

**Board of Health Meeting – November 6, 2019**  
Community Health Division, Lowell Health Department

Community Health Coordinator (CHC)  
*Kate Elkins*

***Healthy Living in Lowell***

- The CHC produced a October episode of Healthy Living in Lowell on Breast Cancer Awareness. The November show will be on Diabetes Awareness and December on the 2019 Community Health Needs Assessment.

***Access to Equitable Physical Activity***

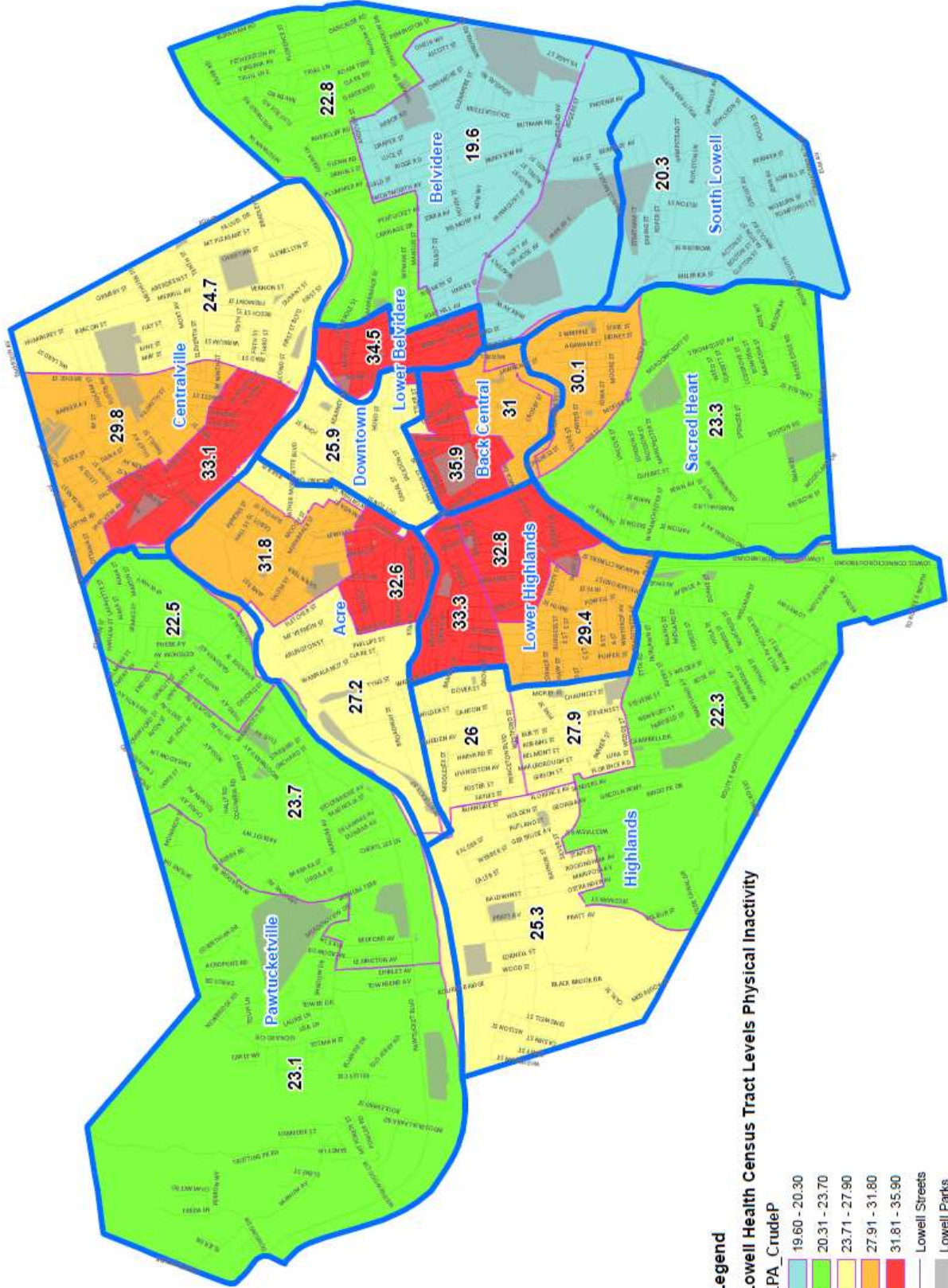
- The City of Lowell was awarded a grant from the Blue Cross Blue Shield of Massachusetts Foundation to establish more equitable opportunities for physical activity in Lowell over a three-year period.
- South Common has been restriped for Pickleball.
- Initial discussions are underway for the launch of three mapped walking routes in areas with low physical activity, see attached map. This map is provided by the CDC 500 Cities data portal and shows the percentage of individuals by census tract (and neighborhood) with LOW physical activity.

***Employee Health and Wellness***

- The CHC is also working on the following employee health and wellness programs, with valuable input from a recent employee survey:
  - Informational e-Newsletter (monthly)
  - Challenge Activities for Employees (monthly)
  - Onsite health and wellness programming for fall 2019 including yoga, anxiety relief (fall 2019)
  - Employee Health Fair (fall 2019)
  - Employee Step Challenge (fall 2019)
  - Planning for calendar year 2020.

***Additional Notes***

- None at this time.



Neighborhood	Census Tract	Physical Inactivity (%)
Pawtucketville	23.1	23.1
	23.7	23.7
Centralville	29.8	29.8
	33.1	33.1
Downtown	25.9	25.9
	34.5	34.5
Lower Belvidere	19.6	19.6
	31	31
Back Central	35.9	35.9
	31	31
Lower Highlands	32.8	32.8
	33.3	33.3
Highlands	25.3	25.3
	27.9	27.9
Sacred Heart	22.3	22.3
	23.3	23.3
South Lowell	20.3	20.3
	22.8	22.8
Belvidere	27.2	27.2
	26	26
Acre	31.8	31.8
	32.6	32.6