



## **2007-2010 Fit Community Designees**

**Town of Carrboro:** The Town of Carrboro has long prioritized compact development and a highly connected sidewalk and bicycle network, helping to put daily physical activity within reach of many local residents. All homes are located within ½ mile of a park or recreation site thanks to a comprehensive Parks and Recreation Master Plan, while the Town’s Parks and Recreation Department offers over 200 physical activity programs annually. Carrboro’s local culture also emphasizes nutrition through a thriving farmers’ market with regular fruit and vegetable tastings and healthy cooking demonstrations, and many other local food venues and classes that help residents incorporate healthy food choices into their daily lives.

**Town of Cary:** The Town of Cary has been innovative in working with developers to help implement its ambitious 160-mile Greenway Master Plan. Developers are required to dedicate trail easements in areas where projects coincide with the greenway plan, and are often willing to go a step further and build greenway segments during site construction. Ultimately, the existing 30 miles of greenways and the larger future network are integral in connecting residents with opportunities for physical activity, since the plan prioritizes pedestrian and bicycle access to key destinations like parks, schools and retail areas. The Cary Parks and Recreation Department also offers a broad array of structured physical activity and healthy eating programs to help residents achieve healthy lifestyles.

**Town of Edenton:** A rural community with a downtown waterfront, the Town of Edenton is an appealing location to walk and bicycle for both town and county residents. To increase the availability of places to walk, Edenton, Chowan County, and the local Healthy Carolinians collaborated to bring 11 new walking trails and paths to neighborhoods throughout the community, and created a “Walkable Communities Guide” to help residents easily find these trails. Using the trails and other facilities, community organizations engage residents in physical activity and healthy eating through special events and structured programs. Edenton’s agricultural heritage also makes it an ideal place to promote healthy eating at two locally-run farmers’ markets.

**Mecklenburg County:** Mecklenburg County and the City of Charlotte want to become the nation’s premier city where land use decisions and transportation facilities support all forms of transportation, including walking and bicycling. An ambitious 25-year, \$3.57 billion Transportation Action Plan provides a blueprint for this transformation. To directly encourage physical activity and healthy eating, residents and worksites are invited to join the Fit City Challenge (with over 14,000 registered participants) that provides resources and incentives for engaging in healthy lifestyles. The Health Department and joint school system recently partnered to change the food environment in schools by making healthy foods more accessible and appealing to students.



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**Pitt County:** With the help of a diverse, collaborative partnership, Pitt County has achieved an extensive network of parks and walking trails – an impressive 85% of residents in this rural county live within two miles of a park facility. The County maximizes its reach by locating many recreational facilities in non-traditional places (e.g., schools, flood buy-out and church properties) and working with stakeholders to create joint-use agreements. The County has also demonstrated leadership in creating healthy school environments through its commitment to the Winner’s Circle healthy eating program and by passing a new tobacco-free schools policy in 2006.

**City of Salisbury:** Salisbury has been active in preserving its historic downtown and small town character for many years and continues to emphasize walk- and bike-ability in its future plans. These efforts, in addition to sustained greenway planning by an active citywide Greenway Committee, have greatly enhanced the City’s unique and pleasant pedestrian environment. In local schools, leaders are working to improve nutrition among students by implementing a new healthy eating classroom curriculum and making healthy menu changes that have been taste-tested and pre-approved by the students themselves.

**City of Shelby:** Thanks to a diverse group of partners committed to creating walkable community environments, Shelby’s Comprehensive Pedestrian Plan prioritizes sidewalk and greenway connections between important destinations and supports mixed land use policies to create more such connections as the community grows. In addition, the YMCA and Department of Parks and Recreation provide many formal programs to get community members engaged in routine physical activity. Local schools are also emphasizing healthy eating and physical activity through the board of education’s new wellness policy and the implementation of a classroom-based energizer curriculum.



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