PLANNING FOR HEALTHIER COMMUNITIES

A Guide to Implementing Healthy Living within Your Community

Doug Moore, Matt Nahrstedt, and Kayla McCarter
“Just like baby boomers, the preference of the millennials will drive our society for two generations. They’re making location decisions based on their idea of quality of life...”

STEP OUT OF YOUR COMFORT ZONE
BREAK DOWN THE SILOS
1. Adopt policy to enhance quality of life.

2. Create a step-by-step process for policy change and implementation.

3. Mobilize community members to work with local government to promote healthy living.
OUR PROJECT TEAM:

- Doug Moore and Matt Nahrstedt
  - Institute for Building Technology and Safety (IBTS)

- Kayla McCarter
  - Oklahoma Tobacco Settlement Endowment Trust (TSET) Healthy Living Program – Serving Texas County

- Ron Frantz, Hope Mander and Shane Hampton
  - The University of Oklahoma, Institute for Quality Communities (IQC)
COLLABORATION!
WHERE WE STARTED - COLLABORATION

IBTS®

TSET HEALTHY LIVING PROGRAM
Serving Texas County

THE CITY OF GUYMON OKLAHOMA
FIND YOUR CHAMPIONS!
Generate motivation around policy adoption to enhance quality of life.
COMPREHENSIVE PLAN
LEARNING OBJECTIVES 2:

Create a step-by-step process for policy change and implementation.
“Every decision should be made with the goal of increasing community.”

David Boren
LEARNING OBJECTIVES 3:
Mobilize community members to work with local government to adopt policies that promote healthy living.
“Make the world a better place just because you’ve been there.”

- John Ormsbee Simonds
DOUG MOORE, Community Development Manager
Institute for Building Technology and Safety (IBTS)
580-461-0911
dmoore@ibts.org

MATT NAHRSTEDT, Environmental Planner
Institute for Building Technology and Safety (IBTS)
580-461-0953
mnahrstedt@ibts.org

KAYLA MCCARTER, Wellness Coordinator II,
Oklahoma Tobacco Settlement Endowment Trust (TSET) Healthy Living Program – Serving Texas County
KaylaM@health.ok.gov