



2009

Footsteps

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I. Overview

This report provides background information on health problems of the Danville/Pittsylvania County/Caswell County region and offers suggestions to market the walking/biking trails as catalysts for behavior that will improve and maintain good health as well as create a vital, new community culture. Specifically, the report offers a set of strategies and a brief implementation plan. The final section of the report provides information about similar successful community-wide efforts in other locations.

II. Background

How severe is the health problem?

Over the past decade, Virginia 's obesity rates , and more specifically, the Dan River region's obesity rates have risen drastically. Ramifications surpass the poor health of the individual. They manifest in deterring new businesses and jobs, since obesity rates are generally equated with higher healthcare costs for employers. Consequently, the issue of obesity reduction has an impact on economic development and overall regional well-being.

Obesity, a particularly pervasive local problem, may affect and be affected by the region's economic situation. The Pittsylvania County/Danville combined area has an obesity prevalence rate of 27.5 percent among adults, about 3 percent above the state average. Obesity is a strong contributing factor to several diseases; the data reflect such an outcome. In 2004 heart disease deaths rose to 281.9 per 100,000 people in the city. Additionally, 78 residents per 100,000 also died from diabetes. All of the numbers relating to obesity health issues exceed the state average. The following tables illustrate these data:

Region	Population*	Median household income (USD)
Danville	44,660	29,553
Pittsylvania County	61,123	38,519
Virginia	7,769,089	59,575
Caswell County	23,248	35,018
North Carolina	9,222,414	44,772

*Based on 2008 estimates by the US Census Bureau. Household income data originate in 2007.

Table sources: Bureau of Labor Statistics, Virginia Department of Health, Economic Research Service.

	Pittsylvania County & Danville	Danville	Virginia
Heart deaths per 100k ¹	249.2	281.9	200.5
Diabetes deaths per 100k ²	30.8	78.0	22.0
Obesity rate ¹	27.5%	N/A	23.1%

1. 2004 data
2. 2005 data

The CDC measured the 2005-06 obesity rate to be 34.3 percent for people aged 20+. A 2007 Behavioral Risk Factor Surveillance System survey recorded approximately a 26 percent obesity rate for the respondents, aged 18+ (25.3 percent in Virginia). Table sources: "DRF Health Assessment 2008," Virginia Department of Health

Several damaging economic consequences accompany obesity. A 2003 study conducted by the Centers for Disease Control and Prevention and Research Triangle Institute International found that state medical expenditures for medical care directly attributable to obesity rose to \$1.6 billion, 5.7 percent of all medical expenditures. In the workplace, decreased productivity because of more time spent off the job seeking medical care affects economic output. Not only would obesity reduction be an important indicator of the improved health status of the local area but also an indicator of increased worker productivity.

Why Trails?

Health: Basically, physical activity helps prevent heart disease, diabetes, obesity, cancers, and depression. Furthermore, outdoor physical activities are healthier and more interesting for most people than indoor physical activities. According to *American Trails*, every one dollar spent on trails can led to \$2.94 in direct medical benefit. ^[1] Increasing physical activity through trails usage can save millions in healthcare spending, a vital requirement for reducing healthcare costs, thus demonstrating a logical reason for local, regional action on this issue. Physical activity over the long term means dollars and lives saved by individuals, institutions, and governmental agencies.

Economy: Trails attract tourists, create jobs, and add money to local economies. Trail users consume a wide spectrum of commodities from beverages and foods to sporting goods, providing increased local business income while reducing health costs.

Cultural and Social: More important, good trails can function as places for communicating. People not only exercise on trails but also meet friends and neighbors. When marketed as cultural and historical sites, trails serve as stages to show and strengthen the identity and pride of the local society.

Where Are the Trails In the Region?

Danville: Danville claims a rich set of interconnected trails. Besides some walking tour routes, there are Riverwalk Trail and Anglers Ridge Mountain Bike Trail. Beyond these major trails, there are several other small trails, including Hidden Hollow Trail, Doe Run Trail, and Turkey Trot Trail, which normally are considered branches of Riverwalk Trail.

Riverwalk Trail is an excellent asset free of major problems. Full advantage should be taken of this trail, which has been expanded multiple times over the last decade and now encompasses seven (7) miles. Not only offering excellent views of the Dan River, it connects with 17 miles of Anglers Ridge Mountain Bike Trail, Danville's historic tobacco warehouse district, and the commercial Riverside Drive. The trail, segmented into four sections, is divided by three major parking lots. Each section is 1.5 to 2 miles long. Physical layout of the trail is inviting since it is sufficiently wide (10 feet), paved, mostly flat, and easy to walk.

Several existing organizations already use the trails in their activities, including a Walking Club and a Mountain Bike Club. Partnerships with local businesses, churches, and recreational facilities should be pursued to attract even more local participation.

According to the *American Census 2000*, there are 7,612 people residing within walking distance of the trail and 29,994 people reside within two miles (a five- minute drive) of the Riverwalk Trail. Only 5 percent of the residents who are within walking distance use the Riverwalk Trail, thus the Riverwalk Trail is underused by those with the easiest access.

Caswell County: Caswell County has no existing trail system; there are six independent trails that are infrequently used, according to members of the Caswell County Historical Association. These trails include:

- A nature trail on the campus of Oakwood Elementary School, on Firetower Road, across from the new Caswell Senior Center;
- A paved loop trail in the new town park at Yanceyville, adjacent to Oakwood School;
- A nature trail in the park of the Person-Caswell Lake Authority on Hyco Reservoir;
- A mile of trail in Farmer Lake Park, under the care of Caswell Parks and Recreation;
- A walking trail near the headquarters of Caswell Parks and Recreation, on PRK Drive near the Caswell EMS headquarters; and
- A loop trail around the periphery of Cherokee Scout Reservation, undertaken by the Caswell Horsemen's Association.

A tourism project, Heritage Trails, being led by the Dan River Basin Association, will develop historical trails in Caswell County.

Several other trails have been proposed with the first expected to be finished by the end of 2009. The trails include:

- Beech Creek Trail from the Caswell Senior Center to South Rattlesnake Creek,
- Mountain Bike Trail on Firetower Road, and

- Old Stagecoach Road Trail on Stephentown Road.

There is also interest from other groups in the area including the Caswell County Historical Society and a Trails Committee formed of local stakeholders.

According to a Community Health Assessment Survey conducted in Caswell County, 81 percent of respondents believe obesity is a problem in Caswell County. Fifty percent of those surveyed indicate that they would be more active if greenways or trails were made available. After the trails are improved and new trails are built, the main focus should be marketing these assets to the public.

Pittsylvania County: Pittsylvania County, consisting of 982.89 square miles, is situated in the South Central Piedmont plateau region. The area has two main existing trails, Wayside Park Trail and the Dan River Walking Trail, but there is little publicity to promote their existence and utilization.

An in-progress initiative is the Tobacco Heritage Trail, a system of long-distance, recreational, multiuse, non-motorized trails that runs through Pittsylvania County. The off-road trail, which will primarily utilize abandoned railroad corridors, will be for multiple user groups—pedestrians, hikers, bicyclists, and horseback rider—with portions of the trail accessible to those with mobility limitations. Approximately 100 miles of abandoned railroad corridor, plus easements and connecting bike routes along county roadways, will be employed in the construction of the Tobacco Heritage Trail.

Another trail proposed to run through Pittsylvania County is the Beaches to Bluegrass Trail. The Virginia Department of Conservation and Recreation established a Greenways and Trails Task Force to develop a statewide trail plan. One of their first tasks will be shaping the vision for a coordinated network of statewide trails that will form the framework for connecting regional and community trails. The program's mission is to provide assistance and education to encourage the development, maintenance, and promotion of attractive, sustainable, and connected trails throughout the state, which includes a segment of the trail running through Pittsylvania County.

An upcoming project is a plan to connect the Dan River Trail (the county trail which currently is 5.2 miles) to Danville's Riverwalk Trail through the Cain Creek area. Pittsylvania County is partnering with Dewberry & Davis (local architectural firm) to develop the plan.

Recently, the Pittsylvania County Board of Supervisors voted to match funds from DRF to develop a Recreation Plan. This vote will allow Pittsylvania County to form a recreation committee which will access and seek to develop various projects and needs of the area.

III. Vision

In the future, a dynamic and environmentally sound trail system will connect the region and serve as the central point for a new culture that builds on multi-layered partnerships, programs, and activities to lower obesity.

IV. Goals

The short-term (five (5) year) goal is to improve the present physical trail structures as well as build an integrated trail system throughout the Danville/Pittsylvania County/Caswell County region, step-by-step.

The long-term (5-10 year) goal is to promote and develop a new, healthy lifestyle in the region by cultivating a new, dynamic culture through multi-layered and multi-faceted partnerships.

V. Strategy

The recommended strategy is to place a higher priority on existing trails. The focus will be on enhancing trails with more social and cultural color under a full spectrum of partnership programs.

Although obesity reduction is an important indicator of health status improvement, over-focusing on some specific outcomes may cause frustration and monotony. Besides, the ultimate goal is not just a physically healthy community, but also, and more important, a new community with a newly activated culture.

To develop residents with new attitudes and actions, taking full use of an existing resource normally costs less than developing a new source. Although there are huge, valuable resources such as abundant churches and beautiful buildings in Danville, the Riverwalk is the one trail with the most public use and recognition. Because of its established reputation as a safe, beautiful walking trail, the focus should be on further developing the Riverwalk Trail to make it a working model upon which other trail development can follow.

The first step is to improve the infrastructure and connectivity with other trails, followed by the launch of a set of campaigns to promote further usage of the trails as part of healthy lifestyles.

Improving Infrastructure and Connectivity

Trail Enhancement: Before any trail enhancements, the development of an element list is needed to help understand the physical status quo of the trail. (A sample list can be found in

Table 1 in the Appendix.) Based on the list, the physical condition of the Riverwalk Trail is good and free of major problems; however, it needs some catalysts to gain new life.

Playground Equipment

Of all the equipment, those for playgrounds hold the highest priority, because they have significant effects on attracting parents or grandparents to bring children to the area. Currently, along the Riverwalk Trail, a severe shortage of playgrounds for children exists. Only one set of equipment is present to lure children, yet huge, empty fields are available that could be used as playgrounds along the trail. A playground can be developed starting with some basic and inexpensive equipment—sand boxes, swings, and spring riders. Step-by-step, more complicated play systems can be added.

Small Plazas

Often neglected by trail builders, the small nooks where people can sit, rest, and communicate with each other are equally as important as the trail itself.

Commercialization

No doubt, snacks can make a place more interesting! With the support of local zoning codes, there could be more commercial development: snack shops and sport beverage kiosks, recreational goods stores, bike retail and rentals, postcard and souvenir shops, and riverfront cafés. Healthy food to-go could make giving up a lunch break for a walk more appealing. Although DRF cannot invest directly in the development of these businesses, it can assist with infrastructure building to cultivate a business-friendly environment.

Aggressive development concerning water-related commercialization, such as fishing clubs, canoe/kayak rental, or fish-themed restaurants, is not recommended because the river water quality is not that appealing. Beyond the water quality problem, cutting down trees along the bank would create some unnecessary controversy. Floodplain maps are needed also to help direct future development along the waterside.

Even though boating and fishing recommendations do not seem plausible, the Dan River must be used and drawn closer into the lives of the people in the region than it is now. Further consideration of how to utilize the river and its attributes, because it is integral to the Riverwalk Trail, must be undertaken by government and business leaders.

Signage

After the enhancements described above, there could be a signage system installed along the trail. Information boards can convert the trail into an open classroom or a museum, which will help local residents know their home and thus strengthen regional pride. Examples of possible signage include recognition and identification of historical sites and significant biology as well as mile markers and maps. While signage is not a necessity, it will improve existing trails.

Other

This category includes improvements that are not necessary or urgent such as security lighting and communications, dog waste removal, and fitness equipment.

Connectivity: As trails are being enhanced, a green system could be in process and help to attract even more people to the trails. Currently, there are no clear specific “green streets” connecting big residential communities with the Riverwalk Trail, which means that although the destination might be very interesting, the road to it is not that attractive. Green streets are horticulturally diverse streets planted to use local flora and fauna as well as developments leading to businesses and homes constructed with concerns for environmental impact.

Partnerships: Fostering appropriate partnerships is always key to any project. Creating community partnerships will be an integral factor in implementing an initiative to promote a healthier lifestyle using trail systems. Motivating an entire region to become more physically active requires much more than simply marketing an idea. The focus must be to transform the community’s mindset about how to engage in and maintain a healthy, active lifestyle while utilizing the breadth of the Dan River region’s trail systems to do so. Community engagement, then, will be a catalyzing and sustaining factor in the creation, implementation, and maintenance of that new way of thinking.

Local Governments: One of the primary partnerships that will need to work well is that between DRF and the local governments. As a public resource, a trail system can involve multiple government issues, including land use and ownership, transportation, tax policy, and publicity. A clear contract, which defines each entity’s responsibility and capability, should be developed and improved step-by-step to guide the trail development afterward.

Religious organizations: A secondary partnership could be with religious organizations. Danville, known as the “city of churches,” has over 300 churches of various denominations with members of diverse ethnicities and socioeconomic status. Because of the close relationship between poverty and poor health status, DRF should promote partnerships, particularly those located in low-income communities. Partnering with churches to promote walking on the Riverwalk Trail will engage a large group of citizens.

Some churches have a designated Parish Nurse, who focuses on the promotion of health within the context of the values, beliefs, and practices of a faith community. Contacting Parish Nurses to stress the importance of walking on the Riverwalk Trail and addressing the issues will reach congregation members and promote the importance of healthy lifestyles.

Educational institutions: Educational institutions could be powerful partnerships. Besides encouraging young people to volunteer in building and maintaining trails, educational institutions can act independently to make use of trails as valued assets for educational purposes: i.e. physical education, science, math, astronomy, technology,

etc. Beyond instructional components the trails can afford, an educational partnership will utilize not only the cultural and ethnic diversity among students and staff but also reach a wide age range.

Engagement of organizations at educational institutions such as the Campus Activity Board, the Caving Club, and the office of student activities can result in programs that bring creative opportunities for physical activity to the larger community. In the case of the Riverwalk Trail, perhaps the emphasis should be with organizations at Averett University. As the trail system grows in Pittsylvania County and Caswell County, similar partnerships can be developed with Danville Community College and Piedmont Community College. Examples and models from other regions can be found on the Community-Campus Partnerships for Health (CCPH) website: <http://www.ccpd.info>.

With assistance from DRF, local public school systems can provide health-related fitness education as well as fitness assessments for students, teachers, and parents. Schools can also assist with the distribution of information needed to design an individualized program. Establishment of rail-related community service curricula should be encouraged in these local schools.

Community Organizations: Similarly, partnerships with all types of community organizations such as the Boys & Girls Club and the YMCA should be encouraged.

Pairing the initiative with community organizations is a way to reach a large and diverse population at once while allowing the foundation to build on existing programs to increase the usage of the trails, especially through Outdoor Adventure Programs, fitness and wellness programs, and socialization and recreation programs.

- Boys and Girls Club (BGCD): The BGCD is an essential partner for encouraging their participants to become active using the trail system.
- SMART Girls: SMART Girls is a health, fitness, prevention/education and self-esteem enhancement program for young girls that promotes healthy attitudes and lifestyles.
- City of Danville Parks & Recreation Department: An array of services, including outdoor adventures, athletics, dance, crafts, art, instructional, cultural and after school programs, and classes for preschoolers, children, teens, adults, senior adults and citizens with disabilities, is offered to residents of the region.
- Danville YMCA & YWCA: Both organizations offer their members physical fitness programs that could easily be enhanced by the incorporation of Danville's extensive trail system.
- Danville Running and Fitness Club
- Dan River Basin Association, Caswell County Heritage Trails Initiative
- Caswell County Parks and Recreation Department, Caswell Seniors Moving More: The Moving More initiative was created through a two-year \$60,000 grant from Fit Community in 2008

VI. Implementation

Clear Brochures Publicizing Trails

In order for the area's many walking trails to be used effectively by organizations and individuals in combating rising obesity rates, the general public must have knowledge of the trails. One way to publicize the trails throughout the area is to place brochures in waiting rooms, school/college offices, and medical facilities. The brochures should contain trail maps, distances, and points of interest along the trails along with charts that note calories burned depending on personal characteristics. Brochures should also incorporate the trails' roles in maintaining healthy lifestyles for all citizens.

Kick-Off Event

An official kick-off event for the Obesity Reduction Initiative would attract media and organizational attention. The event, held at the Riverwalk Trail as a means to generate community-wide support and involvement with the trail system, could include:

Walk-A-Thon for Health

Hold a community-wide Walk-A-Thon for health on the trails, involving citizens of all ages and demographics and featuring sponsorship from various aforementioned partners. Souvenirs (t-shirts, bumper stickers, etc.) can be distributed to support both the trails and the obesity reduction initiative. This event would meet the goals of broadening community involvement, disseminating campaign information, and increasing trails' visibility.

Presence of City Officials

Ensure the presence of city officials, including members of City Council, Mayor's Office, and Virginia Representatives to the General Assembly and have these officials speak about Danville's health initiative, encouraging citizens to engage in healthy lifestyles. Presence of city officials is likely to garner press coverage further increasing the outreach of the initiative and the trails and creating the image of a community-backed coalition in curbing obesity rates.

Health Pledge

Offer registration to track personal fitness activity and weight loss; community-wide data could be published in a local paper as motivation. Models include an online tracking system for total participant weight loss. Local partners can serve as weekly weigh-in sites where participants may track their progress. Offer a prize drawing or other incentives (discounted baseball game tickets, farmers' market vouchers, etc.) for those who participate in weigh-ins, lose a certain amount of weight, or meet a certain activity goal. Companies, churches or other teams may register to compete for highest participation level, most fitness activity, or "biggest loser" (most pounds lost per

person). Winners would receive public recognition, a donation to their chosen organization, or other prizes.

Mobile Health Fair

Tables along the Riverwalk Trail would educate participants about fitness, healthy eating, wellness statistics, and available fitness programs. Engage local partners by inviting them to have a table to promote each of the aforementioned categories.

Potential Programs

Holiday Themed Trails: Decorate trail systems according to holiday seasons in order to create more awareness and draw more users to the trails.

- Halloween
- Christmas
- Thanksgiving
- Easter
- Danville's Anniversary (Establishment anniversary? What? Is there a date?)

Dog Walking with Danville Humane Society: Invite volunteers, age 14 and above, to walk dogs for the Humane Society along the trails, which would broaden the trails' exposure to a sector of the population interested in volunteerism. Example: Richmond SPCA dog walking program in Richmond, VA.

Senior Volunteer Patrol Program: Senior volunteers could patrol the trails and provide first aid supplies, maps, and information to anyone needing assistance while on the trails. This will add a sense of safety while providing local seniors with an opportunity for exercise.

VII. Impact

Health: The promotion and usage of trails will create a means of combating obesity as well as physical inactivity. The initiative offers the community a method of preventing obesity, disease, stress, and anxiety as well as encouraging regular physical activity. A more active population leads to lower rates of chronic illnesses and deaths specifically related to obesity, such as diabetes, heart disease, cancer, and cerebrovascular diseases. According to the Center for Disease Control, physical inactivity is one of three modifiable behaviors responsible for approximately 33 percent of all U.S. deaths.

Fitness programs benefit participants from a variety of groups, including multiple sclerosis (MS) patients (Mostert & Kesselring, 2002), Vietnam War veterans (Leicht & Kerr, 2002), and older adults (Binder et al., 2002), as well as others. Because regular exercise and reduced risk of a variety of illnesses are correlated, participation can also be effective in preventing coronary heart disease, strokes, diabetes, and mental illness (Nicholl et al., 1994), particularly for adults

over age 45. Furthermore, in a 1988 study, 1,000 35-year-old white males who adhered to a 30-year exercise regiment benefited from an increase of 1,138.3 Quality Adjusted Life Years (Hatziandreu et al., 1988).

Social Impact: The trails can enhance the overall social environment of the community by being a venue for activities and socialization and by providing a springboard for education about exercise and general health. Not only will the trails create a social environment that encourages consistent physical activity to reduce obesity, they also appeal to the already physically active population.

If the social environment of the community is improved, it will increase the likelihood that this initiative will continue to be effective throughout the years, not just for the short term. It will also increase the likelihood that the community members will become more inclusive, involved, and responsible for their environment.

Economics:

Exercise programs have costs. Fitness equipment, program insurance, and facilities require funding for construction and maintenance. However, they also combat a myriad of chronic diseases that drain away worker productivity through medical leave, absenteeism, and decreased satisfaction in the workplace. As such, employers have a clear incentive for keeping their workers fit.

In short, exercise programs work in increasing health, and this contributes to a healthier economy. How do trails fit into this statement? In fact, data are available suggesting expenditures on trails may be effective investments in the long-run. A 2004 study conducted in Lincoln, Nebraska, found that for every \$1 spent on bike/pedestrian trail development, \$2.94 followed in directly relatable medical benefit¹. (The most dynamic variables affecting such dividends are travel costs to and from trails and equipment.)

Improved health will also lower the need for medical attention, ultimately decreasing the cost of medical bills and insurance. It will also allow for those in the working class to be more productive by reducing sick leave absenteeism, decreasing on the job injury, and increasing morale.

VIII. Conclusion

The Danville Regional Foundation has the opportunity to engage Dan River partners in order to promote pride in local assets and start the region on the pathway to better health. Increasing

¹ It is impossible to make a blanket statement for Danville in regard to costs saved without first establishing a baseline of data (such as insurance costs) prior to and after any foundation intervention.

the use of the existing trail system provides the most efficacious and cost-saving method to achieve widespread obesity reduction in the Dan River Region.

IX. Appendix

Potential Donors for an Incentive Program:

Recreation:

1. Danville Stadium 12
2. Danville Museum of Fine Arts & History
3. Danville Science Center
4. YMCA
5. Martinsville Speedway
6. Emerald Pointe Water Park (Greensboro, NC)
7. Greensboro Coliseum Complex (Greensboro, NC)
8. Virginia International Raceway (Caswell County, NC)
9. Piedmont Mall (Danville, VA)
10. Riverside Lanes (Danville, VA)
11. Tiny Town Golf (Putt Putt Golf) (Danville, VA)
12. Skatetown USA (Danville, VA)
13. Danville Braves (Danville, VA)

Restaurants in Danville, VA

- | | |
|-----------------------|------------------------------|
| 1. Applebee's | 13. Sonic |
| 2. Arby's | 14. Subway |
| 3. Biscuitville | 15. Taco Bell |
| 4. Bojangles | 16. Texas Steakhouse |
| 5. Burger King | 17. Wendy's Hamburgers |
| 6. Golden Corral | 18. Western Sizzlin |
| 7. Domino's | 19. Chick-Fil-A |
| 8. Ham's | 20. Main St. Coffee Emporium |
| 9. San Marco's | 21. Isabel's Pizza |
| 10. Red Lobster | 22. Mama Possum's |
| 11. Rock-Ola | 23. Ruby Tuesday |
| 12. Ryan's Steakhouse | |

Restaurants in Caswell County, VA

1. Yancey House
2. Steaks on the Square

Potential Partners:

Danville Running and Fitness Club: <http://pws.gamewood.net/~garymary/>

Active Living by Design – Caswell County Fit Community Grant Information:
<http://www.activelivingbydesign.org/communities/profiles/caswell-county-nc>

The Small Business Wellness Initiative, <http://www.sbwi.org/index.asp>

King County Washington – Health Reform Initiative webpage:
<http://www.kingcounty.gov/employees/HealthMatters/Visitors/HRIToolkit.aspx>

Education in Virginia <http://www.doe.virginia.gov/VDOE/Instruction/PE/>

Danville Public Schools
http://web.dps.k12.va.us/dps/Instruction/health_and_pe/health_and_pe.htm

Pittsylvania County Public Schools <http://www.pcs.k12.va.us/public/index-1.html>

Caswell County Public School <http://www.caswell.k12.nc.us/linkDetail.asp?linkId=9>
http://www.walksmartvirginia.com/default_pages/default_home.aspx

Boys & Girls Club of the Danville Area <http://www.bgcdanville.org>

Danville City www.danville-va.gov

X. Resources

American Trails, <http://www.americantrails.org/resources/index.html>

Activities References

Creepy Hollow Hayride and Scream Forest in Richmond, Va
<http://www.creepyhollowhayride.com/>

Scaremare in Lynchburg, VA: <http://www.liberty.edu/scaremare/>

Haunted Hay rides at Ashland Berry Farms: <http://ashlandberryfarm.com/>

Status Quo References

<http://vaperforms.virginia.gov/indicators/healthFamily/obesity.php>

<http://apps.nccd.cdc.gov/brfss/list.asp?cat=OB&yr=2007&qkey=4409&state=All>

<http://www.cdc.gov/nchs/data/databriefs/db01.pdf>

[http://www.vdh.virginia.gov/healthpolicy/healthequity/minorityhealth/documents/va_healthindicators/Tour%20of%20VA CVirginia Pitts-Danville WestPiedmont.pdf](http://www.vdh.virginia.gov/healthpolicy/healthequity/minorityhealth/documents/va_healthindicators/Tour%20of%20VA%20Virginia%20Pitts-Danville%20WestPiedmont.pdf)

<http://danilleregionalfoundation.org/region/documents/2008-HealthAssessment.pdf>

Miscellaneous Data References

www.leerecreation.com/products/index.php?cate...

<http://www.outdoor-fitness.com/>