

Addressing Barriers to Physical and Social Wellbeing for Older Adults in Baneberry, TN

A Photovoice Project by Ethan Lindsey

A black and white photograph of two elderly individuals walking away from the camera on a paved path. The path is lined with tall, mature trees, creating a canopy effect with dappled sunlight on the ground. The person on the left is wearing a light-colored jacket, trousers, and a fedora-style hat, with a bag strap visible over their shoulder. The person on the right is wearing a patterned jacket and trousers. The overall mood is peaceful and suggests a healthy, active lifestyle in nature.

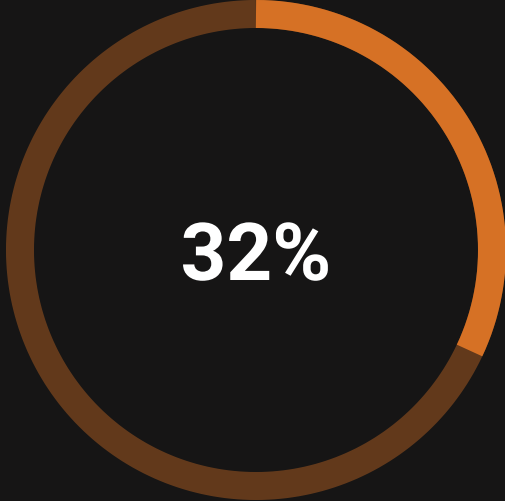
**Social and Physical Activity are
Two of the Most Important Parts
of Staying Healthy as We Age.**

Sedentary and Isolated Lifestyles Impact Both Physical and Mental Health



50%

Social isolation in older adults is linked to a 50% increased risk of developing dementia.



32%

Poor social relationships are linked to a 32% increase in risk of stroke.

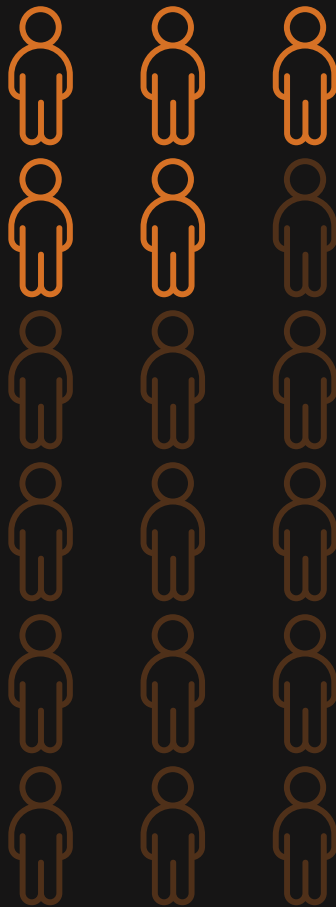


Yearly deaths preventable by a 10 minute increase in daily physical activity in those over 40.

110,000

Older adults by the numbers.

24%



Of community-dwelling adults over 65 are considered isolated.

43%



Of adults over 60 report feeling lonely.

85%



Of adults 65 and older do not get the daily exercise they need.



Healthy People 2030 Objective OA-01

Increase the proportion of older adults with physical or cognitive health problems who get physical activity.

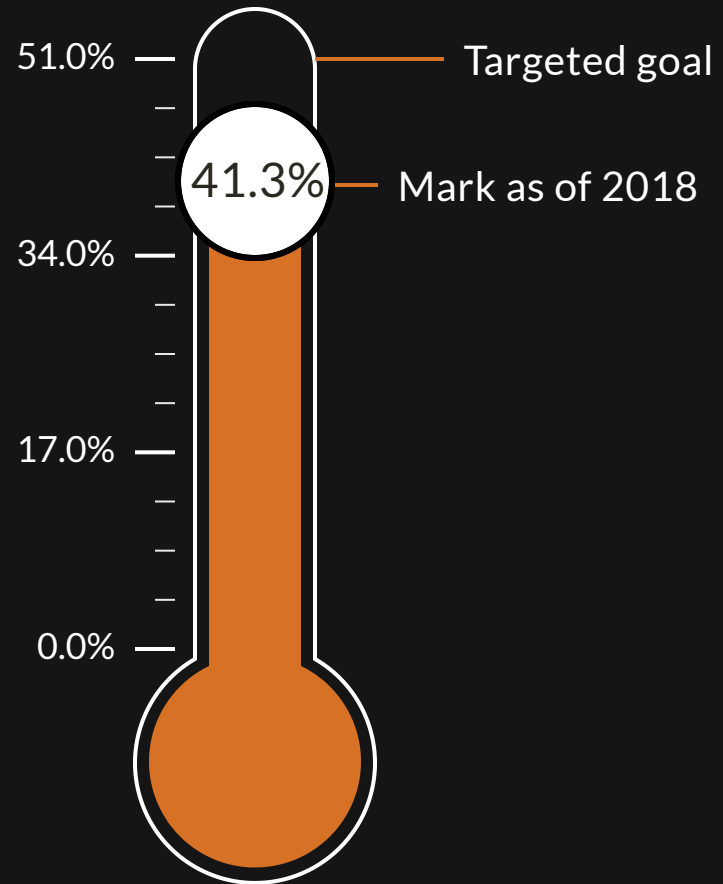


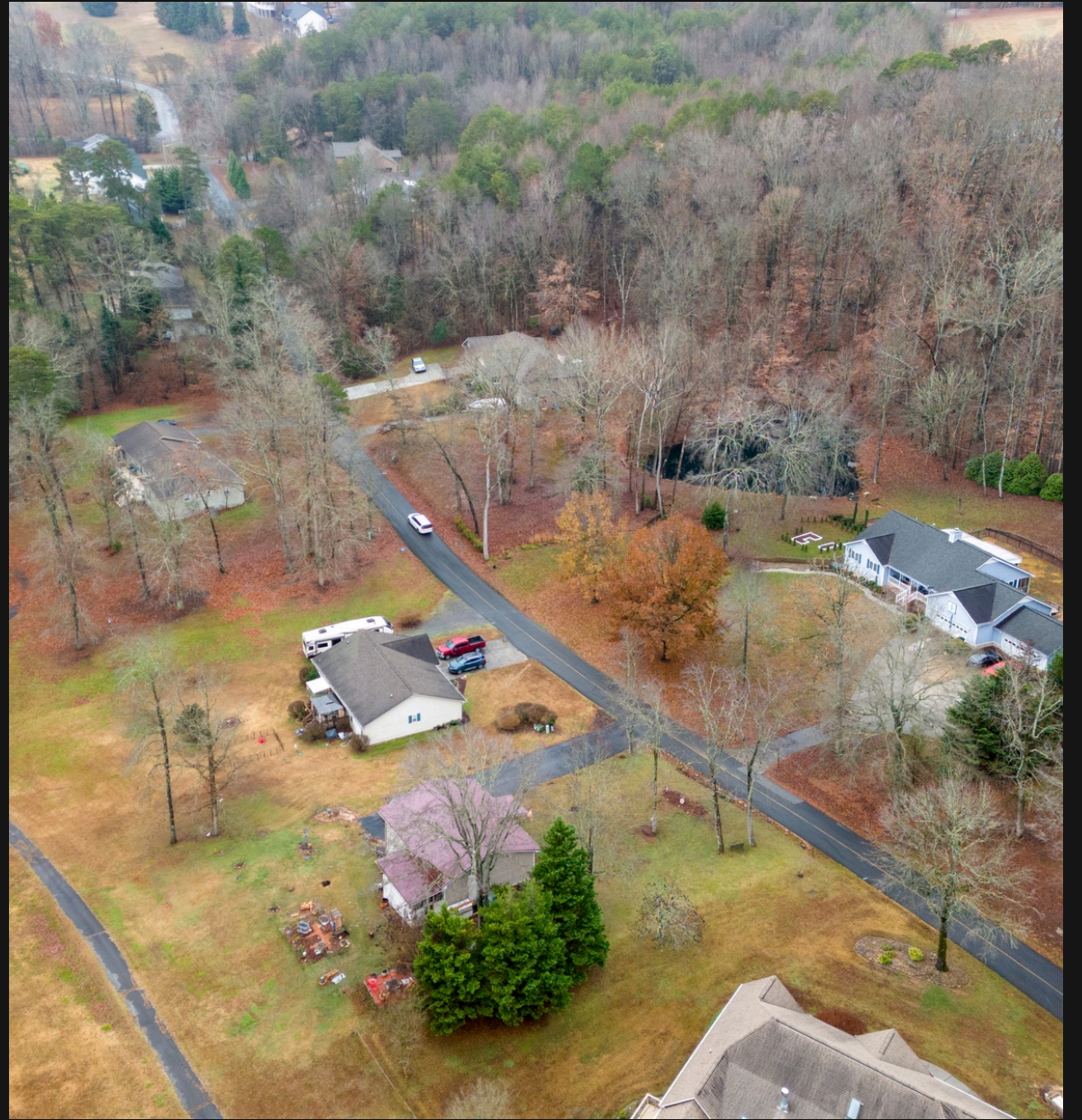






Photo by Judy






Photos by Judy (drone operated by Ethan)

An aerial photograph of a residential neighborhood. A dark, winding road runs vertically through the center of the image. To the left of the road, there is a large, light-colored house with a brown roof, surrounded by trees. To the right of the road, there are more trees and a smaller building. The ground is covered with fallen leaves in shades of brown and red. The text "Baneberry Is Not Pedestrian Friendly" is overlaid in large, white, bold letters across the center of the image.

**Baneberry Is Not
Pedestrian Friendly**



Older adults are at greater risks as pedestrians due to decreased mobility, hearing difficulty, and other unique challenges.



Group walking promotes consistent physical activity and social comradery.

The Stakeholders



Miss Judy

- Enjoys staying active and being involved with their community.
- Doesn't feel safe walking around Baneberry on the roads.
- Recognizes that the older adults in the community struggle to stay socially active.
- Wishes the City would invest more in social activities for older adults.

The Stakeholders



Mrs. Lindsey

- Wants opportunities available for community and physical activity as they age.
- Hosts group dinners and game nights with older adult friends in the community, helping them stay socially active.
- Friends with Ms. Judy and other older adults community.

The Stakeholders



Mr. Lindsey

- Enjoys being able to work out and exercise with equipment at home, but recognizes this isn't always realistic for others.
- Thinks that cities have a responsibility to it's residents to ensure the roads are safe and accessible for all.
- Cares about the safety and wellbeing of his neighbors and friends in the community.

The City of Baneberry has several solutions available to them.

A park would provide not only a place for physical activity but communal gatherings as well.





**An existing
defunct golf
course could be
the solution.**

The Role of Public Health Officials:

Be Advocates

Public health officials have a responsibility to advocate for unique solutions to issues faced by the community they serve. This represents an excellent opportunity for them to advocate for the older residents of Baneberry.





Key Takeaways:

Older adults need outlets for physical and social activity where they can feel connected with others as they age.

Cities and communities have a responsibility to provide safe infrastructure for people of all ages and abilities.

Public health officials should advocate for unique solutions to issues faced by their constituents.

Citations

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