Active and Engaged: Community Outreach Strategies for Health-
Carr Square Walking Trail

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Connect, gather and listen...

ENGAGE YOUR COMMUNITY

COMMUNITY HEALTHY LIVING INDEX

At the heart of strengthening community is our cause: Creating opportunities for healthy living makes a community stronger. The Community Healthy Living Index (CHLI) can help communities transform themselves into places that provide the best opportunities for individuals and families to be active, eat right and be healthier. But hope is that this resource will achieve the larger healthy community movement across the nation.

The CHLI is a compilation of assessment tools that measure opportunities for physical activity and healthy eating across issues that impact an individual’s daily life. These tools will help you facilitate a community-wide effort to increase opportunities for healthy living.

A team of experts, including representatives from governmental agencies, non-profits, and academic institutions, have collaborated to create these tools. Experts from MCHC at UNC, Stanford University, Harvard University, and St. Louis University have co-led the effort with funding from the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation.

The specific areas that the community assessment tools focus on are: (1) preschool and child care sites, (2) early childhood programs, (3) neighborhoods, (4) schools, (5) work sites, and (6) community at large.

Healthy Schools Healthy Communities
Healthy Schools Assessment report for Gateway Math & Science Prep.

**Reporting - Physical Activity**

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<td>PA-8</td>
<td>Access to physical activity facilities outside school hours</td>
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Carr Square Community CHLI

- General Practices: 32.0%
- Community Design: 27.0%
- Physical Environment - Activity: 27.0%
- Physical Environment - Food/Nutrition: 19.0%
- Public Transportation: 84.0%
- Primary Healthcare Providers/Insurers: 63.0%
- Local Media: 75.0%
- Overall: 35.0%
Before the Carr Square Walking Trail
A Memorandum of Understanding

Between Saint Louis Public School District and BJC School Outreach and Youth Development on behalf of Healthy Schools Healthy Communities St. Louis City

I. MISSION

BJC School Outreach and Youth Development’s (“BJC SOYD”) mission is to empower youth to make the best possible decisions regarding personal health, safety and health care career exploration. BJC SOYD accomplishes its mission by partnering with area schools or community organizations to provide health education to school age children (K-12).

Healthy Schools Healthy Communities (HSHC) empowers communities to build a healthier future for children and families across Missouri. An initiative of Missouri Foundation for Health, HSHC brings together schools, community organizations, businesses, parents, and residents to increase access to healthy food and physical activity where our kids live, learn, and play. To implement HSHC initiatives, the Missouri Foundation for Health awards grants to partnering organizations and programs.

II. PURPOSE AND SCOPE

BJC SOYD and Saint Louis Public School District desire to partner together for the purpose of furthering the mission and goals of each organization and to address the growing concerns regarding childhood obesity. Childhood obesity continues to be a national public health problem and this Memorandum of Understanding (MOU) is to set forth in writing the agreement between Saint Louis Public School District and BJC SOYD with respect to each party’s responsibilities and obligations related to development and maintenance of the Carr Square Walking Trail.

III. RESPONSIBILITIES

BJC SOYD agrees to:

- Manage funding provided by the Missouri Foundation for Health for the oversight and installation of the walking trail with approved construction management companies
- Communicate timelines and necessary needs from construction firms to complete jobs with all parties involved
- Work closely with SLPD Project Director, Central Office staff and other designated staff assigned by SLPD for successful completion of the walking trail
- Facilitate contracts and scope of work with support of CDI, Inc. for job completion
- Work closely with Project Director and SLPD Foundation to secure other funding sources to leverage funds
- Facilitate selection of construction management firm

Saint Louis Public Schools agrees to:

- Maintain the lanes around the walking trail
- Maintain the renovated irrigation system
- Maintain the landscaping beds that are installed and consulting with engineer to ensure that low-maintenance plants are used
- Working with the engineer to ensure access to property to complete Phase One of the walking trail
- Allow walking trail to remain accessible to the community
- Allow construction manager and companies providing work to display signage/advertisement during walking trail development
- Allow permanent signage at the walking trail location recognizing sponsors and supporters of the walking trail

IV. COST ALLOCATION

BJC SOYD will manage the funds and pay invoices for the work being provided on behalf of the funds provided by Missouri Foundation for Health.

V. TERM/TERMINATION OF MEMORANDUM OF UNDERSTANDING

This MOU is effective upon agreement of both parties, and will go into effect June 1, 2017. The term of this MOU is in effect until September 30, 2020. Notwithstanding the foregoing, this MOU shall terminate when funding from the Missouri Foundation for Health is no longer available.

VI. MODIFICATION

This MOU constitutes an agreement between the parties hereto. This MOU may only be modified, altered, revised, extended or renewed by mutual written consent of both parties.

VII. INDEPENDENT CONTRACTORS

In the performance of the obligations undertaken hereunder, it is mutually understood and agreed that each party providing services hereunder are independent contractors with respect to each other, and nothing in this Memorandum of Understanding is intended nor shall it be construed to create between BJC SOYD and SLPD and/or their employees or agents an employer/employee relationship, a joint venture relationship, a principal/agent relationship, or any relationship other than that of independent entities contracting with each other solely for the purpose of carrying out the terms and conditions of this Memorandum of Understanding.

VIII. MISCELLANEOUS

Should there be additional services requested beyond the Carr Square Walking Trail, arrangements may be made accordingly.

- BJC SOYD Health System
  4550 Olin’s Place, Suite 6401
  St. Louis, MO 63101
  Attn: Diana Winhold

- Saint Louis Public School District
  91 N. 4th Street
  St. Louis, MO 63101
  Attn: Kelvin R. Adams, PhD.

The signatures on this Agreement will acknowledge each party’s approval of the stated terms and each party’s desire to proceed with this transaction.

By: Diana Winhold
Name: Director
Title: BJC SOYD

By: Kelvin R. Adams
Name: Director
Title: Saint Louis Public School District
Breaking ground

Healthy Schools
Healthy Communities
Construction begins…
Construction continues…
Construction continues…
Carr Square Walking Trail - Phase 2

Legend:
1. Trail Head for Walking Trail
2. Fitness Station
3. One Bench Rest Station
4. Two Bench Rest Station
5. Extension of Pavilion Patio

Legend:
- Shade Tree
- Ornamental Tree
- Landscaping Bed

Healthy Schools
Healthy Communities
Phase 2 Construction
Phase 2 Construction
Access in the garden
Access in the garden
Signage installed
Ribbon Cutting Ceremony
Ribbon Cutting Ceremony
A bench from the community
Disc Golf now available
Active and Engaged
The Carr Square Walking Trail is important to me because...

it gives me a place to exercise, also by walking the sun gives me vitamin D.