



Atlanta BeltLine: Where Atlanta Comes Together to Get Healthy

Community Study Group Findings

Progress Report: Study Group Findings

- Held focus groups in Atlanta BeltLine Communities:
 - Northside, Westside, Southwest, Southeast and Northeast neighborhoods
- Discussed the meaning of healthy lifestyle, as well as barriers and enablers to living a healthy lifestyle
- Listened and collected feedback to inform our strategy moving forward

Question 1: What Does Health Mean to You?

- **Exercise and Fitness**

- Purposeful and/or instruction – running, riding bikes, yoga, planned activities
- Lifestyle/everyday – walking to work, walking the dog, riding bikes to a destination

- **Nutrition and Healthy Eating**

- Education: Understanding what healthy food is and how to prepare it
- Practice: Making good choices to eat healthy foods
- Access: Grocery stores, farmers' market, community gardens, locally-sourced food, healthy restaurants are nearby and accessible in terms of cost and ability to get there

- **Accessibility and Safety**

- Easy to get to, nearby
- Safe
- Clean safe access points

Question 1 (cont.): What Does Health Mean to You?

- **Community**

- Community Engagement: Businesses, organizations offer healthy foods, bike-friendly establishments, fitness classes, etc.
- Community Encouragement: Businesses, organizations make healthy living easier, e.g., “Walk to our business on the BeltLine! Here’s how...”
- Community in General
 - There is a distinction between neighborhood and community (community can be friends, family, networks, other organizations)
 - Social culture (invitation to be part of something bigger)

- **Spiritual/Mental Health**

- Mental clarity has a lot to do with being physical, eating well, being outside

Question 2: What is Working Well in Your Community?

- Convenience and connectivity
- Access to farmers markets
- Access to healthy restaurants
- REI classes
- Festivals
- Grant Park Recreational Basketball

Question 3: What Are Barriers to Health?

- Lack of money
- Lack of education
- Lack of time
- Bad habits
- Family responsibilities
- Lack of childcare
- Lack of motivation
- Mindset
- Culture
- Lack of mass transit
- Crime and safety
- Healthcare challenges

Question 4: What is Fun to You and Your Family?

- Family bike rides
 - Festivals with friends and family
 - Nature/Hiking
 - Being outside with friends and family
 - Basketball
 - Interactive Activities
 - Community
 - African Dance Classes
- * *Theme of spending time with friends and family ran throughout these activities.*

Question 5: What Can We at the Atlanta BeltLine Do Better?

- Spread the word
- Communications into neighborhoods and communities
- Access to healthy food
- Nutrition education
- Build the Atlanta BeltLine faster

Ideas for the Atlanta BeltLine

- Set-up the opportunity for people to have “aha” moments on the Atlanta BeltLine
 - Walk with your pastor/congregational walks
 - Engage more communities and partners (e.g., Black Girls Run)
- Partnership with schools (safe walking route to schools)
- Earth Day on the BeltLine
- Basketball courts on the south and west
- Pop up food tents
- Photography hike or walk on the Atlanta BeltLine
- Children’s art
- Parade on the BeltLine
- Schools adopt the BeltLine

Great community feedback...
Where do we go from here?



Next Steps

- Continue dialogue with the communities at Atlanta BeltLine events
- Solicit feedback in online surveys and through social media
- Continue to listen and act on ideas and feedback

We want to hear more from you, please email us other thoughts/ideas at info@atlantabeltlinepartnership.org