP13-1305).

"We're ready to go, ready to facilitate any involvement. It's going to take some stakeholder involvement to get things moving. It takes community involvement. It can't just be our office telling the City Council, 'This is what the people want.' They have to be shown that."

- Derek Warren, Deputy Director
Lebanon Planning Department

Contact

Pete Fritz, AICP, RLA
Indiana State Department of Health
Division of Nutrition and Physical Activity

2 N. Meridian St.
Indianapolis, IN 46204
Phone: 317-234-6808
Email: pefritz@isdh.in.gov
Website: <http://www.dnpa.isdh.in.gov>

SOLUTION

The Lebanon planning director and staff of the city's Planning Department put into motion a process that led to the creation of an Active Living Committee, inspired by the results of the active living workshop. The committee launched assessments that identified physical barriers to active living in Lebanon. The city's first-ever Bicycle and Pedestrian Plan was prepared as a result of the committee's efforts. The Active Living Committee's efforts were funded by an appropriation from the City Council and guided in part by public input collected at an open house. The Bicycle and Pedestrian Plan was completed in less than a year and adopted by the City Council in early 2015. Adoption of the plan was only the beginning of Lebanon's success story. The city has launched a number of infrastructure improvements that support active living since the plan was adopted.

RESULTS

The adoption of a Bicycle and Pedestrian Plan is a meaningful result, but many residents may never see the plan itself. On the other hand, residents of Lebanon would have a hard time missing other very visible results of the Active Living Workshop. The city has installed sharrows (pavement markings to help bicyclists and motorists move safely on a shared roadway) on identified bike routes. A new sidewalk and crosswalk were completed that connected two major parks, replacing an existing walkway that was crumbling and uneven and was not accessible to people with disabilities. Decorative bicycle racks have been installed around town, and other improvements are ongoing.

U.S. Department of Health and Human
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NCCDPHP

Contact CDC

<http://www.cdc.gov/cdc-info/requestform.html>

Website

<http://nccd.cdc.gov/nccdsuccessstories/>

The findings and conclusions in this success story are those of the author(s) and do not necessarily represent the official position of the funding agencies or the Centers for Disease Control and Prevention (CDC).

SUSTAINING SUCCESS

Change is occurring in Lebanon that will ensure long-term sustainability of its active living efforts. A Planning Department staff member has become a certified instructor with the League of American Bicyclists. Youth cycling and promotion programs are being implemented. The city budgeted an active living implementation line item in its annual 2015 budget of \$200,000, and the City Council committed another \$150,000 for 2016. Finally, community interest in active living and accessibility has increased as more citizens have become involved in the effort. Numerous civic groups have asked speakers to talk to them about the program.



Indiana State
Department of Health