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Module 05: Public Health & Water Quality

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## Student Pages - Public Health Action Plan

Center for Urban Resilience

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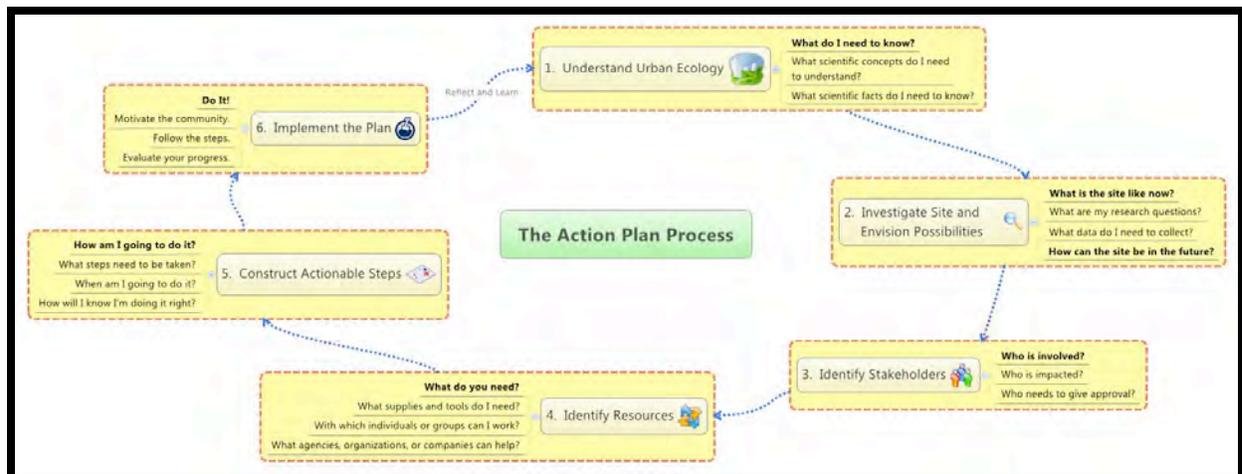
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### LESSON 10.2: PUBLIC HEALTH ACTION PLAN

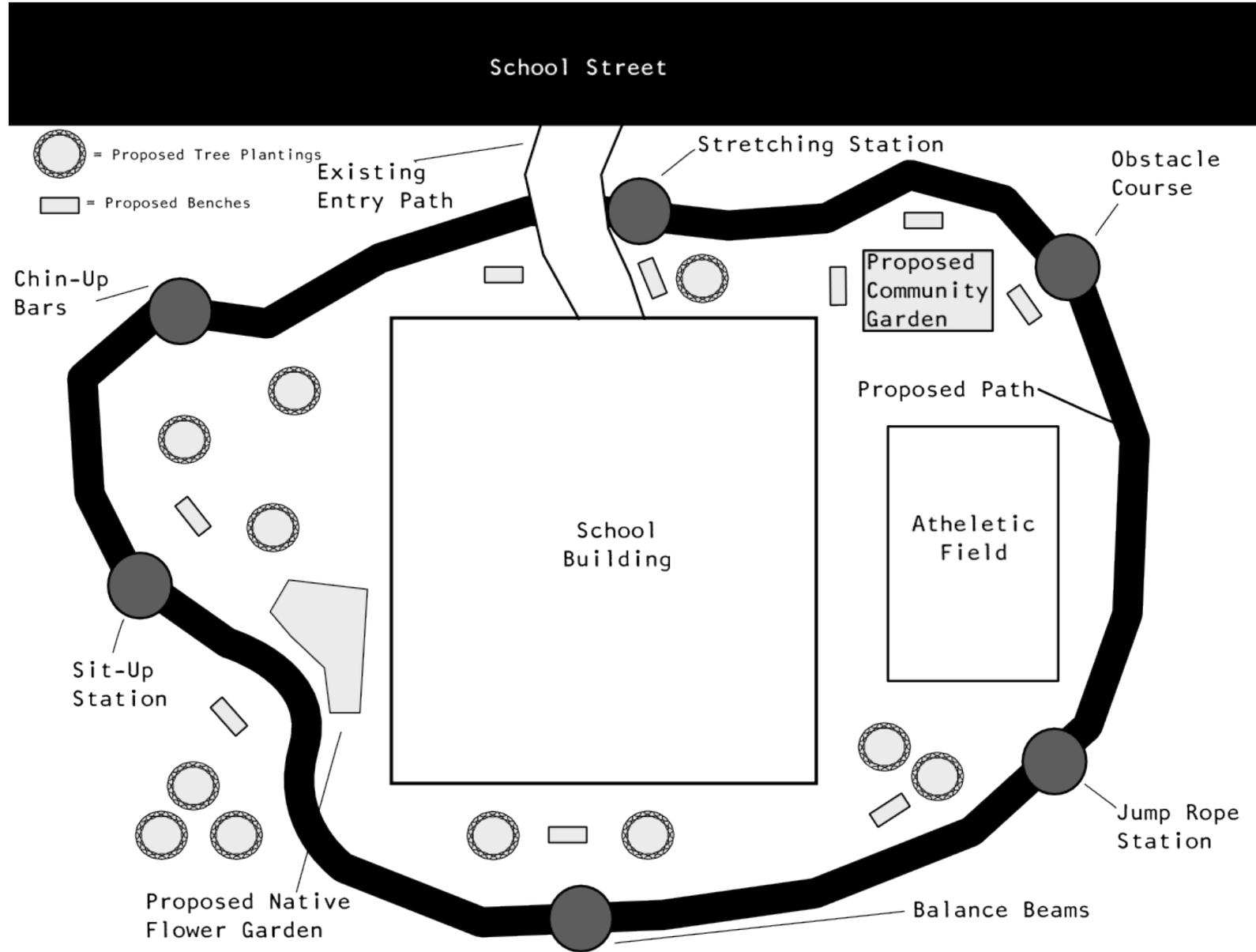
#### Directions

You and your classmates in the Environmental Sciences class at Central High School have convinced your school and your city to create an exercise path around Central High. You have demonstrated to the city and the school district the health problems in the city and the benefits the exercise path would bring to the community. The exercise path will have six stations for walkers and joggers that are fun and focus on one particular kind of exercise. In addition to the path, you and your classmates have convinced the school and the city to plant new trees, install benches, set up a native wildflower garden, and create a community food garden. Half of the vegetables and fruits grown in the garden will go to the growers themselves. Of the other half, some will be served in the school cafeteria on special “Local Food Days” and the rest will be donated to shelters and kitchens around the city. The path itself will be made of permeable materials and the exercise stations will be surfaced with shredded recycled tires.

Your job is to come up with a list of resources, both material and social, that are necessary to make the action plan happen.



PROPOSED PLAN





### **Science Knowledge:**

*What do I need to know?*

Currently, there is a high incidence of diabetes and other related health problems in our city when compared to national statistics. There are very few green spaces in our city that are accessible to people without cars, and none that are dedicated to exercise and health. It has been shown in numerous studies that accessible green space can lead to improved community and individual health in urban areas in a number of areas including reducing the incidence of diabetes, strengthening social networks, and reducing crime.



### **Investigate Site and Envision Possibilities:**

*What is the site like now? How can the site be in the future?*

The school is in the central part of the city easily accessible by public transit. High school students come here every day to attend school. The school grounds around the school and the athletic field are mostly grass, which must be watered and maintained, providing less carbon benefits than trees. There are also large areas of weeds on school grounds surrounding the grassy area that are not used for any particular purpose, are ugly, and serve as a hiding area for unlawful behavior.

We propose that a path be constructed around the school with specific exercise stations set around the length of the path. We also propose that trees be planted around the path, and that one area be set aside as a community garden and another area to be set aside as a native wildflower garden. See the full proposal on the preceding two pages for more details and a potential map of the new school grounds.



### **Identify Stakeholders:**

*Who is involved?*

There are stakeholders on a number of different levels: students, school administration and staff, community members, and city officials. We propose that students maintain some responsibility for the upkeep of the new exercise path by establishing a Health Education Club, which will help to maintain the path and to educate the community about the benefits of exercise, diet, and being outside. We will work with the school administration and staff to work out a plan of how to maintain the new path and to set up the Club. Community members have pledged their full support after a recent public hearing on the issue, as many community members would like to improve their own health and the health of the community at large. City officials are concerned about the costs, both initially and long-term, but are generally in favor of the project.



**Identify Resources:**  
*What do you need?*



**Construct Actionable Steps:**  
*How are you going to do it?*



**Implement the Plan:**  
*Do it.*