Adopting the Elkton Pedestrian and Bicycle Plan has opened dialogue, engaged the community, and established a written plan to be available for future funding, ensuring Todd County is taking positive steps to a healthier community. Jill Harris, the Todd County Extension Service Family and Consumer Sciences Agent, partnered with the Todd County Health Department and City of Elkton to work together to compile and present the Pedestrian and Bicycle Plan to the Elkton City Council. Harris stated, “This project gave us the opportunity to bring community resources together to create a vision of how we would like to see our community in the future.”

Conversation about health in Todd County can be traced back to the Coalition for a Healthier Todd County. The formalized health conversation started the early 2000’s. As residents and leaders in the community worked through the large array of data and indicators; Processes, reports, and plans came together in different areas. The processes increased the capacity of residents to improve their awareness as to what makes communities healthier.

Elkton Pedestrian and Biking Committee was developed early in 2015 to assist the city in developing a community pedestrian and bicycle plan. The committee reviewed the existing conditions in the city and coordinated a community survey to assess the city’s walking and biking needs. The survey analyzed modes of transportation used in the past year, frequency and distance of walking and biking physical exercise, and collected recommendations for increasing walking and biking.

“The community supplied an admirable number of responses,” Harris indicated. The survey asked recommendations on making it easier to walk or run in Elkton.

Based on suggestions from the survey, committee members prioritized project areas to meet the needs of the community and presented them to the Elkton City Council. The Pedestrian and Bicycle Plan was adopted in 2015 and includes:

1. A new sidewalk on West Main Street to a retail store
2. A designated walking and biking trail
3. A sidewalk from Todd County Central High School to Blunt Rural Health Center
4. Widening and renovating of existing city sidewalks
5. Connector routes on side roads

The city has achieved funding for the West Main Street Sidewalk Project, the first project. It is currently in the design phase, and construction is due to begin in the Spring of 2017. The sidewalk project connects affordable housing areas to the city’s largest food and retail store thus increasing food access for residents as well as making a more walkable community.

SUCCESS STORY
Planning, Walking, and Biking to a Healthier Todd County, Kentucky
Jill Harris Extension Family and Consumer Sciences Agent
Todd County Cooperative Extension Service

Table: Percent of Positive Response to Community Survey

<table>
<thead>
<tr>
<th>Percent</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>81%</td>
<td>Provide more pedestrian facilities like sidewalks, paths and trails</td>
</tr>
<tr>
<td>52%</td>
<td>Improve existing sidewalks</td>
</tr>
<tr>
<td>49%</td>
<td>Provide better and more lighting</td>
</tr>
<tr>
<td>79%</td>
<td>Provide more bike lanes, paths and trails</td>
</tr>
</tbody>
</table>

To learn more about ToddCounty FCS programming, visit
http://todd.ca.uky.edu/content/family-consumer-sciences

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Leadership for project two is currently identifying persons to join the committee and acquiring property for the trail. The committee will analyze different locations and plans for a quiet, out of the way of traffic, walking and bike trail for physical fitness access. “The designated walking and biking trail will give us a convenient, safe location where individuals and families can go for physical activity,” stated Harris. The project vision includes maintaining a natural environment as much as possible.

The Elkton Pedestrian and Bicycle Plan provided Elkton with a well-researched, community participatory plan on the policies, systems and environment working within Todd County. The facilitation and strategic planning of the group strengthened the capacity of their residents to assess and address healthy change initiatives within their community leading the way for long-term health and economic benefits for Kentucky residents and visitors.