

# Community Conversation for Health in Bourbon County



## WHAT WE HEARD...

We had an amazing conversation in October and learned a lot about the wants and needs of Bourbon County to make the community more inclusive of people of all abilities and diverse backgrounds or experiences.

**"Connected and walkable sidewalk system"**

**"Develop more advocates and provide support training"**

**"More resources and education for families supporting individuals with disabilities or substance abuse"**

**"Look at what other counties are doing and follow best practices"**

**"Increase visibility and awareness of needs"**

Next steps towards  
**INCLUSIVE HEALTH:**

**Build capacity for YMCA  
to offer opportunities**

## Where is the need?

- Food Access
  - Partner with Farmer's Markets
  - Promote community gardens
  - Transportation routes close to food sources
- Resources and Opportunities
  - Affordable transportation
  - Playground accessibility
  - Utilize higher education
- Health impacts in all policies
  - Making policies accessible
  - Financial reports that show how health disparities cost communities
  - Cultural perspective needs to shift
- Substance abuse and education
  - Education opportunities for inmates
  - Early intervention
  - Counselling for families of addicts

**We  
need  
YOU  
to  
commit  
to  
CHEER!**

Commit to CHEER and become a  
CHAMPION in your community!

[wellness4ky.org](http://wellness4ky.org)