



**BE HEALTHY WV**  
**IMPACT**

REPORT

**POLICY • SYSTEMS • ENVIRONMENT**

2  
YEAR  
2



Be Wild. Be Wonderful.

***beHealthy.***

**2024-2025**

# PRIORITIZING WALKABILITY

Walkability is essential in creating healthier communities. By assessing and improving the built environment, communities can transform their streets and neighborhoods into more walkable, livable, and welcoming spaces.

**Prioritizing walkability fosters a sense of community and enhances the overall well-being of its residents.**



Be Healthy WV prioritizes walkability by engaging community members in walk audits and collaborating with WVU faculty to identify and improve areas through **education, inspiration, and practical planning**. Documenting field observations and findings helps identify necessary improvements, leading to environments that promote greater quality of life for all residents.

**Community Walk Audit Training Series:**  
[https://rise.articulate.com/share/2U4s9GTWW3V5HJ7TglqsbBV\\_\\_YjGr3k3#/](https://rise.articulate.com/share/2U4s9GTWW3V5HJ7TglqsbBV__YjGr3k3#/)



**Community  
Walk Audit  
Training Series**

# IMPLEMENTING WALK AUDITS

A walk audit is a systematic evaluation of the pedestrian environment in a specific area, focusing on aspects such as safety, accessibility, comfort, and convenience for people of all ages and abilities.



## Education

Walk audits allow community members and policymakers to evaluate an area's suitability for physical activity. Participants gain insight into how infrastructure affects walking and active transportation.



## Inspiration

Walk audits inspire participants to rethink their environments, generating ideas for improvements that enhance quality of life and provide new perspectives on community development.



## Practical Planning

Walk audits involve experts and non-experts working together to improve projects or policies. This collaboration helps communities develop effective plans to enhance walkability and livability.

## ✓ Case Study: Hinton Walk Audit



A walk audit in Hinton assessed walkability along Temple and Summers Streets based on sidewalks, pedestrian signals, bike lanes, and neighborhood safety. Each criterion was scored from 1 (poor) to 3 (good). The findings aim to enhance safety and convenience for pedestrians and cyclists, with new benches installed as a result.

For more information about walk audits or to get involved, please email [behealthywv@mail.wvu.edu](mailto:behealthywv@mail.wvu.edu).

### Hinton Walk Audit Report:

<https://activewv.org/wp-content/uploads/2026/01/HintonWalkAuditReport.pdf>



**Read the Report**

# EXPANDING KNOWLEDGE IN COMMUNITY DESIGN FOR PHYSICAL ACTIVITY

## ✔ Case Study: Madison Community Design

Landscape architecture students are gaining practical experience by collaborating with community members and linking their academic studies with practical applications in Madison. They analyze redevelopment opportunities, focusing on brownfield and derelict properties, to enhance quality of life and support economic growth. This hands-on involvement allows them to apply their knowledge to real-world situations, deepening their understanding of urban planning and community interaction, which prepares them for future careers in creating vibrant, livable spaces.



Watch the Video



Madison Community Walk Video: <https://youtu.be/fMuQ2-aXVBc?si=MjqWOWwdo5HAAM4j>

## PROMOTING HEALTHIER FOOD OPTIONS

Upgrades to equipment and pantry improvements, like those implemented at St. Thomas Catholic Church Food Pantry and Sutton Farmers Market in Braxton, play a crucial role in enhancing the efficiency and effectiveness of food distribution to the community. By modernizing equipment and optimizing storage solutions, food supplies are better managed, reducing waste, and ensuring that more nutritious options are available to those in need. Such upgrades reflect a commitment to addressing food insecurity, fostering a healthier, more resilient community.



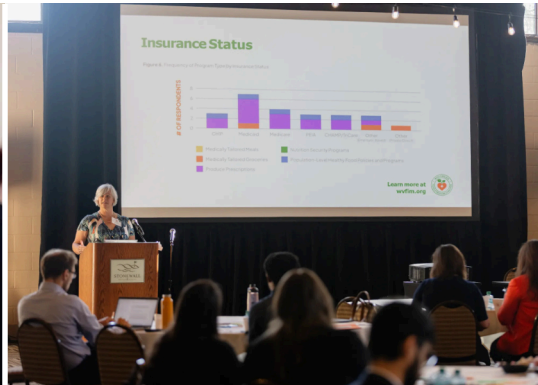
The Boone Memorial Health Foundation launched Market on Main on September 19, a community initiative in downtown Madison aimed at improving health, wellness, and economic vitality in Southern West Virginia. Originally named Boone Memorial Farmers Market and Greenhouse, it now serves as a year-round hub for fresh produce, supports local farmers, and offers educational programs on sustainable agriculture. Additionally, it hosts community events, fostering connections among residents. Funded by various entities, Market on Main exemplifies a community success story, addressing food insecurity and promoting healthier lifestyles in the region.



# WEST VIRGINIA FOOD IS MEDICINE

The West Virginia Food is Medicine Coalition Gathering, held on September 18, at Stonewall Resort, brought together over 100 partners, including members of Family Care Health Centers, Facing Hunger Food Bank, FARMacy WV, WV Department of Health, WVU Medicine, and many more, from across the state to shape the future of the Food is Medicine movement in West Virginia. The day focused on exploring barriers and strengths in access to healthy food, sharing lived experiences, and launching collaborative workgroups to advance statewide FIM strategies.

**Food is Medicine (FIM) encompasses a variety of interventions that integrate nutrition into healthcare delivery to prevent, manage, and treat diseases.**



The coalition is a partnership among nonprofit organizations, healthcare systems, and academic institutions, all united in pursuit of a shared objective: **better health through better nutrition**. For more information about the West Virginia Food is Medicine Coalition or to get involved, visit [wvfim.org/connect](http://wvfim.org/connect).

## LEVERAGING FUNDS AND GROWING OUR COMMUNITY IMPACT

Several West Virginia communities and initiatives have received significant funding to enhance their development efforts and promote healthier living environments, including:

**\$5,000** | granted to Summers County in state funds through the Center for ActiveWV for community park equipment.

**\$50,000** | granted to the West Virginia Food is Medicine Coalition from AARP to support development of statewide Food is Medicine network.

**\$110,000** | granted to the Town of Madison from the Benedum Foundation (\$75,000) and from the Greater Kanawha Valley Foundation (\$35,000) for master planning of Rucker's Branch and other properties.

Additionally, Clay County successfully completed the Safe Streets and Roads for All (SS4A) application, positioning itself to receive federal funding aimed at enhancing road safety and reducing fatalities and serious injuries for all road users, including pedestrians, cyclists, and drivers.

Expanding on the success of these efforts, we are excited to share our overall progress and achievements beyond Cycle 2 where collaboration, innovation, and dedicated partnerships have been at the forefront of our mission to enhance community well-being.

**30+ Community Partners** | Be Healthy WV has partnered with several community organizations to maximize local impact.

**43 Community Projects** | Multiple community projects have been funded, benefiting local communities by enhancing their quality of life and connectivity.

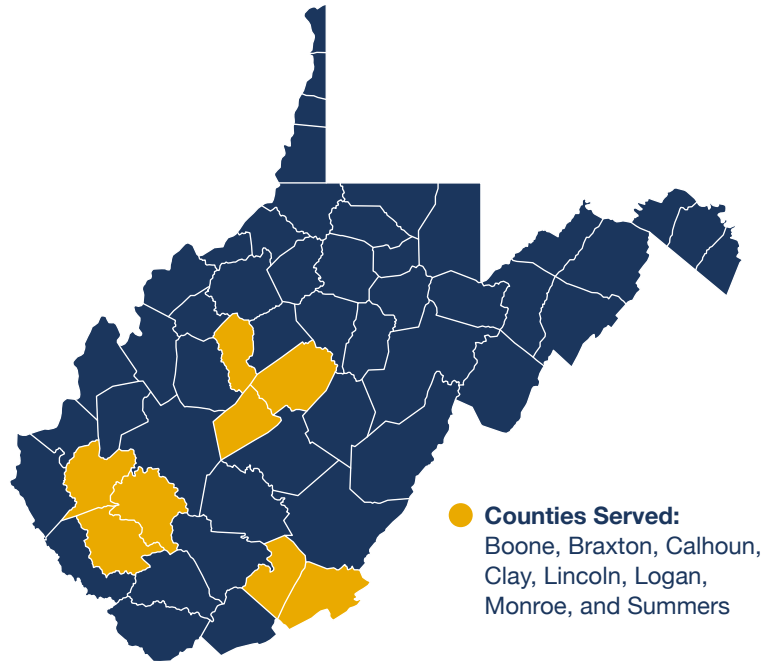
**\$277K Leveraged Funds** | Local community groups have secured additional resources, enhancing project effectiveness and fostering growth.

## Creating Opportunities for Healthy Choices

Where you live, work, learn, eat, play, and pray impacts the life you live. If healthy options are not available in these settings, then individuals do not have the opportunity to make healthy choices. Policy, Systems, and Environment changes (PSE) work to make healthy choices readily available and easily accessible for every member of the community.

### Food Access PSE Examples:

- ✓ **Policy:** Adopting Healthy Eating Research (HER) guidelines informs healthy decisions across the whole food system
- ✓ **Systems:** Engaging digital inventory and ordering systems, like Primarius, support communities in making informed and healthy selections for their food pantries
- ✓ **Environment:** Using signs and other visual cues at food pantries prompt individuals to make healthy choices for themselves and their families



Be Wild. Be Wonderful.



The partnership between the Center for ActiveWV, WVU Extension, and Mountaineer Food Bank demonstrates a strong commitment to improving health and nutrition in West Virginia. By combining resources and expertise, we address health and nutrition challenges and provide essential education and support, aiming for a healthier future for all residents.



U.S. CENTERS FOR DISEASE  
CONTROL AND PREVENTION

The CDC High Obesity Program (HOP) is an essential initiative for West Virginia, playing a crucial role in combating health disparities related to nutrition, physical activity, and obesity. It aims to create lasting policy, systems, and environment changes that make healthy eating and active living more accessible and affordable for all residents. By collaborating with local universities, state investments, and resources, HOP leverages a diverse network of partners. These partners span various professions, including agriculture, transportation, education, healthcare, parks and recreation, business, housing, and defense and military.

With the valuable support of the CDC, we are dedicated to improving the health and well-being of West Virginians, fostering a stronger, healthier community for future generations.