An aerial photograph of a rural town, likely Baneberry, Tennessee. The town is nestled in a valley with rolling hills covered in a mix of green and brown vegetation. Several houses of various sizes and colors are scattered throughout the landscape. A network of roads connects the houses and leads towards the town. In the distance, more hills and mountains are visible under a clear blue sky.

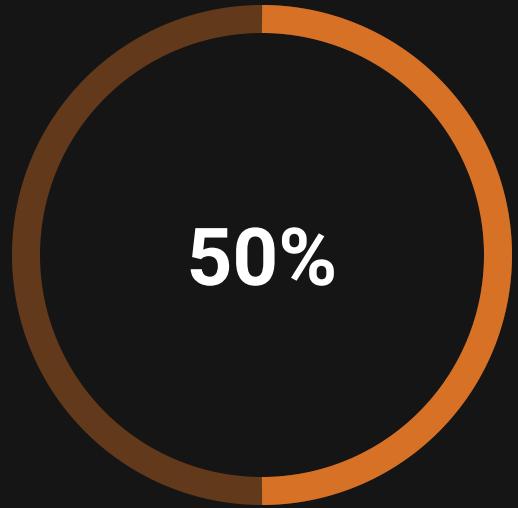
# Addressing Barriers to Physical and Social Wellbeing for Older Adults in Baneberry, TN

A Photovoice Project by Ethan Lindsey

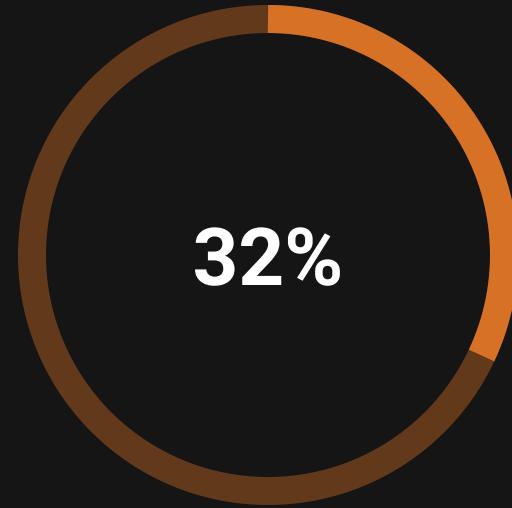


**Social and Physical Activity are  
Two of the Most Important Parts  
of Staying Healthy as We Age.**

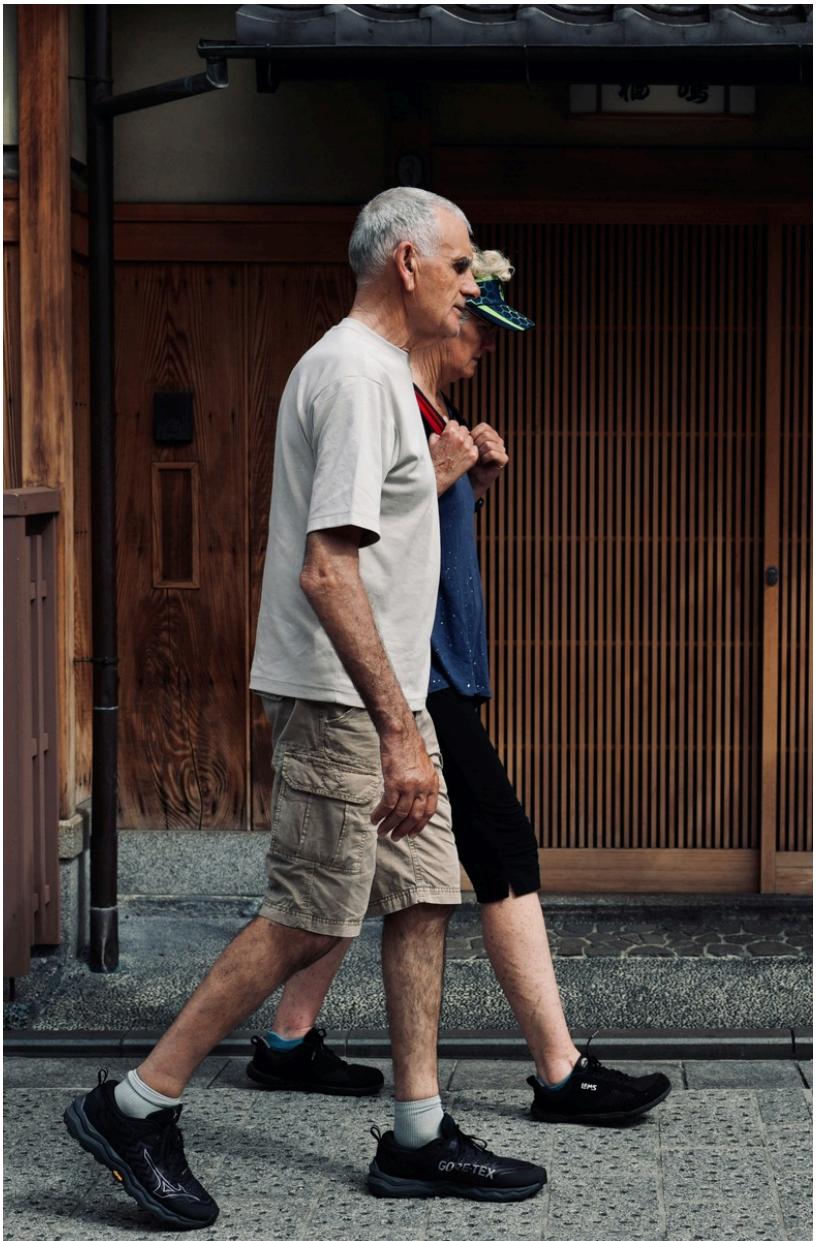
# Sedentary and Isolated Lifestyles Impact Both Physical and Mental Health



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



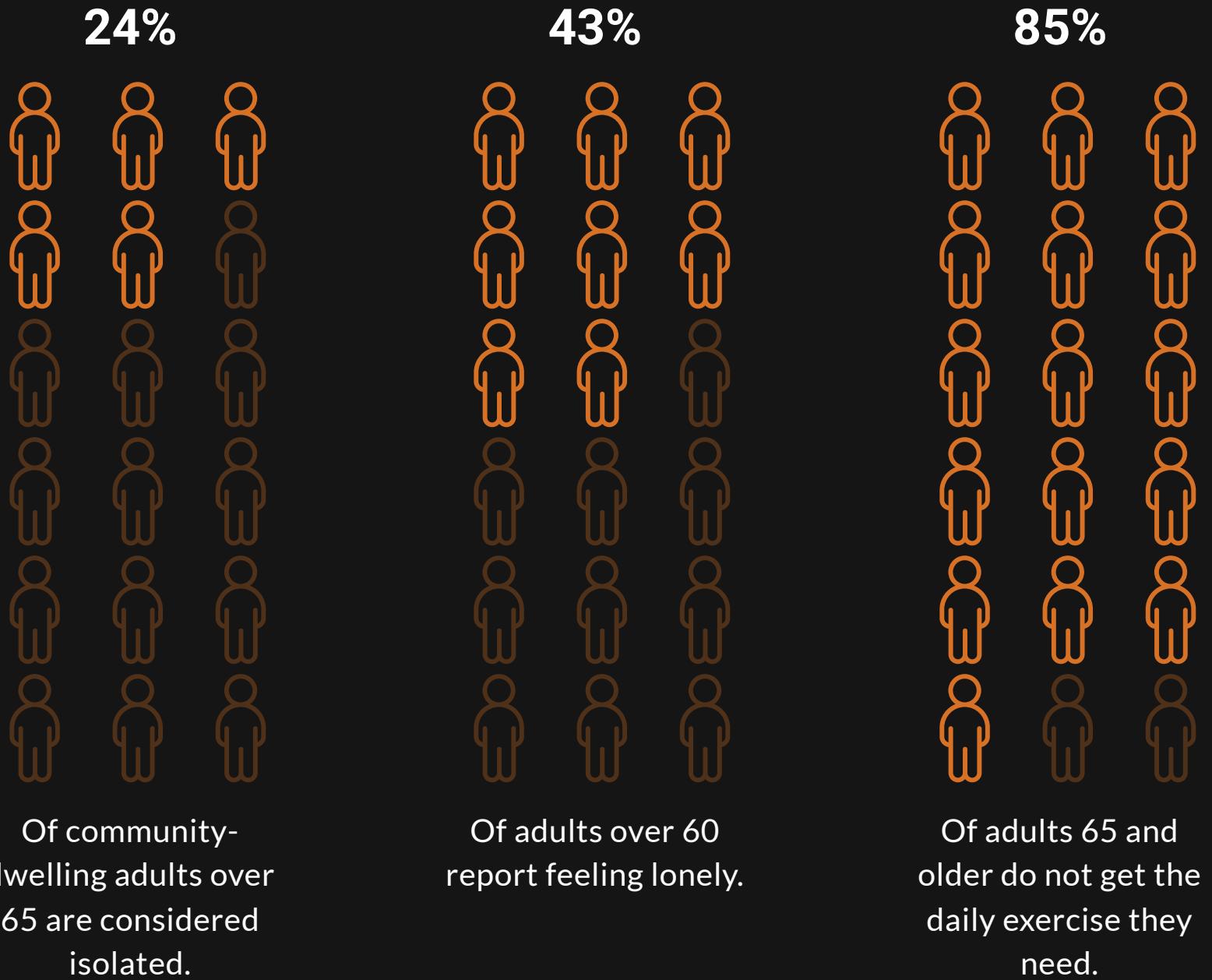
Poor social relationships are linked to a 32% increase in risk of stroke.



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

**110,000**

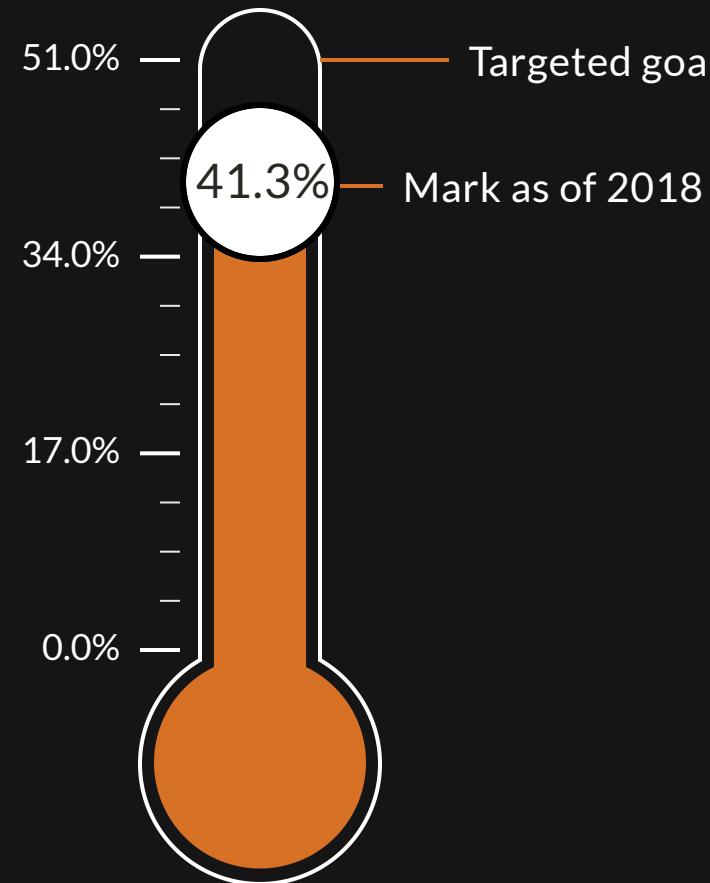
## Older adults by the numbers.





# Healthy People 2030 Objective OA-01

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



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WELCOME TO  
**BANEERRY**

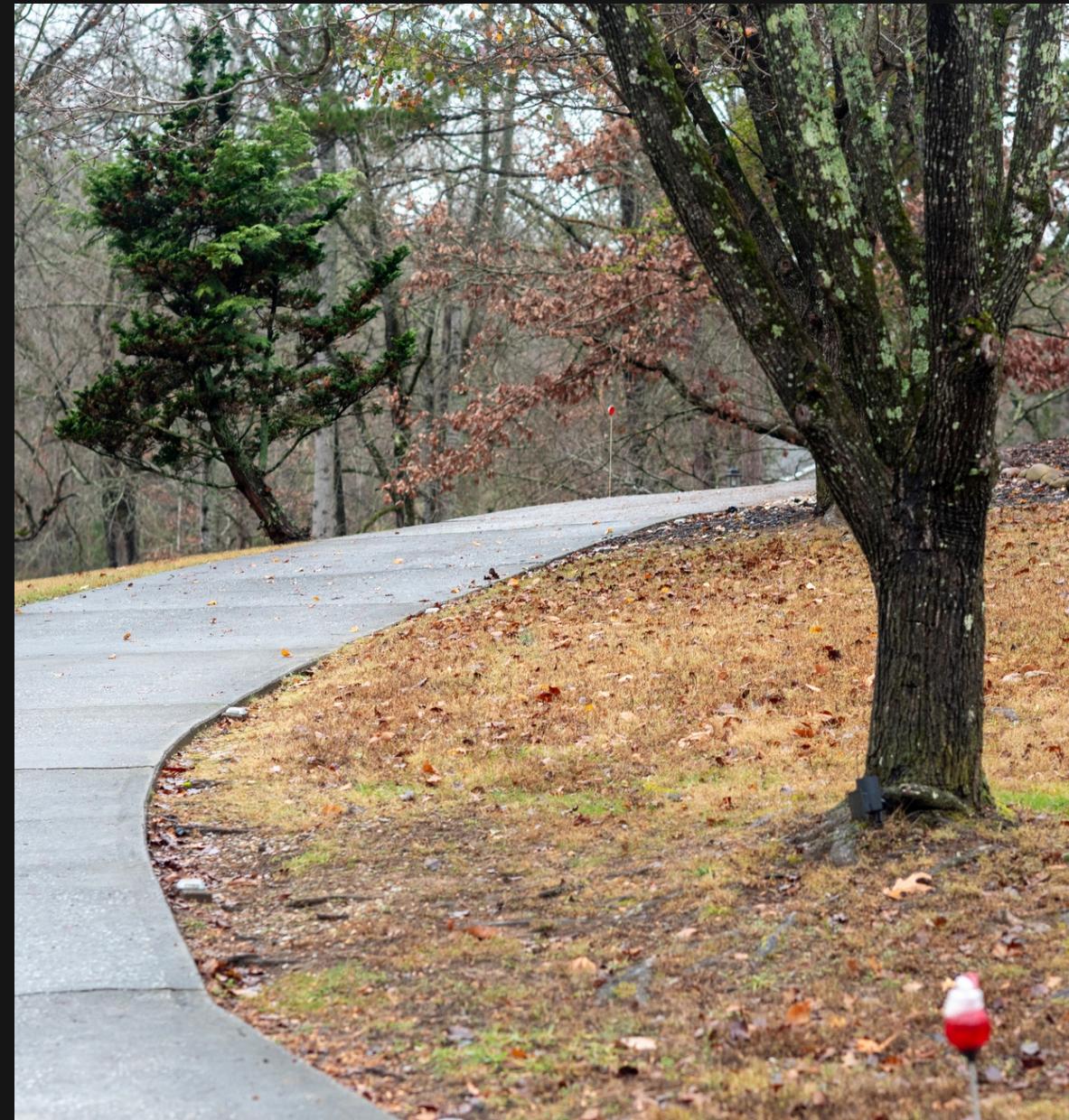
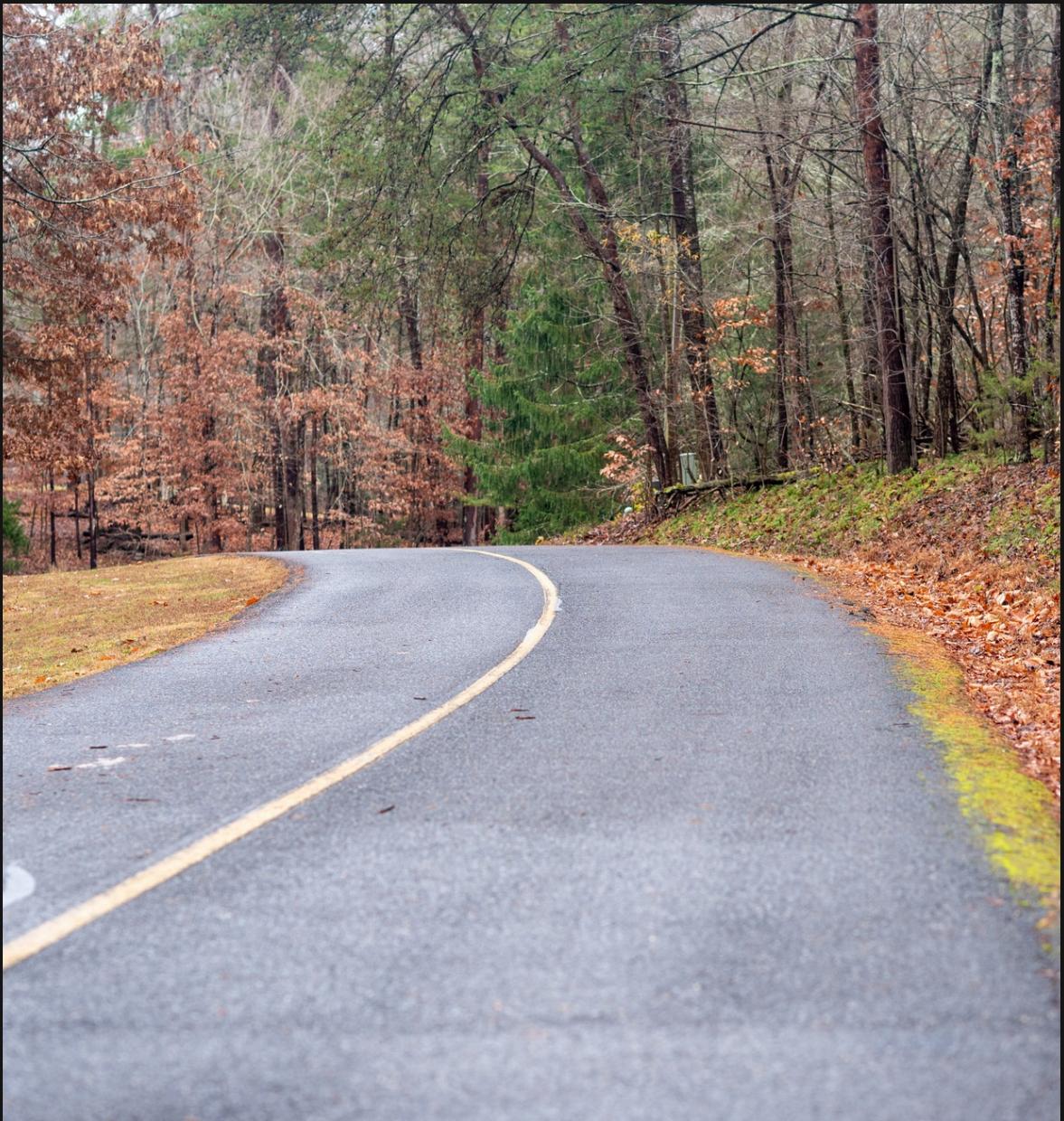
CITY HALL  
COMMUNITY CENTER



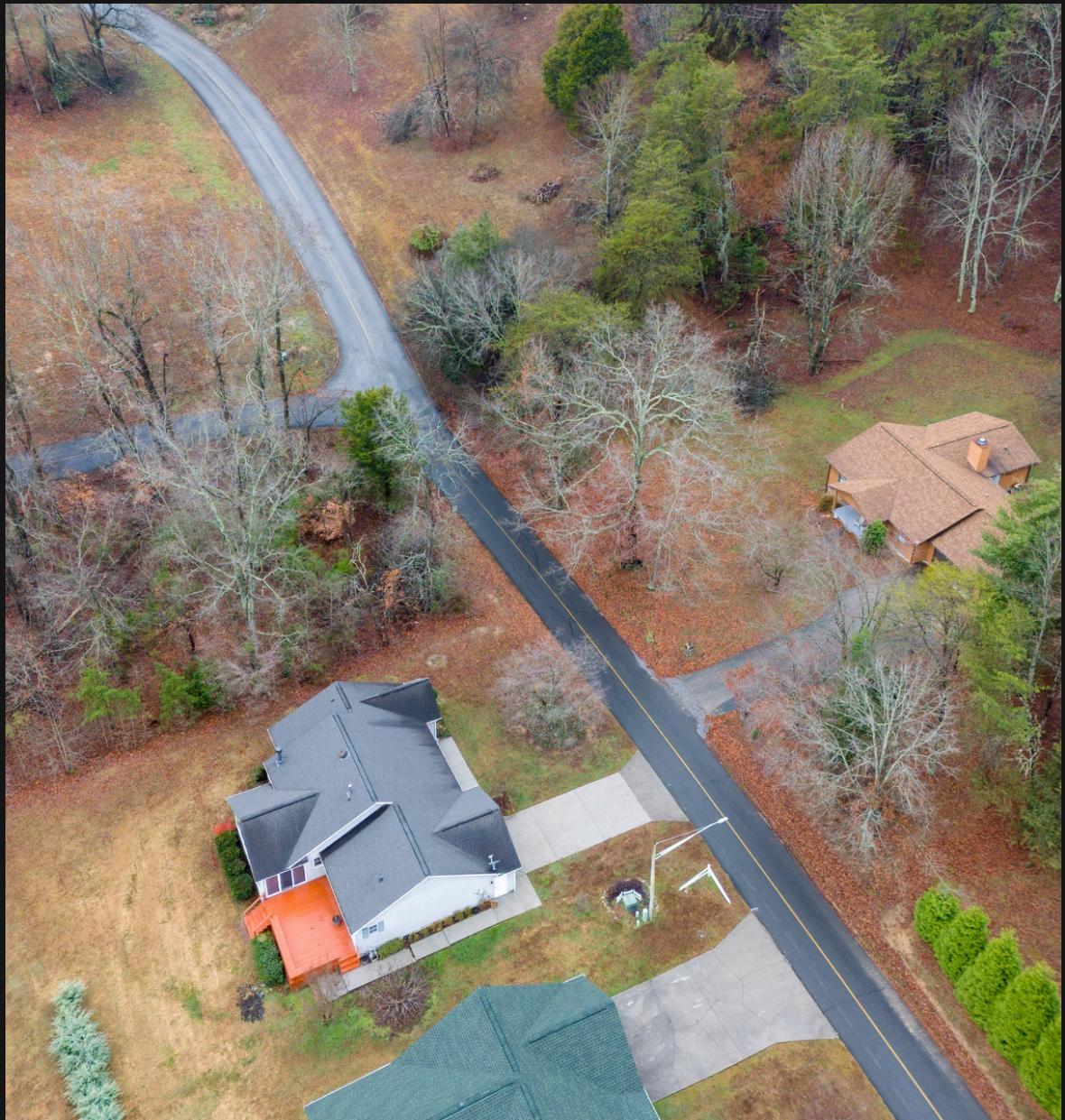
Photo by Judy



Photo by Judy



Photos by Judy



Photos by Judy (drone operated by Ethan)

An aerial photograph of a residential neighborhood. A paved road runs diagonally from the top center towards the bottom left. Several houses are visible, some with dark roofs and others with light-colored roofs. The surrounding area is a mix of green lawns, brown leafless trees, and some evergreen trees. The overall scene suggests a rural or semi-rural setting in late autumn or early spring.

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 its 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.

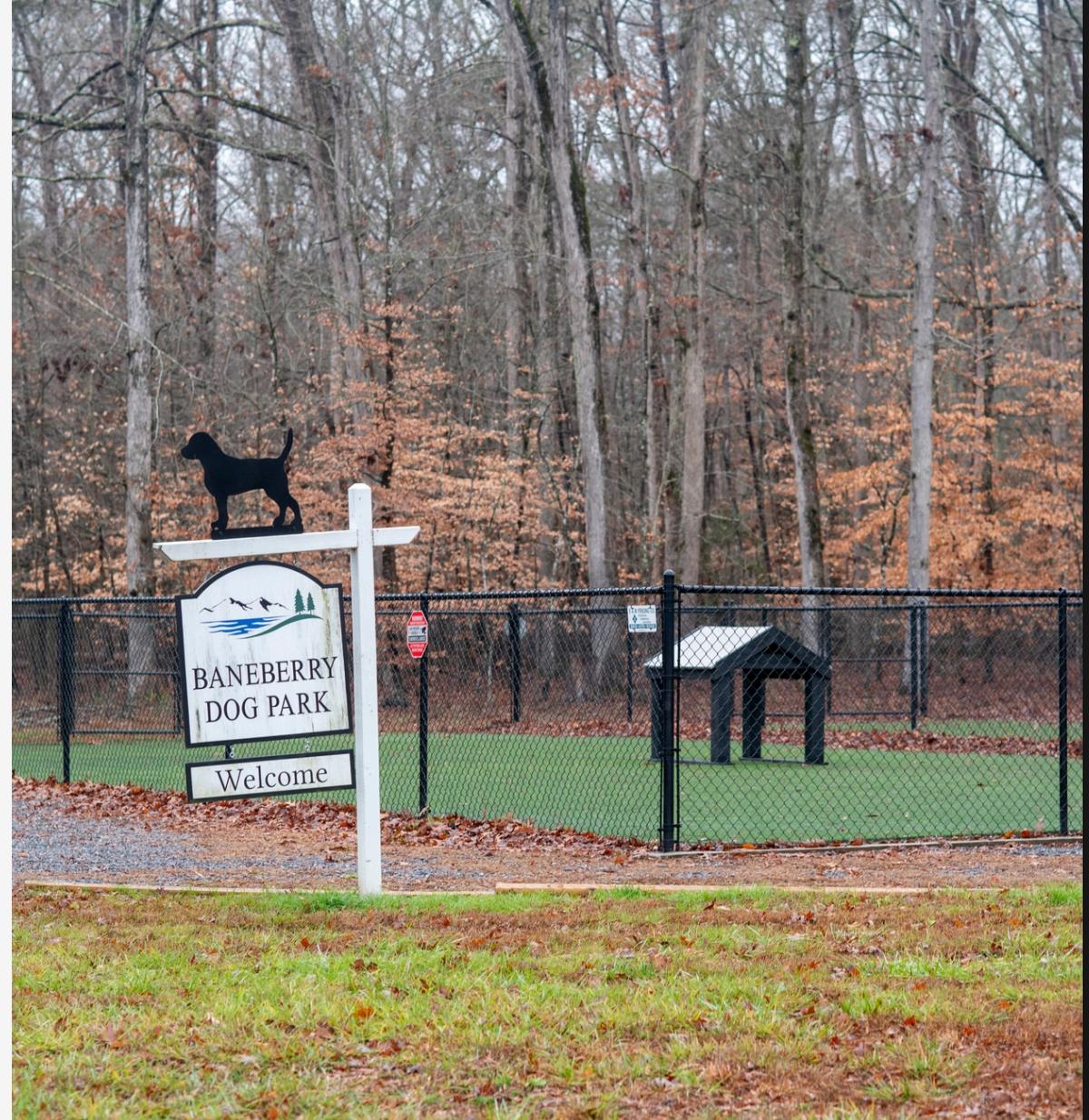


Photo by Ethan.



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

Photo by Ethan

## **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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