

Healthy Environment & Active Living

- **Goal 2:** Build and sustain partnerships and resources to support healthy environments and active living.
 - **Objective 2.2:** Increase access to resources and information that promote physical activity.

Priority Issue: Healthy Environment and Active Living					
Goal 2		Build and sustain partnerships and resources to support healthy environments and active living.			
Objective 2.2		Increase access to resources and information that promote physical activity.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
2.2.A	Engage targeted geographic communities to explore and address barriers to active living. *	01/2021 - 12/2023	<p>Lead: Evans Consulting</p> <p>Potential champions: Fairfax County Public Schools (FCPS), Fairfax County Health Department (FCHD), Fairfax County Department of Transportation (FCDOT)</p> <p>Suggested partners: Department of Planning and Development (DPD), Fairfax County Park Authority (FCPA)</p>	None identified	<ul style="list-style-type: none"> Hosted a 4-day virtual summit <i>Healthy Together Fairfax</i> in October 2021 addressing: Environment, Active Transportation, and School Mental Health. Engaged in comprehensive outreach to learn what residents know and want to learn about community health. Planning underway for in-person <i>Healthy Together Fairfax</i> event in October 2022. Held inaugural Healthy Together Fairfax event at Lee District Park on October 2, 2022. Although weather forced the event inside, this was an engaging and well-received inaugural event, and many partners and attendees expressed interest in making this an annual event. 125 (estimated) people participated in the event and visited partner tables. More than 40% of surveyed attendees brought children with them, the majority of whom were elementary school-aged (5-10 years). Whites were the greatest represented race/ethnicity (34.48%), followed by Blacks or African Americans (24.14%) and equal representation from Asian/Pacific Islanders, Hispanics, and Multiple Ethnicity (13.79% each). 30+ volunteers helped make the event a success. 25 organizations were represented, from government agencies, to non-profit community organizations, to private businesses. 6 Healthy Strides Community fitness classes were offered, ranging from yoga to cardio dance, courtesy of Fairfax County Park Authority. 4 Educational Tracks focused on different areas of healthy living (physical, environmental, social and emotional) and had a wide variety of interactive activities, including seed planting, mindfulness exercises, and community feedback boards. 3 VIPs attended and did book readings in the Story Space: Jeff McKay, Fairfax County Chairman; Rodney Lusk, Fairfax County Franconia District Supervisor; and, Dr. Gloria Addo-Ayensu, Director of Fairfax County Health Department. 2 Learning Talks given by community mental health experts. See objective 2.1.A for cross-cutting accomplishment.
Status Legend:		✓ Action Performed	🔄 Action In-Progress	⊘ Action Not Started	
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2.2.B	Connect community groups/organizations w/ funding and scholarship opportunities to promote greater participation in athletics and active transportation for underserved communities. *	01/2021 - 12/2023	Lead: NCS Suggested partners: FCPS, Parent-Teacher Associations (PTAs), FCPA, Fairfax County Department of Family Services (DFS), School Age Child Care (SACC) program	None identified	<ul style="list-style-type: none"> Not Started

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2.2.C	Establish earn-a-bike and bike share programs that serve children and adults in need. *	01/2020 - 12/2022	Lead: FCPS Potential champions: NCS, FCDOT Suggested partners: FCPA	None identified	<ul style="list-style-type: none"> Not Started
2.2.D	Promote education at schools regarding safe walking, biking, public transit, and driving practices.	01/2019 - 12/2023	Lead: FCPS Potential Champions: FCHD, FCDOT	Partners in Prevention Fund \$2,000 01/2019 – 01/2020 VWAI (VDH) funding \$8,000	<ul style="list-style-type: none"> Conducted a safe teen driving event in January 2019. Established a traffic garden at Hollin Meadows Elementary School in collaboration with Safe Routes to School (SRTS). Discussed possible expansion of traffic gardens into parks. Established partnership with SRTS to promote “Walking Wednesdays” for the 2020-2021 school year. Established a traffic garden at Graham Road Community Building.
2.2.E	Expand the use of social media to promote active and healthy lifestyle choices.	03/2020 - 12/2023	Lead: FCPA Potential champions:– FCHD, FCHD Communications, FCPA Communications	None identified	<ul style="list-style-type: none"> Anticipate creation of a Healthy Together Fairfax social media presence, through which HEAL can promote both the event (October 2022) and other information related to healthy and active lifestyle choices.