

Fellow Spotlight:

**Megan Polhamus
Madison County**





Using the CDC's Active Communities Tool (ACT)

Megan Polhamus
Madison County Public Health

2022 Community Health Assessment

Prevent Chronic Diseases

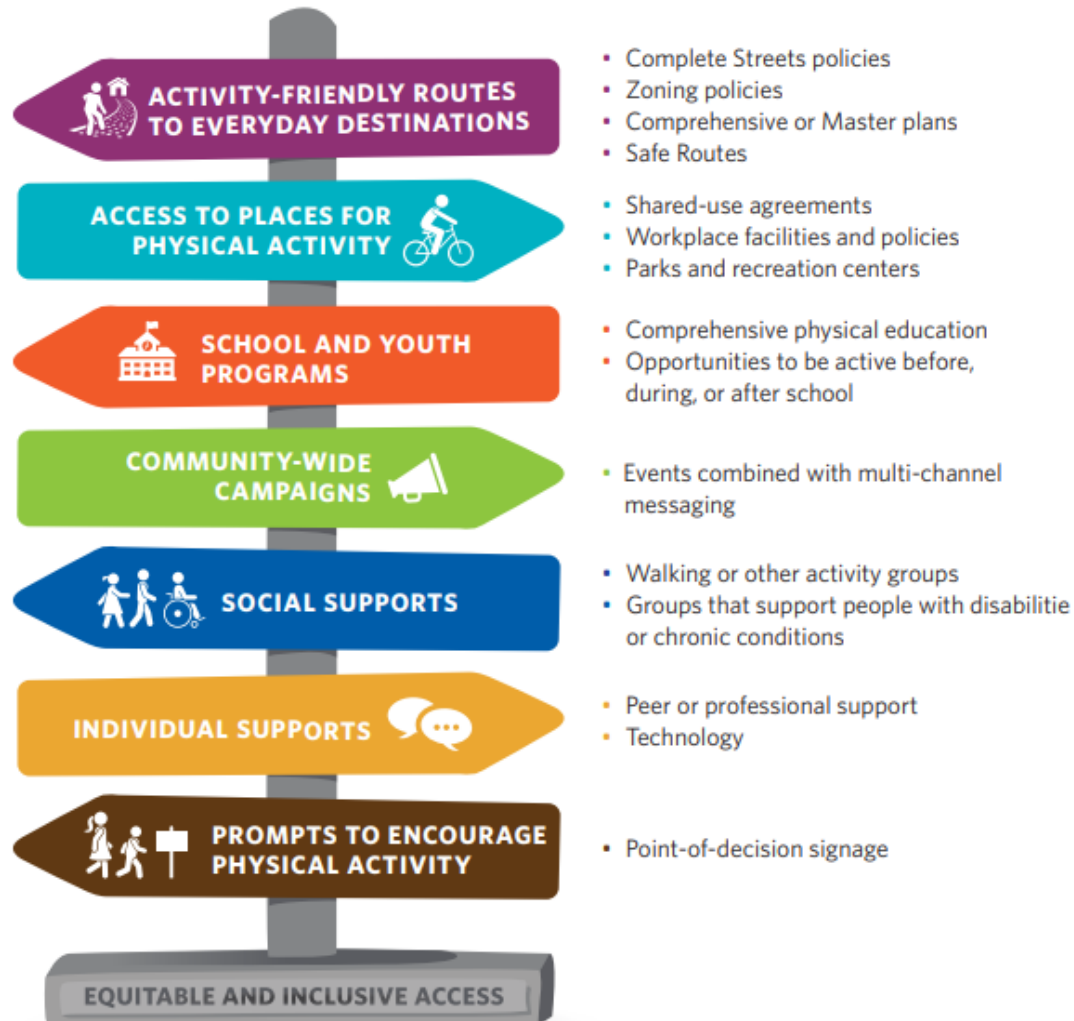


OVERVIEW

Chronic diseases typically develop in middle age after prolonged exposure to unhealthy lifestyle factors including tobacco use, physical inactivity, excessive alcohol use, and poor nutrition. Health behaviors, regular health visits and screenings are key to preventing chronic diseases.¹

In Madison County, chronic diseases (cancer, heart disease, chronic lower respiratory disease, stroke) account for four of the five leading causes of premature death (under 75 years). Lung cancer causes the majority of all cancer deaths.^{2,3}

What Works: Strategies to Increase Physical Activity





The Active Communities Tool

Helps **cross-sector teams identify needs** within their community and build an action plan to **improve the environment to promote physical activity**

Phase I: Assessment Modules

Phase II: Action Planning

Final Outcome: Active Communities Action Plan

Activity-Friendly Routes



Everyday Destinations



Module 4
Land Use Planning

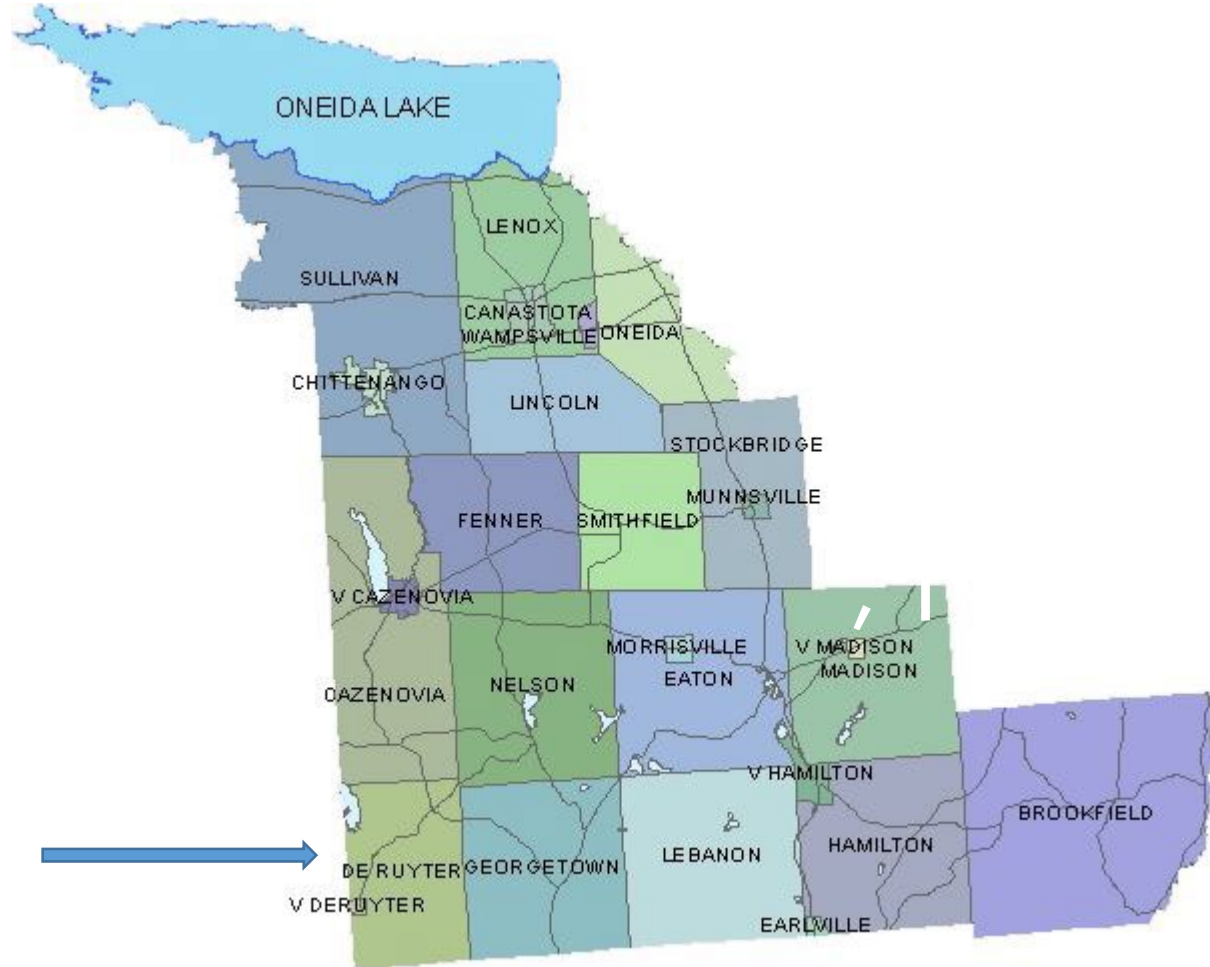


Module 5
Parks and Recreational
Facilities

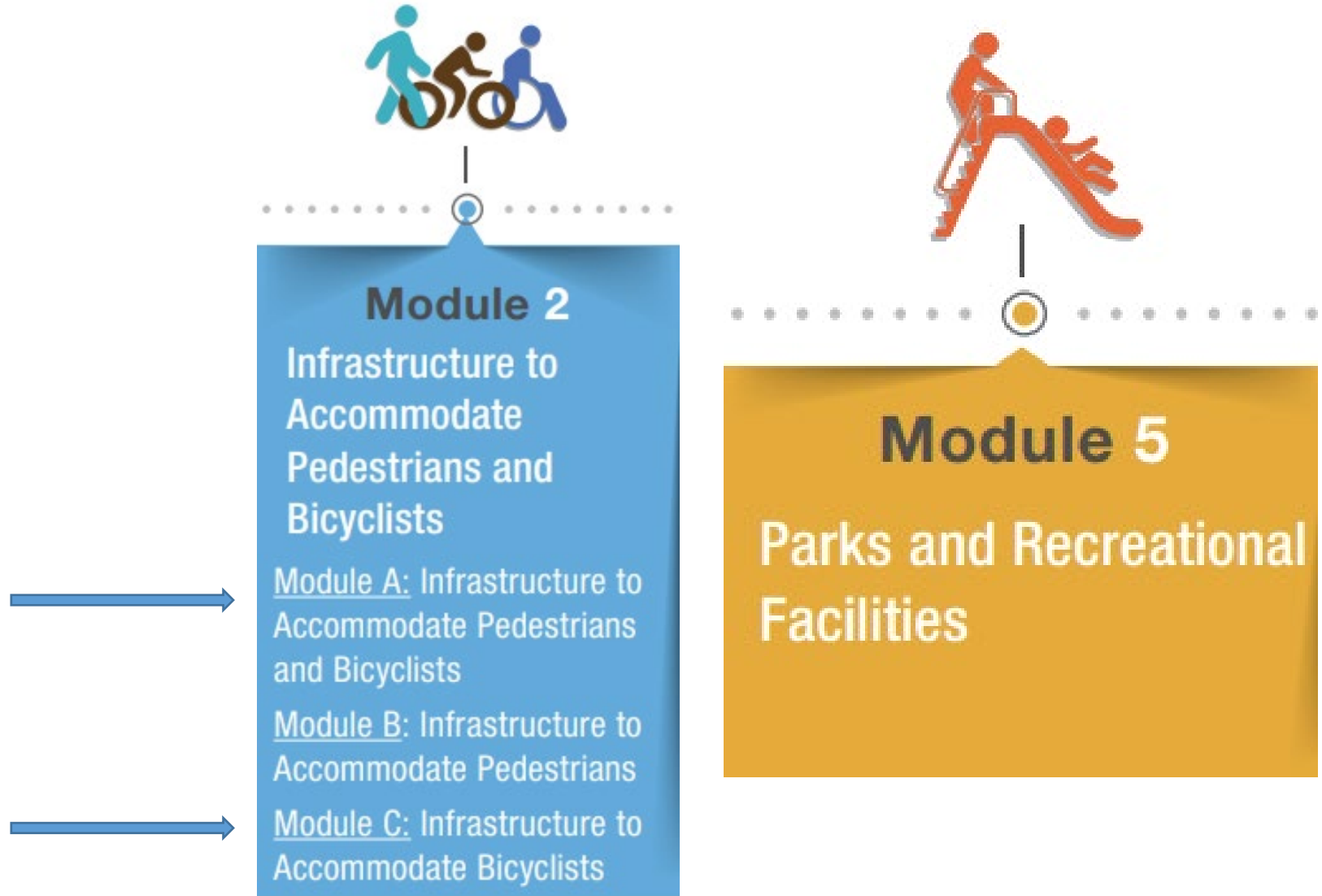


Module 6
Schools

DeRuyter, NY



Modules DeRuyter selected



Example of Module Questions

- Assessing current strengths and weaknesses of community plans, policies, and resources
- Thinking more about projects to pursue

5.2 In the community, is maintenance, repair, and upgrade of existing parks and recreation facilities facilitated through a Plan?

- Yes, and the Plan was adopted 0–<5 years ago
- Yes, and the Plan was adopted 5–<10 years ago
- Yes, and the Plan was adopted 10 or more years ago
- No
- Not applicable
- Don't know

5.3 In the community, is maintenance, repair, and upgrade of existing parks and recreation facilities facilitated through a policy?

- Yes, and the policy is routinely enforced
- Yes, but the policy is not routinely enforced
- No
- Not applicable
- Don't know

5.4 In the community, is development of new parks facilitated through a Plan?

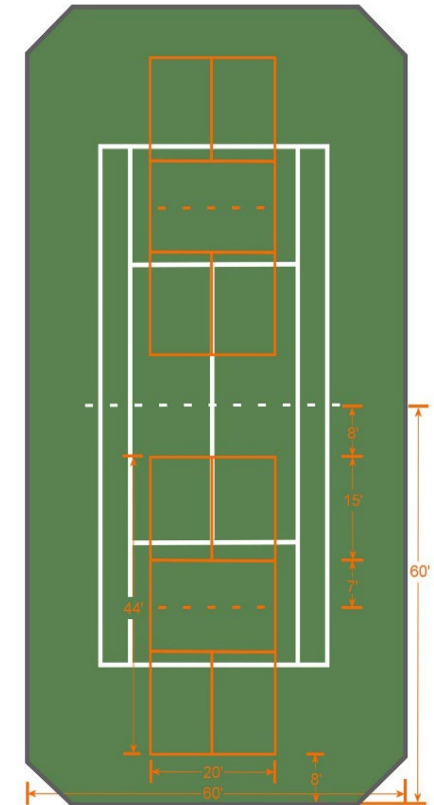
- Yes, and the Plan was adopted 0–<5 years ago
- Yes, and the Plan was adopted 5–<10 years ago
- Yes, and the Plan was adopted 10 or more years ago
- No
- Not applicable
- Don't know

Optimizing Smith Park: Action Plan

Goal 1 – Re-brand the “Monday Mile” to “DeRuyter Mile”

Goal 2 – Develop pickle ball courts equipped with appropriate infrastructure and amenities to accommodate players of all skills levels

Goal 3 – Host Annual DeRuyter Firemen’s Fair to kickoff new improvements



Next Steps

DeRuyter:

- This summer, started carrying out the goals and actions steps in the action plan
- Hosted their Summer Fair
- Kickstarting meetings again soon

MCPH:

- Support and help DeRuyter with their goals and action steps if needed
- Continue building face-to-face partnerships with local municipalities
- Continue addressing chronic disease through physical activity

Thank You!
Questions?