

Lenawee County Non-Motorized Plan

Through policy, systems, and environmental changes, *Michigan Health & Wellness* is an obesity reduction and prevention program implemented by community coalitions across Michigan.

PUBLIC HEALTH ISSUE



- 74% of Lenawee County adults are overweight or obese based on body mass index (BMI)
- 24% of Lenawee County adults did not participate in any physical activity in the past week.
- 53% of Lenawee County adults reported improvements to existing parks, trails, paths and designated safe routes would help them to be more physically active.

PROGRAM ACTION



- Leadership from the Kiwanis Regional Trail Authority to plan, develop and implement non-motorized activities with the Kiwanis Trail and surrounding area.
- Lenawee Health Network conducted 2020 community health assessment with additional questions about physical activity at local parks, trails, and paths.
- Kiwanis Regional Trail Authority awarded Michigan Natural Resources Trust Fund match grant to expand the Kiwanis Trail into downtown Tecumseh creating a continuous trail from Downtown Adrian, Michigan.

RESULTS



- Kiwanis Regional Trail Authority implementing signage, striping, and safety enhancements at five Kiwanis Trail intersections with motorized routes.
- Kiwanis Regional Trail Authority launched capital campaign to raise funds to complete the extension of the Kiwanis Trail.
- Results of 2020 community health assessment provide data supporting decision making for current and future projects.

CONTACT



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