# Community Health Improvement Plan Priority Area: Physical Activity

| **Overarching Goal**: Increase physical activity among all ages in all of Klamath County.  **Benchmark: Decrease number of residents that are physically inactive by 8% as measured by County rankings** | | | | | | |
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| **Objective 1: Increase awareness and access to physical activity opportunities in Klamath County** | | | | | | |
| **Strategy 1: Increase physical activity opportunities in parks, schools, and worksites** | | | | | | |
| **Tasks:** | **Process Measures** | **Process Target** | **Oct-Dec 2023** | **Jan-March 2024** | **Apr-June 2024** | **July- Sept 2024** |
| Continue fundraising for Pump Track north of Eulalaona Park | Number of grants submitted and amount of funds raised | 2 grants submitted per year or fundraising efforts facilitated | No Movement |  |  |  |
| Complete Moore Park Playground Project and host celebratory event | Playground progress and celebration hosted | Playground installed and open for public | Playground Construction Continues |  |  |  |
| Host physical activity competitions, challenges, and classes | Number of competitions/ challenges/ classes | 4 competitions/  challenges per year | Completed Movember and Men's Health Mustache Competition |  |  |  |
| Host community give back day and regular volunteer opportunities for the community and Sky Lakes Staff | Number of events hosted, number of volunteers and volunteer hours | 12 events hosted and over 150 hours volunteered | Worked on SLMC plan for Community Service for 2024 and what departments can serve. |  |  |  |
| **Strategy 2: Increase physical activity by collaborating with Build Environment Committee** | | | | | | |
| **Tasks:** | **Process Measures** | **Process Target** | **Oct-Dec 2023** | **Jan-March 2024** | **Apr-June 2024** | **July- Sept 2024** |
| Transform sidewalks/asphalt trails/roads with opportunities to increase movement | Number of projects completed | 1 project completed, 1 project started | Brainstorm ideas:  -QR FIT Trail signs  -bike path from Moore Park to existing path  -bike path from SLMC to Harbor |  |  |  |
| Create a downtown walking loop complete with signage | Competition of walking loop and signage. | 4 facilitated meetings to gauge interest/ feasibility | Got finalized signs to Izone who provide hardware to hang signs. |  | . |  |
| Increase wayfinding, interpretive and educational signage in the community | Number of signs installed on trails | 2 new signs installed | Look into adding signage to hospital/OIT walking trails. |  |  |  |
| **Strategy 3:Increase community awareness and education around physical activity** | | | | | | |
| **Tasks:** | **Process Measures** | **Process Target** | **Oct-Dec 2023** | **Jan-March 2024** | **Apr-June 2024** | **July- Sept 2024** |
| Support the conversations facilitating a Recreation District | Work with City, County, and SLMC staff to facilitate a recreation district | 4 meetings/ conversations facilitated about Rec District | Listened to past Commissioner Meeting regarding the Recreation District. |  |  |  |
| Collaborate with SLMC wellness center and Harbor Isle to increase community awareness around Physical Activity | Number of shared campaigns around community awareness:  <https://www.healthyklamath.org/indicators/index/view?indicatorId=2343&localeId=2277> | 2 shared campaigns Implemented | New Health Educatior hired at SLMC Wellness Center, planning on looping her in on PA work and meeting on Community Awareness. |  |  |  |
| Collaborate community partners to increase awareness about winter activity opportunities | Number of winter activity opportunities marketed | 3 winter activities marketed | Worked on creating group of people who want to participate in this. |  |  |  |
| Increase resources for rural communities on physical activity | Number of resources created | 2 resources created | Exploring at QR FIT into rural communities.  Look into pre-packaged resources that we can give out. Send Living Wells out with IYS |  |  |  |
| Expand community calendar to communicate events and opportunities for activity | Number of events added to calendar | 12 events per year | 15 events posted |  |  |  |
| **Strategy 4: Design and Implement Policy on Physical Activity** | | | | | | |
| **Tasks:** | **Process Measures** | **Process Target** | **Oct-Dec 2023** | **Jan-March 2024** | **Apr-June 2024** | **July- Sept 2024** |
| Increase number of policies/programming that promote increased physical activity | Number of policies adopted/implemented | 1 policy/ program changed | Look into getting Dr.s to RX PA more regularly to their patients. |  |  |  |
| Collaborate with community partners to establish policies that promote trail maintenance and connectivity | Number of policy/program/ projects implemented to promote trail maintenance | 1 policy/ program/ project implemented | Researching “Complete Streets” and the City “Code Book” |  |  |  |
| Evaluate current joint-use policies that are in place in our community | Promote messaging of joint use agreements already in place and being promoted | 1 Campaign/messaging implemented to share about joint-use spaces in schools | Looking into getting signage on School Fences about use of facilities. |  |  | . |
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Greatest Accomplishments Quarter 1:

* Finalizing Signage
* Successful Movember

Challenges/barriers to success Quarter 1:

* Revamping the Work Plan to incorporate SLMC as well as support Built Environment Projects.

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Greatest Accomplishments Quarter 2:

Challenges/barriers to success Quarter 2:

Greatest Accomplishments Quarter 3:

Challenges/barriers to success Quarter 3:

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Greatest Accomplishments Quarter 4:

Challenges/barriers to success Quarter 4: