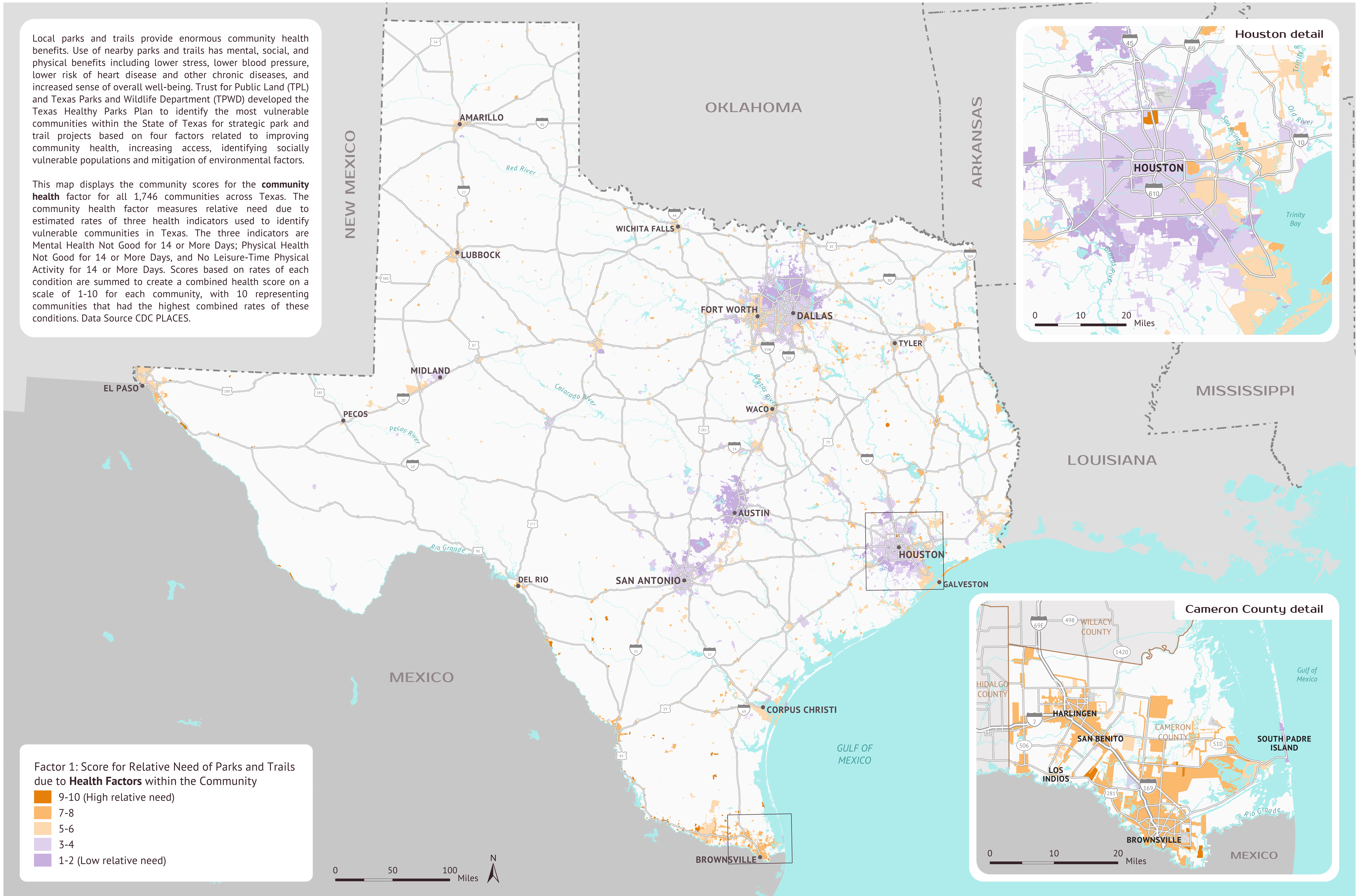


Local parks and trails provide enormous community health benefits. Use of nearby parks and trails has mental, social, and physical benefits including lower stress, lower blood pressure, lower risk of heart disease and other chronic diseases, and increased sense of overall well-being. Trust for Public Land (TPL) and Texas Parks and Wildlife Department (TPWD) developed the Texas Healthy Parks Plan to identify the most vulnerable communities within the State of Texas for strategic park and trail projects based on four factors related to improving community health, increasing access, identifying socially vulnerable populations and mitigation of environmental factors.

This map displays the community scores for the **community health** factor for all 1,746 communities across Texas. The community health factor measures relative need due to estimated rates of three health indicators used to identify vulnerable communities in Texas. The three indicators are Mental Health Not Good for 14 or More Days; Physical Health Not Good for 14 or More Days, and No Leisure-Time Physical Activity for 14 or More Days. Scores based on rates of each condition are summed to create a combined health score on a scale of 1-10 for each community, with 10 representing communities that had the highest combined rates of these conditions. Data Source CDC PLACES.



# Factor 1: Score for Relative Need of Parks and Trails due to Health Factors within the Community

## TEXAS HEALTHY PARKS PLAN