

Clayton County Food and Fitness – County Meeting #1  
Summary of Focus Group Data and Meeting Notes

Strengths:

- Local Food System
  - Some restaurants serving local food
  - Farmer's Markets
  - Food Coop
  - Local newspapers advertising
- Local Fitness & Play
  - Trails
  - Opportunities for kid involvement
  - Farm Life
  - City/Town fitness infrastructure – pools, parks, school gyms
  - Schools
- Local Health - General
  - High school graduation rate

Opportunities:

- Local Food System
  - Grocery stores
  - Food in schools
  - Senior housing & meal sites
  - School concessions
- Local Fitness & Play
  - Trails, parks, outdoor recreation, nature sites
  - Create time!
  - Rec/aquatic centers
- Local Health

Challenges:

- Local Food System
  - Need more places to buy
  - Finding it
  - More accessible markets
  - Needs to be served in more places
  - People need to learn how to cook whole foods
  - Need additional processing for local foods
  - Affordability
  - School food & concessions
- Local Fitness & Play
  - Limited activities for kids not in sports
  - Cost & time for families
  - Polluted lakes

- Restrictions to access in school space
- Existing facilities & parks need updating
- Play has changed
- Too much emphasis on winning – kids self-select out
- Parent role modeling – Adult supervision breaks down
- Disconnect in families
- Safety issues
- Local Health
  - Families not eating meals
  - People need to understand cost of diabetes
  - People need to get screening, medical care
  - People need to understand responsibility & cost of caring for selves
  - Need to change attitudes to value health & healthy lifestyles
  - Need to develop tools of support