

**Organization:** Mitchell Community Health Partnership

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**County:** Mitchell**Address:** P.O. Box 176  
Bakersville, N.C. 28705**Phone:** 828-688-2740**Website:** <http://www.mitchellcommunityhealthpartnership.org/index.html>**Project:** Physical Activity Promotion***\*\*Below are excerpts from their final report\*\****

**About the Project:** The grant funds provided signage to three walking trails in Mitchell County. Each one of these trails is located in a different community (making these trails a physical activity opportunity that is accessible and convenient to Mitchell County residents of all ages that live, play, and work in their communities).

Along with measuring and marking-off the local walking trails, the MCHP Physical Activity Taskforce Sub-Committee is promoting the trails through a variety of actions and activities within the communities. One of these actions is partnering with the local health department and creating a walking trail brochure for Mitchell County. This brochure features information about the benefits of physical activity, safe and healthy walking tips, and a calorie count chart for walking. This publication also includes maps, pictures, and brief descriptions of the three walking trails. The Mitchell County Walking Trails brochure was printed in mass quantities and placed in leak proof containers, purchased by the grant, at each walking trail site.

**Successes:** The Mitchell Community Health Partnership, along with the Toe River Health District has made a committed effort to decrease the significant toll that heart disease, cancer, and diabetes has taken on Mitchell County (while recognizing the risk factors that may vary across the county). The benefits of walking trails make our community more livable, improving the economy through tourism and civic improvement, and mostly providing opportunities for physical activity to improve fitness and mental health. By having these resources available for public use (i.e. forming walking groups with family and friends) it makes for healthy children, healthy relationships, healthy homes, and most importantly, healthy communities. The North Carolina Healthy Start Foundation Community Grant has and will continue to contribute to a great accomplishment in Mitchell County.

