

ACTIVE ENVIRONMENTS

In Tennessee

When you live in a community that offers access to parks and trails, makes transportation alternatives like biking and walking safe, and encourages social infrastructure, being physically active and making healthier food options becomes much easier.



Parks and Trails



Communal Spaces



Safe Biking and Walking Lanes



Mixed-Use Zoning



Routine physical activity



Easier access to healthy food options



Regular interaction with neighbors

Opportunities for enjoyable movement



Lower rates of obesity, diabetes, and heart disease



Social connection and sense of belonging



POLICIES & PROGRAMS

- **Active Living Workshops** are hosted by regional Healthy Development Coordinators and provide training in built environment planning for key community partners
- **Complete Streets** promote walkability, biking, and other healthy and safe transportation alternatives

ROADMAPS TO ACTION *What Can You Do?*

- **Host community health programs** like Move with the Mayor events that involve physical activity and social connection
- **Explore joint use policies** that let schools and community spaces share gyms and fields, increasing opportunities for activity
- **Partner with schools to engage kids and families** in activities that will get them moving together

BARRIERS TO CHANGE

Vehicle-dependent community design

Zoning policies that limit community interactions



Read More Here