

Trailnet Healthy, Active, and Vibrant Communities (HAVC) St. Louis, Missouri



Trailnet is a community-based non-profit with a 20-year history of promoting active living in the St. Louis area. <http://www.trailnet.org/>

Trailnet's Healthy, Active & Vibrant Communities Initiative (HAVC) is a model that has demonstrated significant early successes at creating environments, policies, and social networks that support and promote healthy eating and active lifestyles in three diverse community settings in the St. Louis region.

Trailnet HAVC uses community engagement and community development principles to build community's capacity to implement evidence-based and promising strategies. Activities are tailored to complement the unique assets, needs, and interests of each community.

Early Successes:

- Enacted "complete streets" ordinances in two municipalities
- Established a county's first farmer's market
- Incorporated bicycle and pedestrian paths in new construction

How It Works:

Community Selection: Identify and select communities based on diversity, commitment, and readiness data.

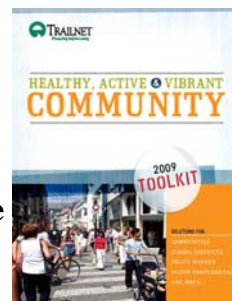
Community Capacity Building:

- a. Readiness Assessments
- b. Kick-off Event
- c. Organizing a Local Task Force
- d. Developing a Brand and Identity
- e. Educational and Professional Development

Technical Assistance and Support: Provide targeted technical assistance to the task force like model policy language and connections with experts.

Trailnet's Healthy Active Vibrant Communities is posted as an "emerging intervention" at www.center-trt.org where you will find:

- **Essential Information** about the intervention
- **A review of the evidence** in support of the intervention
- **The HAVC Toolkit** and other intervention materials



Center of Excellence

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The Center of Excellence for Training and Research Translation (Center TRT) is devoted to bridging the gap between research and public health practice with an emphasis on nutrition, physical activity, and the prevention and control of cardiovascular disease and obesity.

To advance the skills of public health practitioners, the Center TRT provides in-person and web-based trainings. To promote evidence-informed practice, the Center TRT identifies, translates and disseminates interventions, including the one featured above. To download the translated intervention and accompanying materials, visit the Center TRT website at www.center-trt.org

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