

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

### **Strengths:**

- Local Food System
  - Farmer's Markets
  - Locally grown food producers selling directly to consumers
- Local Fitness & Play
  - Trails (walking and bike)
  - Township sponsored walk/run events
  - Wellness Centers (2 in county)
  - Swimming Pools
  - Outdoor Sports
- Local Health
  - Partners willing to work together toward a county goal of linking trails to healthy eating and local agriculture with activities
  - Mentoring Program to reach at-risk youth

### **Opportunities:**

- Local Food System
  - Food in schools
  - Grocery stores
  - Restaurants
  - Farmer's Market in every township
  - Work sites – where people live and work
  - Educational Classes
- Local Fitness & Play
  - Park & Rec
  - Outdoor sports like hiking, biking, fishing, hunting, etc.
  - Playground equipment
  - Trails for biking (connect trails to neighboring counties)
  - School gyms during cold weather
  - Monitor school wellness policies for improved student physical fitness level
  - Parks
  - Wellness centers in every community
- Local Health
  - Link local food with recreational activities to increase tourism and improve local economies
  - Educating families how to be active, play and eat together and make healthier choices
  - School wellness programs

**Challenges:**

- Local Food System
  - Lack of local healthy foods in stores & restaurants
  - Lack of system to coordinate transportation of local foods
  - Lack of system to market local sources
  - Need education re what is healthy to eat
  - Need education re budgeting to afford healthier food choices
  - Seasonal Farmer's markets
  
- Local Fitness & Play
  - Lack of low-cost recreational activities for families and youth
  - Lack of time for working parent families for recreational activities
  - Travel required to reach recreational activities
  - Only 2 wellness facilities and cost is an issue
  - Kids don't know how to play outdoors
  
- Local Health
  - Families not eating meals – time, cost, knowledge of what & how to cook healthy
  - Families only have time to prepare a “quick” meal
  - Consuming too much pop & coffee instead of water
  - Consuming too much high fat foods
  - Too much homework and sports
  - Model eating habits with parents
  - Lack of motivation to change (immediate gratification society)
  - Current lifestyles create high stress – don't know how to manage