

Be Active WV Mini-Grant Program 2020 Success Story

SISTERSVILLE GENERAL HOSPITAL Reedsville Trail Connector Project



What Public Health Problem Was Addressed?

Tyler County, West Virginia ranks 26th in the county health rankings for West Virginia, with 33% of the adults suffering from obesity and 27% of adults reporting no leisure time physical activity according to CountyHealthRankings.org. The World Health Organization has concluded that communities with a "built environment" are more likely to influence physical activity in their communities. Sistersville General Hospital (SGH) maintains a recreational park, "Prigga Park", behind its main campus, which is connected to an asphalt walking trail nestled adjacent to the Ohio River. This trail connects to another sporting field and the city's primary park and playground but was beginning to deteriorate.

What Approach Did They Take?

Sistersville General Hospital expanded safer exercise opportunities for the residents of Tyler County, WV. Working with the City of Sistersville, SGH identified available space for the installation of the exercise equipment. The outdoor exercise equipment is available 7 days a week during daylight hours at no cost. Citizens already had access to the walking trail, but can now incorporate additional exercise modalities into their fitness routines without concern for traffic or the cost of a fitness center membership. Members of Silver Star Athletics were instrumental in helping SGH identify appropriate equipment that would allow the broadest use for beginner and intermediate use.

What Were The Results?

Tyler County residents now have access to the improved walking trail, adult exercise equipment, and signage at Prigga Park. The outdoor exercise park provides more opportunities for families to exercise together, a safe place for seniors, and generally enhances the fitness opportunities available to meet the challenges of various lifestyle needs. Additionally, the trail also attracts folks from surrounding counties because the river-view along the majority of the trail adds a scenic element making the entire experience more enjoyable.

What's Next?

Sistersville general Hospital staff have secured grant funding from the Memorial Health Foundation to complete the hardscaping of the outdoor exercise park. They are also collaborating with the Tyler County Development authority to secure grant funding to improve the surface area of the exercise trail. SGH is working with other area groups to further expand the equipment and utilization of the walking trail.

“ I’ve been very pleased to hear of members of the community adding the equipment to part to their exercise routine and also adding comments as to how we could improve and expand what we’ve started. ”

-Jason Snider PA-C, Sistersville General Hospital

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