

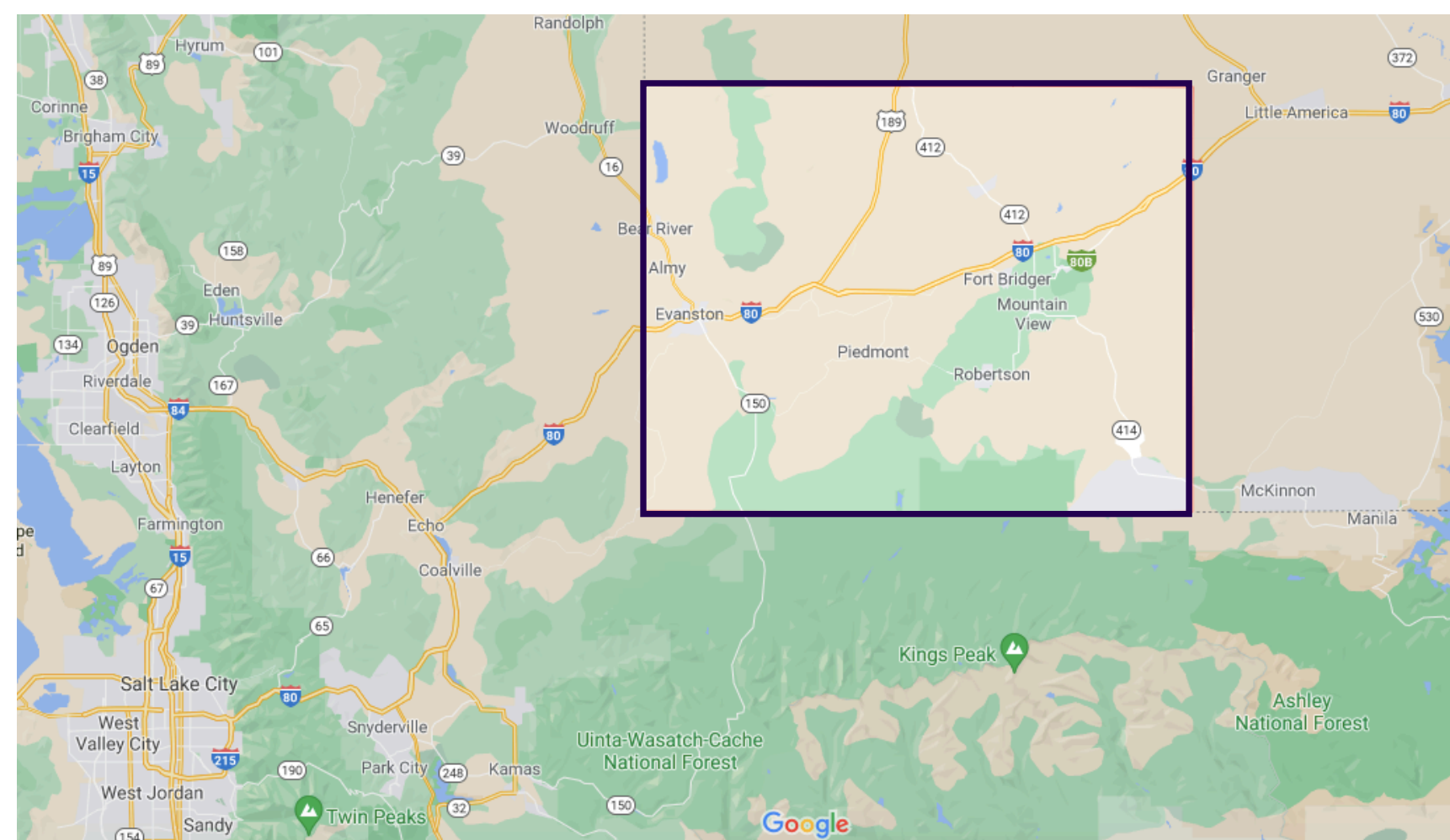
Access to Exercise Facilities in Uinta County, WY



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Hypothesis

- Organizing the partnership between Uinta County School District (UCSD), Arrowhead Wellness, and Uinta County Public Health would increase access to exercise training and facilities



Uinta County is located in the Southwest corner of Wyoming in close proximity to Salt Lake City, Utah

Background

- Uinta County population: 20,266 (2019)
- 21st out of 23 WY counties in overall health outcomes (RWJF)
- Above average rates of adult obesity (35%) and physical inactivity (25%)
- Industry – farming, ranching, mining
- 68.4% of community are members of the Mormon church

Community Profile Assets

- UCPH has taken a proactive posture on addressing the largely treatable and preventable conditions that plague much of rural America: metabolic conditions, heart disease, and mental health conditions
- UCPH launched the “Healthy Evanston” program, promoting the community to become more active and make healthier decisions
- Three existing private fitness facilities
- Extensive outdoor recreation opportunities

Literature Review

- Physically Active Residential Communities and Schools (PARCS) founded in 2001 via the partnership between the Indianapolis Public School System, Indiana University, Purdue University, Indianapolis, and a weight management program located in Federally Qualified Health Center that are part of Indiana’s largest public hospital system
- PARCS offers sustainable opportunities for community members to exercise in a facility that delivers supportive services and provide primary care providers with fitness referral sites that are prepared to work with their patients

Conclusions

Strengths:

- Utilizes existing facilities to increase accessibility to low SES demographics.
- UCPH deploys a pool of personal trainers to instruct fitness classes and could be utilized for this intervention
- Exercise referrals from providers increases the likelihood of participation

Challenges:

- The heavy logistical requirements of organizing services from UCPH, Arrowhead Wellness, and UCSD
- Although overhead would presumably be low, fundraising or sponsorships would have to be coordinated to meet the needs of the program

Adult obesity in Uinta County, WY County, State and National Trends

Uinta County is getting worse for this measure.

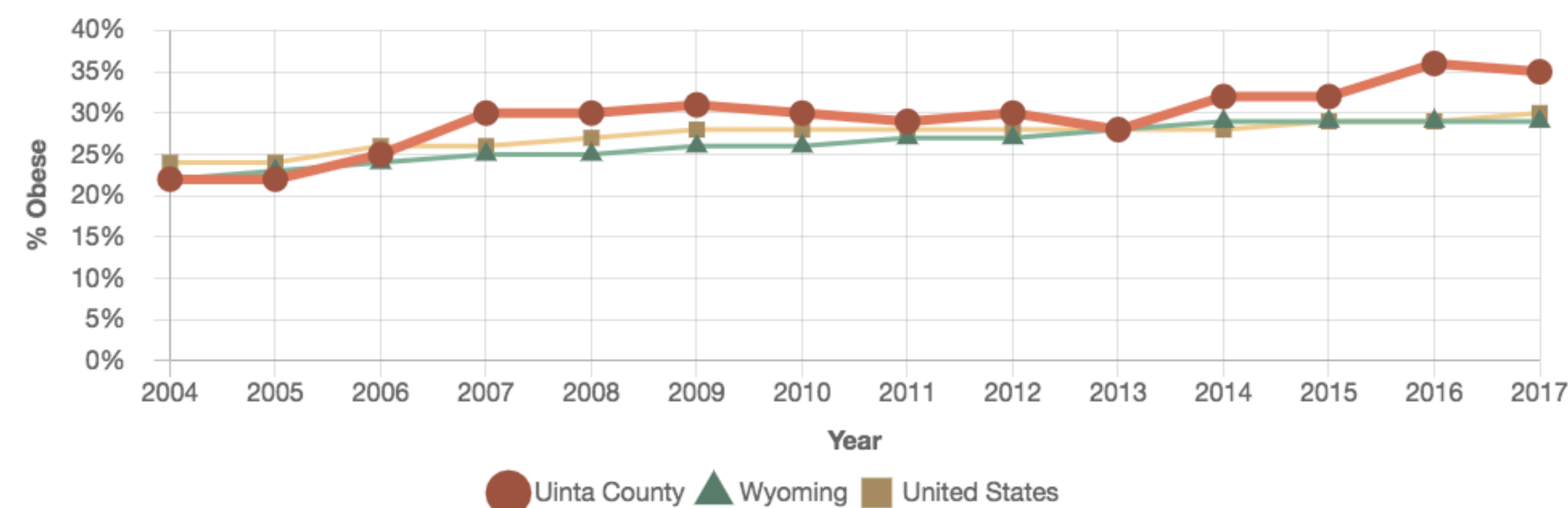


Photo from the Downtown Fitness Club in Laramie, WY