

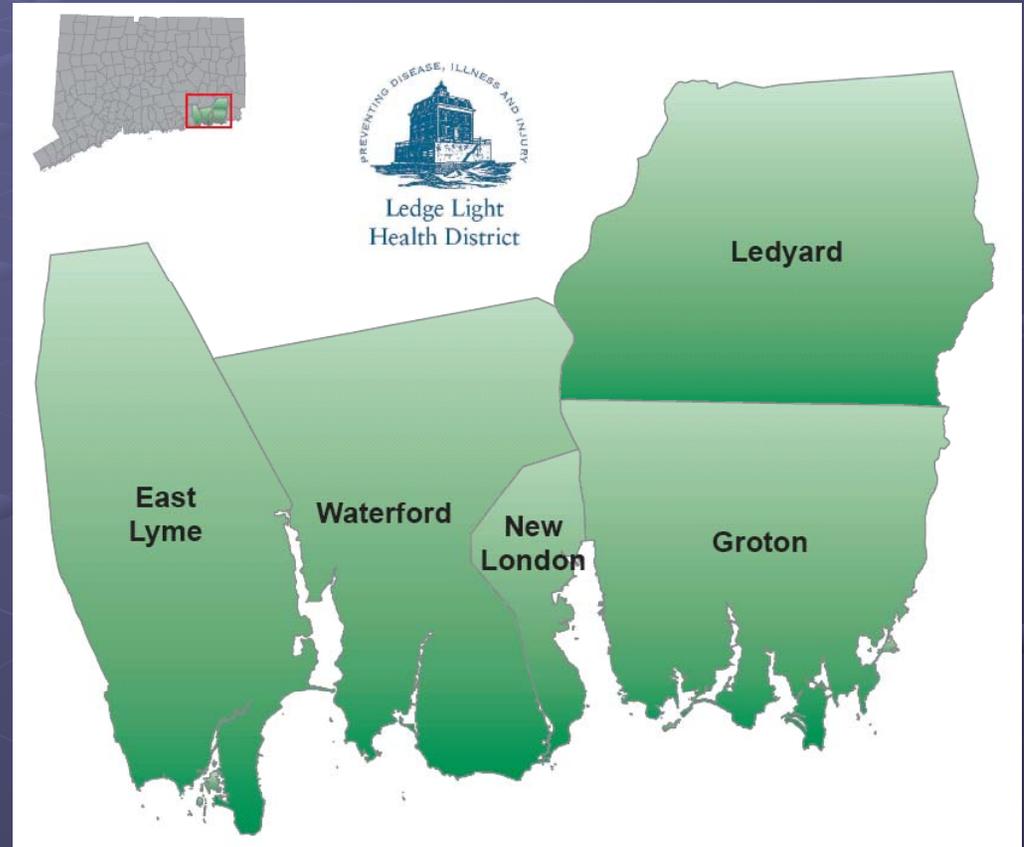
# Obesity Prevention Program: MAP Project (**M**ore **A**ctive **P**eople)

Cindy Barry, Project Coordinator  
Ryan McCammon, Sanitarian/GIS Coordinator  
Ledge Light Health District



# Who Is Ledge Light?

- Six municipalities southeastern CT
- 120,000 residents
- **LLHD GIS Group:** municipalities, regional planning, regional utility, USCG Academy



# Thank Goodness for Help!!

- Park and Recreation Depts.
- Municipal GIS Coordinators/Planners
- CT DEP “No Child Left Inside”
- CT Dept Agriculture, Connecticut Grown and Northeast Organic Farmers Association
- Avalonia Land Conservancy, CT Forests and Parks, East Lyme Land Conservation Trust, Groton Open Space Association, Nature Conservancy, UCONN Ag Extension, West Farms Land Trust

# Program Objectives

- Grant from CT DPH
- Reduce childhood obesity by improving access to recreation for special needs children
- Improve awareness of free/low cost recreation AND local farms and farmers markets in the LLHD municipalities



# Project Strategies

- All Access Playground (Groton)
- Promote activity/healthy nutrition with website and “Health Watch”
- Health Messaging Signage (4 towns)
- GIS maps for children and adolescents



# How Did We Do It?

- Use National Recreation & Park Association GIS Standards (Guide)
  - Parks-Parcel based with
    - Facilities (160 features/30+ attributes)
  - Trails-2004 CLEAR Digital Orthos (0.8' spatial resolution, NAD 83-CT State Plane)
    - Type, Surface, Access (90+ records/10 fields)
  - Sports Fields-Feature Parks
  - Food-Type, Location, Hours, Contact Info
  - Schools-Superintendents

# Project Strategies

- Children (8-11)-students and online
  - Pocket Folders
    - Feature Parks
    - Municipal Maps
    - Activities/Games
  - Large Municipal Maps
    - Grids of Facilities in Parks
    - Children Gather Places
    - Vinyl for Farmer's Markets



# Feature Parks

GET OUT, GET ACTIVE, & GET HEALTHY!



McCook Point Park Detail

Cini Park Detail



BATHHOUSE	DEP COASTAL SIGN	PAVILLION	TRAILS	OTHER	TRANSPORTATION
BENCHES	FLAG POLE	PICNIC	BOARDWALK	EAST LYME	PARKING
BOARDWALK END	GATEHOUSE	PLAYGROUND	GRAVEL	PARKS	RAILROAD
BOARDWALK START	MAP	RESTROOMS	PAVED	BEACHES	MAJOR STREETS
CANOE/KAYAK LAUNCH	SWIMMING	PAVED/DIRT	WATER	MINOR STREETS	

Map Created by Ryan McCammon, Ledge Light Health District  
 More Active People Program (MAP) 5/2/09  
 Additional Maps and Health Information at [www.ledgelighthd.org](http://www.ledgelighthd.org) or 860-448-4882  
 For Planning Purposes Only, Not for Legal Use.  
 Horizontal Datum: CT State Plane Coordinates, NAD83 Datum (Feet)

**EAST LYME, CT**  
 Get to Know Your  
 East Lyme Parks

Special Thanks to Our Partners and Contributors:  
 East Lyme, CT Parks and Recreation  
 East Lyme Planning Department & Public Schools  
 CT DEP, the "No Ovid Left Inside" Program  
 CT Department of Agriculture & Connecticut Growers  
 CT Northeast Organic Farmers Association (NOFA)  
 Friends of Osewathic 148 & East Lyme Land Conservation Trust  
 Funded by CT Department of Public Health

GET OUT, GET ACTIVE, & GET HEALTHY!



**LEGEND**

**POINTS OF INTEREST**

- AERATOR
- BASE / SOFTBALL
- BASKETBALL
- BATTING CAGE
- BEACH
- BRIDGE
- CANOE LAUNCH
- DEER RESISTANT
- DEP COASTAL SIGN
- HANDBALL
- PARKS / BOARD ED
- PARK SIGN
- PARKING
- PAVILLION
- PICNIC
- PLAYGROUND
- RESTROOMS
- SAWMILL
- SOCCER
- STONE CHIMNEY
- TENNIS
- TRAIL HEAD

**OTHER**

- TRAILS
- PRIMARY ROADS
- MINOR ROADS
- SPORTS
- WATER
- PARKS
- LEDYARD



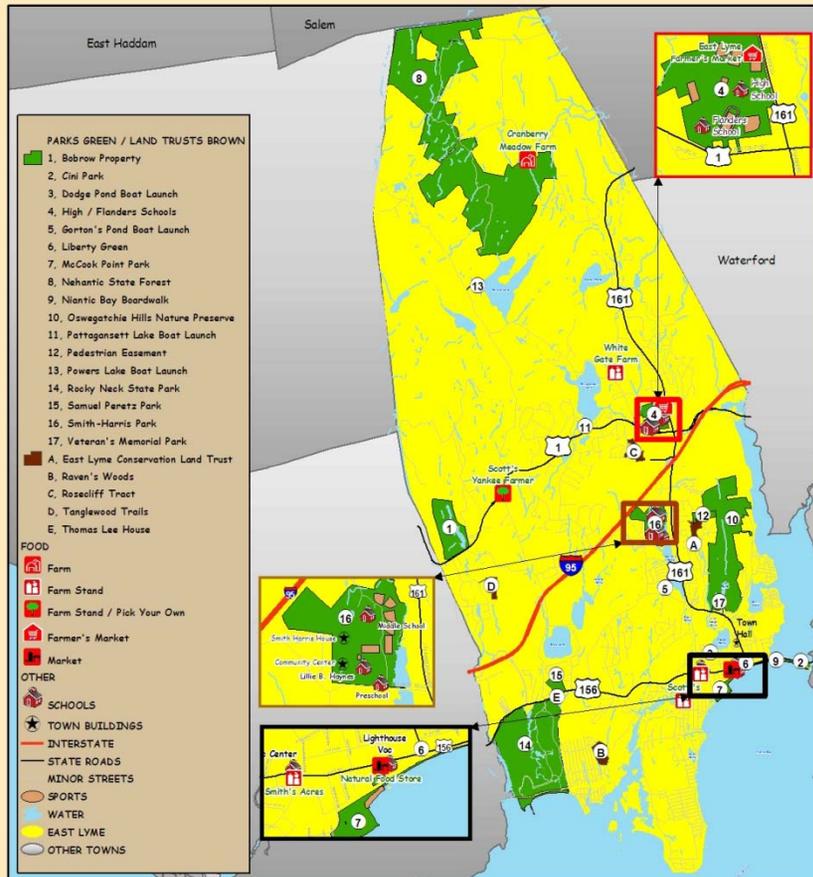
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**LEDYARD, CT**  
 Get to Know  
 Your Ledyard Parks

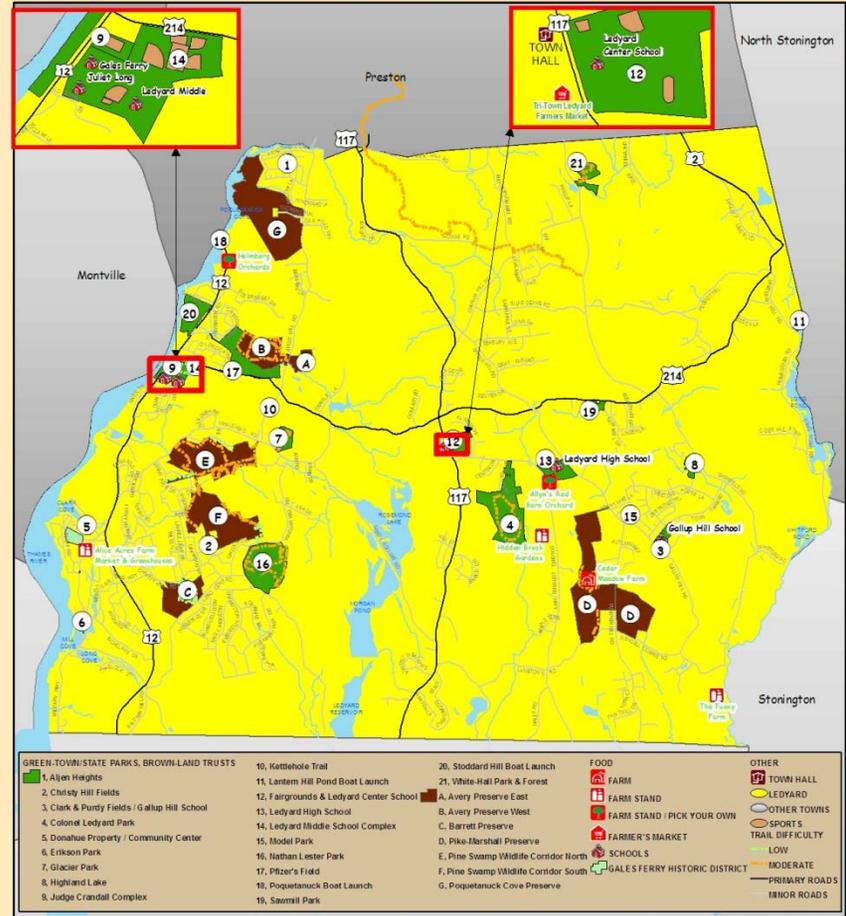
Special Thanks to Our Partners and Contributors:  
 Town of Ledyard, CT Park and Recreation & Planning Depts  
 CT DEP's "No Ovid Left Inside" Program  
 CT Department of Agriculture & Connecticut Growers  
 Northeast Organic Farmers Association  
 Avonland Land Conservancy, Inc.  
 Funded by CT Department of Public Health

# Town Maps

GET OUT, GET ACTIVE, & GET HEALTHY!



GET OUT, GET ACTIVE, & GET HEALTHY!



# Project Strategies

- Middle Schools (12-14)

- District Maps

- 59 Municipal/State Parks
- 23 Farm Fresh Food Locations
- Used for Events (National Trails Day June 6)

- Google Maps see Benjamin Spaulding

- District Feature Parks, Schools and Food
- Intro to GIS in Computer Classes



# Will It Work?

- Focus group Summer 08
- Send to grade schools next week and middle schools this week
- SurveyMonkey.com (Park & Rec) pre-post
- Response from Superintendents/Teachers
- Polls of students at Google Maps class
- Summer event surveys



# What Did We Learn

- Budget More Time for Design
- Start Small
- Lots of Help, Listen to Them!!!!
- Keep Learning (Penn State World Campus)



# Thank You

Ryan McCammon

860-448-4882

[www.ledgelighthd.org](http://www.ledgelighthd.org)

Everything online in a  
few weeks!!

