

# Welcome

Healthy Community Planning  
and Design in Rural Louisiana

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Vice President



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# What We Do



CPEX provides planning services and thought leadership to communities and governments throughout the state to build healthy, equitable, and sustainable futures.

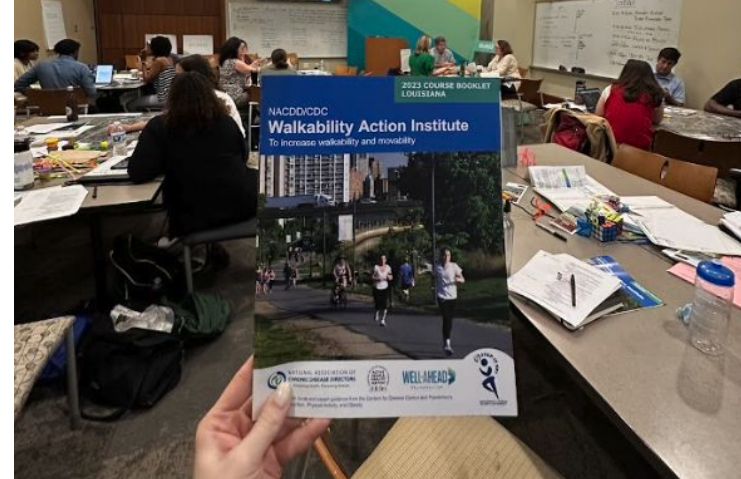
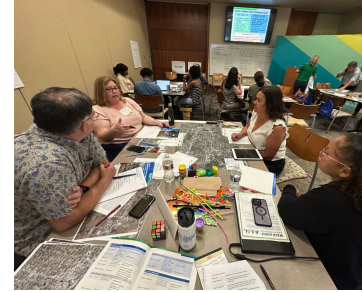




## Health is Place-Based



# Critical Partnerships



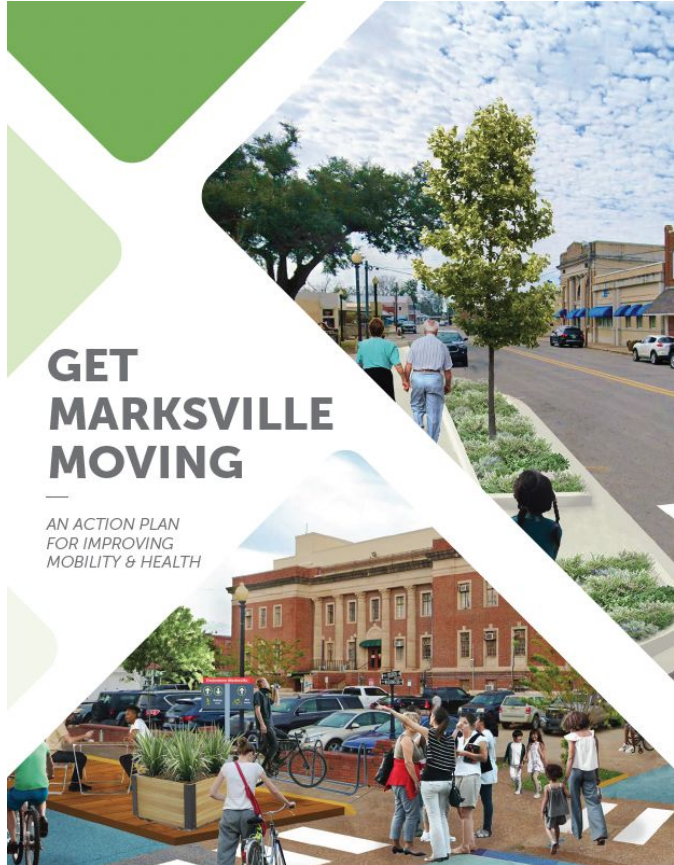


# Placemaking is for Everybody



- Health and physical activity are not always the best starting point for a community conversation.
- Conversations about existing assets and why a community is special are a great point of entry for a larger planning effort.

# Get Marksville Moving: An Action Plan For Improving Mobility & Health





# Activating Marksville's Main Street





# Marksville Community Partners





# Physical Activity & Social Connection: Bunkie, LA



## Recommendations for Complete Streets Implementation

in Bunkie, LA

2022



# Physical Activity & Social Connection: Bunkie, LA





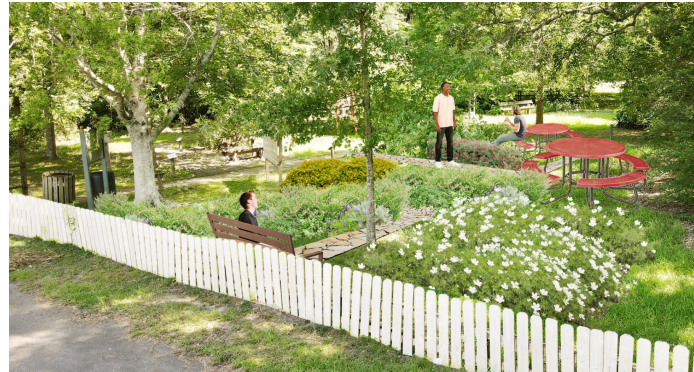
# Community Partners: Move Bunkie Forward

**Local partners are critical.** They add capacity, knowledge, relationships, and local leadership that is essential.





# Ville Platte Pocket Parks



## COMMUNITY SNAPSHOT

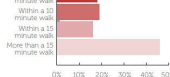
### SURVEY RESULTS

The project team conducted a public survey to better understand community conditions related to existing public spaces and usage as well as information about community members.

**Do you use Ville Platte's parks and public spaces now?**



**Do you think your neighborhood needs more gathering space?**

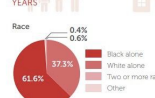


7 / VILLE PLATTE TODAY

### COMMUNITY CHARACTERISTICS

Analyzing data on community demographics also helped the project team gain a robust understanding of Ville Platte today. Some highlights of this research are included below.

**Median Age 34.2 YEARS** **Total Households 3,007**



**Median Household Income \$19,616**  
COMPARED TO THE STATE'S MEDIAN OF \$51,073

### COMMUNITY HEALTH

This plan was informed by health information and data that helps identify some characteristics of Ville Platte's population health, focusing on conditions and indicators that can be influenced by the built environment. As can be seen in the chart below, residents of Ville Platte experience conditions such as high blood pressure, obesity, diabetes and asthma at significantly higher rates than populations at the parish, state, and national levels. Similarly, Ville Platte residents have higher rates of smoking and physical inactivity, which are significant contributors to negative health outcomes. Creating public amenities that provide safe, convenient, and inviting places to engage in physical activity, social interaction, and access green space and community programs makes it easier for residents to engage in healthy behaviors. A growing body of research indicates that social disparities contribute to chronic mental and physical health challenges; therefore, creating public assets designed to encourage social cohesion can support community health in this way as well.

Health Measure	Ville Platte	Parish	State	U.S.
High blood pressure	50.8%	42.3%	38.7%	32.5%
Physical inactivity	44.2%	37.1%	32.8%	23.8%
Obesity	44.6%	39.0%	36.0%	30.9%
Diabetes	21.2%	15.9%	14.1%	10.9%
Asthma	20.4%	13.1%	20.1%	16.3%
Lack of health insurance	20.1%	12.9%	9.9%	10.9%
Smoking	13.3%	20.9%	20.5%	16.1%



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**THANK YOU!**



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