

Healthy Mile Trails in Durham

Marissa Mortiboy and Ronnie F. Wilkins
2/18/2019



**Partnership for a
Healthy Durham**

What is a Healthy Mile Trail?



Why Healthy Mile Trails?



Partnership's Role



Where are the Healthy Mile Trails?

Healthy Mile Trail at Old North Durham Park



The Partnership for a Healthy Durham works with Durham residents and organizations to promote healthy lifestyles.

For more information, visit www.healthydurham.org

Healthy Mile Trail at McDougald Terrace



The Partnership for a Healthy Durham works with Durham residents and organizations to promote healthy lifestyles.

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Healthy Mile Trail at Holton



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For more information, visit www.healthydurham.org

Healthy Mile Trail at Lincoln



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For more information, visit www.healthydurham.org

Healthy Mile Trail at Ridgefield



Healthy Mile Trail at Ridgefield



Healthy Me - Healthy Community



Healthy Mile Trail at Ridgefield



HEALTH eCOMMUNITY
IT TAKES EVERYONE
<http://www.healthecomunity.org>

Health eCommunity Day 2017

October 21, 2017

Better Health Through Technology

JOIN THE RIDGEFIELD COMMUNITY
FOR A DAY FILLED WITH EDUCATION, EXERCISE, AND FUN.



COMMUNITY

EDUCATION

FUN

EXERCISE

9:00 - 12:00 noon

1:00 - 2:30pm

3:00 - 6:00pm

3:30 - 4:30pm

Ridgefield Playground

East Regional Library

Ridgefield Playground

Ridgefield Playground

Meet us at the playground and help paint the Healthy Mile Trail that will begin on Pebblestone Drive and loop around Statler and Knightwood.

Join us at the library to learn about the importance of technology in the pursuit of optimal health. *You may win a gift card for attending!*

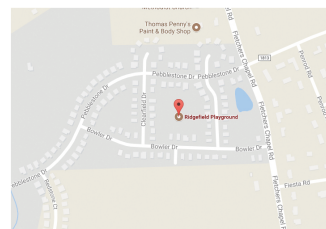
Bring the kids out for fun! There will be face painting, a bounce house, and music.



Join us at the playground as we inaugurate our Healthy Mile Trail and Ridgefield GirlTrek Walking Team.



FREE!
T-SHIRTS
GIFT CARDS
BOUNCE HOUSE
FACE PAINTING



The Ridgefield playground is located between Pebblestone and Bowler Drive in Durham, NC

With support from:
Partnership for a Healthy Durham
North Carolina Central University
Lincoln Community Health Center
Whole Life Ministries

The Health eCommunity is funded in part by the City of Durham Neighborhood Matching Grants



Healthy Mile Trail at Ridgefield

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Apps For Your Health

November 18, 2017

Healthy Eating + Exercising = Looking Good + Feeling Good



TO REGISTER
HOLD CAMERA HERE

<http://bit.ly/2hw1Tr0>



Real People. Real Weight Loss.[®]
Helping Millions to Take Off Pounds Sensibly Since 1948.

WIN

Register for the Fitbit Flex 2 raffle

Attend our session to discover how using Apps like Fitbit can help you reach your healthy goals. Have a favorite fitness app? Come tell us about it.



RECEPTION

TOPS

APPS IN ACTION

APP SHARE

1:00 - 1:10

Welcome!
We are glad you are here. Please mingle and enjoy light refreshments.

1:15 - 1:30

Letha Gilstrap, RN
is a Registered Nurse. She is interested in promoting a healthy lifestyle in order to prevent heart attacks and strokes.

1:35 - 2:05

Brian Lord, Ph.D.
Software Engineer, will discuss use of information technology to make the world a healthier and better place. One of his favorite quotes: *A civilization is judged by how it treats its weakest members* - Pearl Buck

2:10 - 2:20

R.F. Wilkins, MIS
is a Software Engineer II at Quest Diagnostics. He is the visionary behind The Health eCommunity Project.

We will use the time between speakers to raffle gift cards and TOPS Club, Inc. memberships. TOPS has been helping millions to Take Off Pounds Sensibly since 1948. Our final raffle will be for a Fitbit Flex 2. Stick around, this may be your lucky day!



EAST REGIONAL LIBRARY • 211 LICK CREEK LANE • DURHAM 27703 • STUDY ROOM #2 • 1 - 2:30 PM

<http://www.healthcommunity.org>

Looking for ways to get fit?

RIDGEFIELD COMMUNITY

LET'S WALK THE NEW ONE MILE COURSE! EVERYONE IS WELCOME. BRING YOUR KIDS.

Meet Up Monday Evenings at 7:00 p.m. Beginning April 2, 2018
At The Corner of Pebblestone Drive and Weather Street See the Course at www.com
Contact Kimberley at cartwrightkimber@aol.com



 **Christopher Meadows**
November 5 at 6:30pm · 🌐

#healthcommunity



 Like  Comment

Healthy Mile Trail at Ridgefield

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HEALTH eCOMMUNITY

IT TAKES EVERYONE
<http://www.healthcommunity.org>

Healthy Community Challenge

January 27, 2018

Stay accountable by sharing your healthy goal

HOLD iPhone
CAMERA HERE



REGISTER for lunch

<http://bit.ly/2BuxaOZ>

WELCOME

12:00 - 12:10

Deborah Wilkins
Arts major at NCCU,
will provide the
welcome.

Community Garden

1:20 - 1:30

Makeba Hedgepeth
is president of the Ridgefield
HOA. He will discuss pros-
pects for starting a commu-
nity garden.
Intrested in gardening?
<http://bit.ly/2nxc7Cu>

"My healthy goal for 2018 is to...

...Run 500 miles." - Ronnie W.

...Drink 23,260 ounces of water." - Deborah W.

...Consume less sugar than the average person, less than 152 pounds of sugar." - Sheryl M.

Use the private group on NEXTDOOR.COM to post and **share** your healthy goal

EAST REGIONAL LIBRARY • 211 LICK CREEK LANE • DURHAM • EAST MEETING ROOM • 12 - 1:30 PM



@HEC_HIT

<http://www.healthcommunity.org>

Questions? 804.467.9482

What's next for the Health eCommunity project?

Take the 'Healthy Community Challenge'

Tips for selecting a healthy goal:

- Be flexible and accommodating when life gets in the way
- **Share** your goal with others to increase your chances of success
- Choose something that really interests you
- Choose something that you enjoy
- Join a team with leaders and peers

Find yourself wanting to be healthier in 2018? People who **set and share** health-based goals are more likely to achieve them.

REFLECTIONS ON THE HEALTH eCOMMUNITY PROJECT

Healthy Mile Trail

12:15 - 12:30

Jeannine Wardrick
Private Duty Caregiver,
is a Navy retiree. She
co-leads the Health
eCommunity project
and will discuss ways to
monitor use of the HMT.

GirlTrek

12:35 - 12:50

TBD
GirlTrek is the largest public
health nonprofit for African-
American women and girls
in the United States. Their
mission is to inspire
one million African-American
women and girls to develop
a daily habit of walking.
Their efforts inspire healthy
communities.

Apps / TOPS

12:55 - 1:15

Brian Lord, Ph.D.
Software Engineer, will
discuss use of apps in
healthcare and how they
can be used to help achieve
our healthy goals. He will also
outline our plans for going
forward with TOPS:
Taking Pounds Off Sensibly

FREE LUNCH

1st come, 1st served
Registration Required
<http://bit.ly/2BuxaOZ>

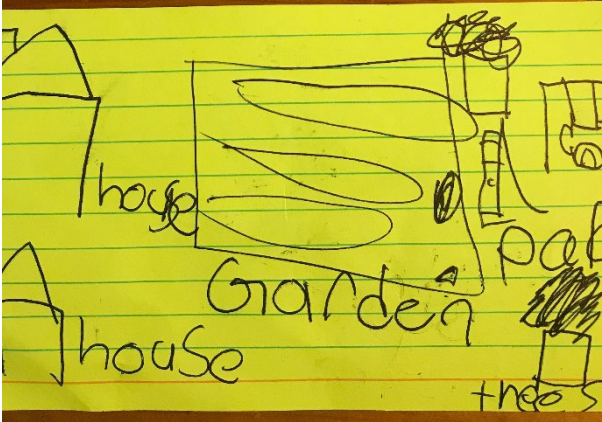
FREE!

T-SHIRTS

www.healthcommunity.org

GIFT CARDS
FACE
PAINTING





Healthy Mile Trail at Ridgefield

Contact Us

Marissa Mortiboy, Partnership for a Healthy
Durham Coordinator

mmortiboy@dconc.gov

919-560-7833

Ronnie F. Wilkins

iMUMPS.com