

Healthy Environment & Active Living

- **Goal 3:** Increase participation in programs that foster active lifestyles and community connections.
 - **Objective 3.1:** Support and expand programs that connect people to community spaces, facilities, and parks.

Priority Issue: Healthy Environment and Active Living					
Goal 3		Increase participation in programs that foster active lifestyles and community connections.			
Objective 3.1		Support and expand programs that connect people to community spaces, facilities, and parks.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.1.A 	Expand the availability and awareness of outdoor gym equipment and consistent instruction for its use for people of all ages and abilities. *	01/2021 - 12/2023	Lead: FCPA Suggested partners: Fairfax County Health Department (FCHD), Fairfax County Neighborhood & County Department of Transportation (FCDOT)	None identified	
3.1.B 	Encourage the establishment of walking clubs in places of employment and faith-based communities.	12/2019 - 12/2023	Lead: FCPA Potential Champions: FCHD, FCN and FCDOT	U.S. Department of Health and Human Services, Office of Disease prevention and Health Promotion \$35,000 12/2019 – 09/2020	<ul style="list-style-type: none"> Established a walking program in each Supervisory District through FCPA. Received designation to be one of eight pilot communities for the Move Your Way Campaign, an implementation program for the second edition of the Physical Activity Guidelines.

Priority Issue: Healthy Environment and Active Living					
Goal 3		Increase participation in programs that foster active lifestyles and community connections.			
Objective 3.1		Support and expand programs that connect people to community spaces, facilities, and parks.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.1.C 🔄	Facilitate the collaboration of medical practitioners with local park agencies and community organizations to provide park prescriptions to improve health and well-being. *	01/2019 - 12/2023	Lead: FCHD, FCPA	None identified	<ul style="list-style-type: none"> Presented at the Virginia Recreation and Parks Society (VRPS) National Conference on Park Rx. FCPA updated their mapping schema so that website users can find more appropriate park amenities for recreation. The schema also integrated in the ParkRxAmerica.org website; doctors can search and prescribe a specific park to patients for mitigating chronic health conditions. Identified gaps, barriers and needs related to the focus tracks of the event (i.e., Physical, Emotional, Environmental, and Social) including health resource needs (e.g., mobile clinics and screenings), accessibility gaps (access to health screenings, access to mental health services, etc.), barriers to self-advocacy, safe active transportation, and family support resources (e.g., child care assistance, language interpretation, transportation, etc.). Other important discoveries included a gap in knowledge of existing services, mistrust in healthcare and policing, and acknowledging the history in Northern VA and its effect on equity.
3.1.D 🔄	Promote programs such as conservation landscaping, edible landscaping, and environmental monitoring that engage the community and increase awareness of and appreciation for environmental resources.	01/2019 - 12/2023	Lead: HEAL Team Co-chairs Potential champions: Department of Planning and Development (DPD), Fairfax Food Council (FFC) Urban Agriculture Working Group (UAWG), FFC Access Working Group (AWG) Suggested partner: Division of Urban Forestry, DPWES	None identified	<ul style="list-style-type: none"> Supported efforts that resulted in the adoption of a zoning ordinance amendment in June 2019. Discussed with faith-based and nonprofit communities at outreach events. Hosted a workshop on edible landscaping in September 2019.

Status Legend: ✓ Action Performed 🔄 Action In-Progress ⓧ Action Not Started

Healthy Environment and Active Living

Healthy Environment & Active Living

- **Population Health Indicators**
 - Resident Access to a Park or Recreation Facility
 - Adults Engaging in Physical Activity
 - Workers Who Walk to Work
 - Workers Who Bike to Work