



ARC GRANT

Monroe County Park District

MONROE COUNTY PARK DISTRICT RECREATIONAL INFRASTRUCTURE IMPROVEMENT PROJECT



IMPROVING PHYSICAL AND
BEHAVIORAL HEALTH AND
PROMOTING TOURISM AND
ECONOMIC DEVELOPMENT
THROUGH INVESTING IN
RECREATIONAL ASSETS

PRESENTED TO
The Ohio Governor's
Office of Appalachia

PRESENTED BY
Monroe County Park District

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ABOUT MONROE COUNTY

AND IT'S RECREATIONAL ASSETS AND POTENTIAL

Monroe County is an area blessed with remote wilderness and full of adventure and seclusion. It is situated on the Ohio river in the foothills of the Appalachian mountains. Monroe County offers many opportunities to explore the backwoods charm of rural Appalachia. From the waterfalls that flow through the recces caves of Piatt Park to the grand view of Kiedaisch Point, Monroe County is a path less traveled, blessed with vast natural beauty. The county is home to the Monroe Lake Wildlife Area. Monroe Lake Wildlife Area is a 1,325-acre state wildlife area that currently features fishing and hunting. It is also home to over 25,000 acres of Wayne National Forest. Featuring Lamping Homestead and Ring Mill as two of the forests secluded gems. The planned reconstruction of the Knowlton Covered Bridge presents a great opportunity to tie these WNF assets together.



OUR VISION FOR MONROE COUNTY



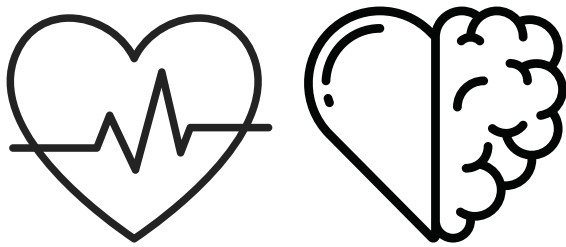
Recreational Assets

Identify our area recreational assets and develop their potential



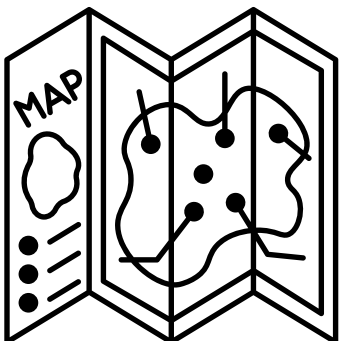
Collaboration Shared Stewardship

Foster collaborative projects between Federal / State entities with shared stewardship



Physical and Behavioral Health

Enhance physical and behavioral health, provide better opportunities for people to restore themselves physically and mentally



Promote Tourism And Foster Economic Development

Promote tourism and economic development through investing in recreational assets

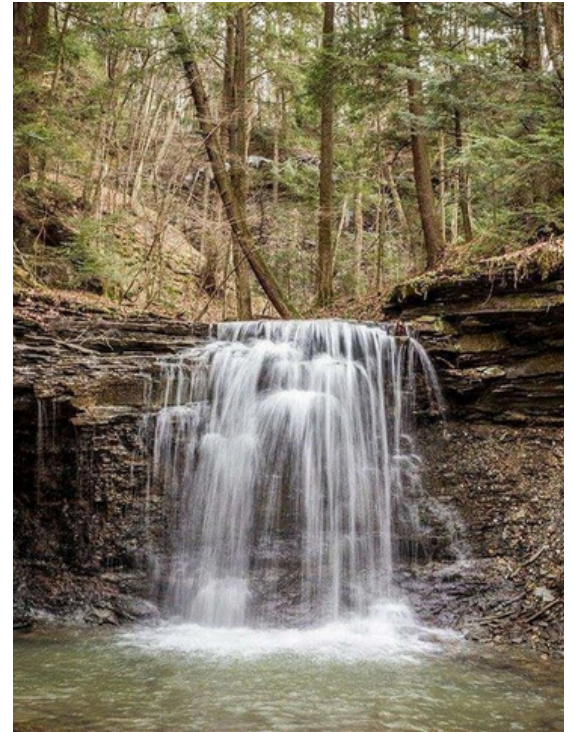
ENHANCING AND DEVELOPING OUR RECREATIONAL ASSETS

Piatt Park Monroe County Park District

Piatt Park is a secluded gem full of old growth Appalachian hardwoods and majestic hemlocks. There is a fantastic gorge/cave area that you can scramble through and a handful of beautiful waterfalls. The 119 Acre park includes hiking through a fantastic cave/gorge area, waterfalls, RV spots, camping, picnic shelter and a playground. The park's unique landscape and natural rock formations were caused by a combination of weathering, and natural erosion over a very long time. Erosion is still taking place today as water moves through the park every spring. In recent years volunteers have partnered with the park district to improve trails and provide access to this natural wonder.



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Proposed Projects

- Trail Improvements including wood bridges and walkways
- 6.5 mile Mountain bike trail
- Equipment for trail construction
- Dump Station
- Signage
- Security System

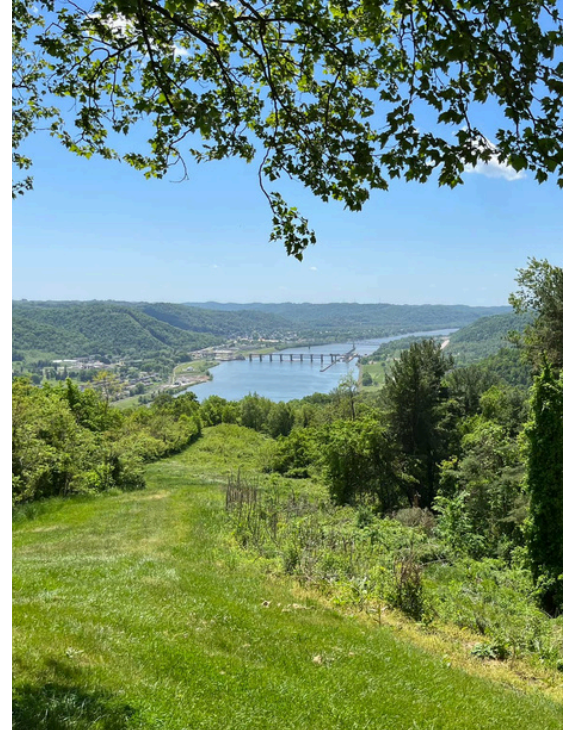
ENHANCING AND DEVELOPING OUR RECREATIONAL ASSETS

Kiedaisch Point Monroe County Park District

Kiedaisch Point was developed as a picnic/overlook area and offers an amazing view of the beautiful Ohio River and the Hannibal locks and dam. Kiedaisch Point is not only an amazing vantage point to view the Ohio river, it is located on St Rt 536 which is arguably the best auto touring and motorcycle road in the state. Kiedaisch Point's best kept secret is the Kiedaisch Wall. It contains some of the areas most unique geological rock features weathered into its blackhand sandstone



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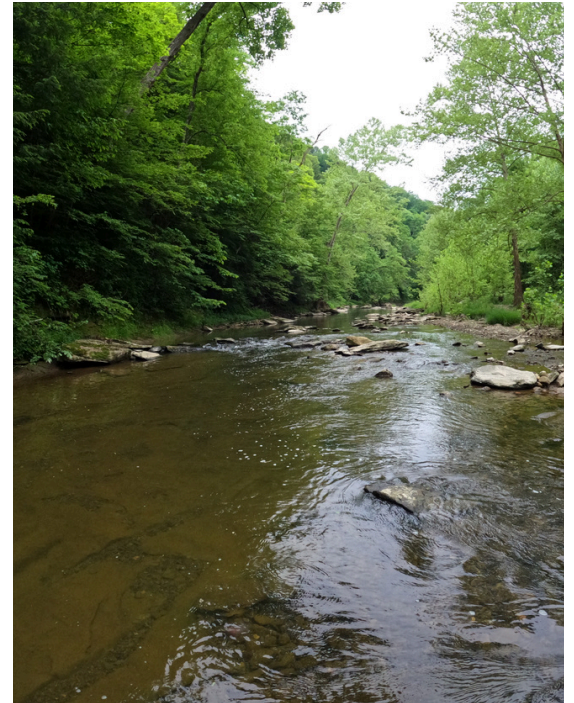
Proposed Projects

- Restroom Facilities
- Shelter with Grill
- Parking Area and Driveway
- Signage
- Security System

ENHANCING AND DEVELOPING OUR RECREATIONAL ASSETS

The Banks at Sunfish Creek

The Banks at Sunfish Creek, our newly acquired park, is a raw natural gem. It provides a natural setting for reflection on the banks of one of Ohio's most pristine waterways. Sunfish Creek is a rocky bottom creek with its clear waters teeming with aquatic life. This park also provides the only kayak access on the creek.



Proposed Projects

- Driveway and Parking Area
- Restroom
- Kayak Launch Area
- Signage
- Adult Interpretive Trail Signage
- Security System

IMPACT

Monroe County has poor physical and mental health compared to Ohio and the US average and low access to physical activity (Reference the following Appalachian Rural Health Institute Health Needs Assessment Survey) . Obesity and lack of exercise are the most important health problems. Monroe County is ranked among the least healthy counties in Ohio based on health factors such as health behaviors, clinical care, social and economic, and physical environment factors. Appalachia has higher mortality rates than the nation as a whole in each of the following: heart disease, cancer, COPD, injury, stroke, and diabetes.

Monroe County has for years been an economically distressed area. In recent years, Monroe County has seen a large increase in oil and gas tax revenue. We unfortunately have not realized many corresponding funding increases to support a better quality of life.

Our goal is to provide recreational resources that support and encourage physical health. Recreational activities ease the everyday stresses of life and have been shown to reduce anxiety and depression. Recreation provides a place for individuals to self-reflect and cope with everyday stresses. By providing more access to recreational opportunities we will be a healthier community.

Recreational assets make our community more attractive and increase quality of life. The outdoor recreation economy accounted for \$374 billion annually of gross domestic product in the United States. Investing in our recreational resources will help promote our area as an eco-tourism destination and provide area experiences for guest of our hospitality entrepreneurs. Supporting growth in the short-term lodging and hospitality industry will generate economic development and provide addition local tax revenue for marketing and future community investment. Increasing and enhancing our recreational assets will make our county a more desirable place to live. This will assist in retaining our youth and stop the cycle of individuals that pursue higher education but choose not to make Monroe County home due to a lack of resources. Improved recreation access will promote a better quality of life for our area residents.

ECONOMIC IMPACT ON LOCAL HOSPITALITY AND TOURISM

The Nest Lodging and Rentals is short-term lodging company that offers one of a kind lodging in Monroe County. They have 14 cabins across the county, including The Treehouses at Owl Hollow and The Off-Grid Cabins at Dragonfly Lake. The new treehouse retreat is located on the headwaters of Sunfish Creek. It has two treehouses currently and planned construction of an indoor treehouse / conservatory concept structure to start construction in the fall of 2024. Over the past few years, the Owner of the Nest Lodging and Rentals has partnered with the Monroe County Park District. This partnership has resulted in trail improvements, signage and other enhancements of the park districts assets.

The Nest Lodging and Rentals also developed a county website as both a resource to its guest and a general web presence for tourism in Monroe County.

Enhancing the recreational assets in Monroe County would have a very positive economic impact on The Nest Lodging and Rentals and other current and future hospitality entrepreneurs. The development impact will also increase lodging tax, which will provide more resources to promote tourism in Monroe County





DISEASE PREVALENCE

The third Healthcare Needs Assessment Survey (ARHI III) included approximately 3,840 adults from 9 Appalachian counties in Ohio – Belmont, Columbiana, Gallia, Harrison, Jefferson, Lawrence, Monroe, Muskingum, Noble – who responded to a telephone survey assessing the prevalence of certain chronic diseases and relevant risk factors. Whenever possible, ARHI III findings were compared to state and national rates (Ohio and national 2007 BRFSS, respectively), as well as national leading health indicators (Healthy People 2010).

More information about ARHI, the full ARHI III report (including standard errors and confidence intervals), and other short reports can be retrieved at:

<http://www.voinovichschool.ohio.edu/ARHIReports.aspx>

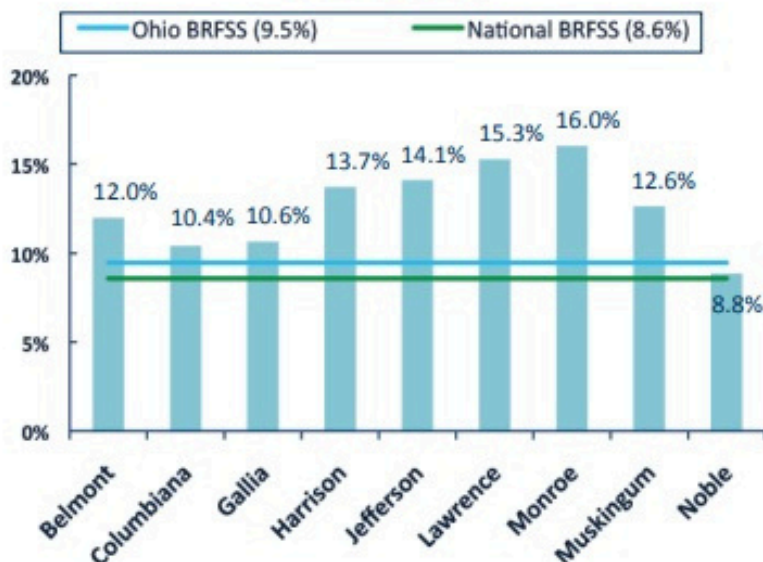
Short reports are available for the following topics: Diabetes, Disease Prevalence, Factors Affecting Health Status, and Health Access.

DIABETES¹

Have you ever been told by a doctor, nurse, or other health care professional that you have problems with high blood sugar or that you have diabetes or sugar?

- Among the ARHI III counties, the rate of diabetes is 12.5%, which substantially exceeds the Ohio BRFSS diabetes rate of 9.5% and the national BRFSS rate of 8.6%.
- Within the ARHI III counties, the rate of diabetes is as low as 8.9% in Noble County and as high as 16.0% in Monroe County.

Diabetes Rates

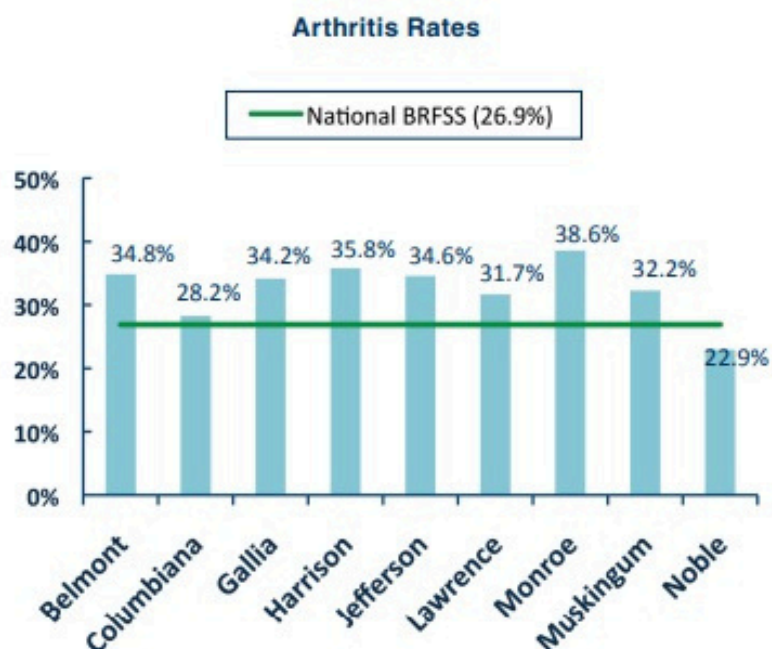


¹ More diabetes-related information can be found in the ARHI III Diabetes Short Report.

ARTHRITIS

Have you ever been told by a doctor, nurse, or other health care professional that you had arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

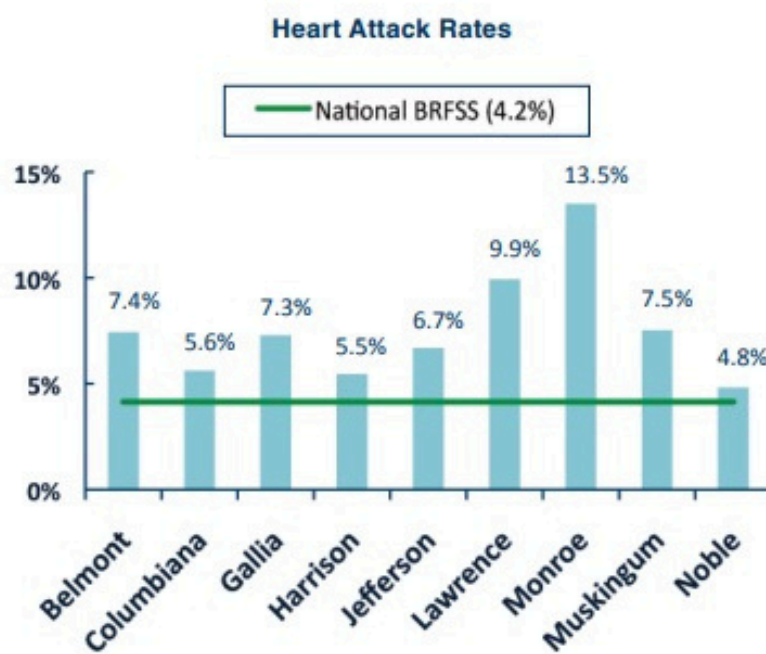
- Across the ARHI III counties, the rate of arthritis is 32.2%, which exceeds the national BRFSS rate of 26.9%.
- ARHI III county arthritis rates range from 22.9% in Noble County to 38.5% in Monroe County.



HEART ATTACK

Have you ever been told by a doctor, nurse, or other health care professional that you had a heart attack or myocardial infarction?

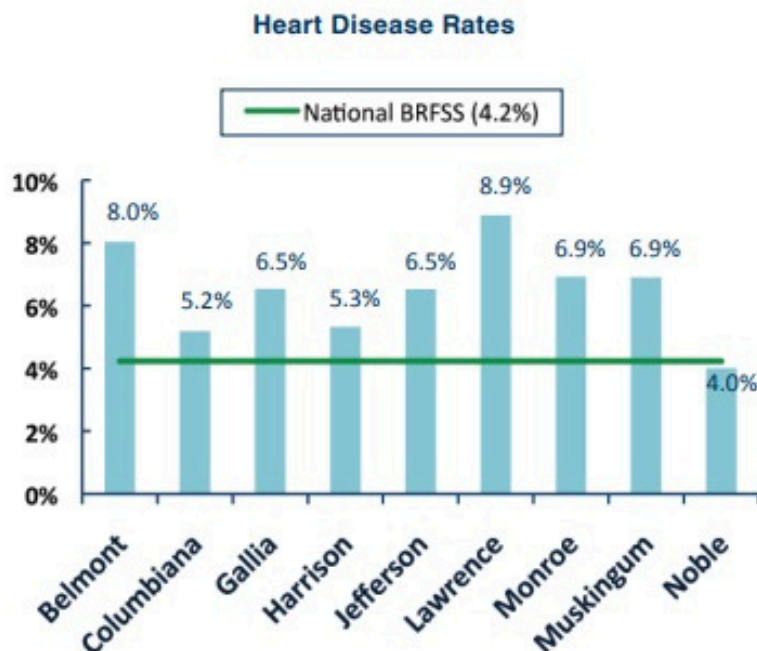
- Among the ARHI III counties, the heart attack rate is 7.3%, which is higher than the national BRFSS rate of 4.2%.
- Within the ARHI III counties, the heart attack rate ranges between 4.8% in Noble County and 13.5% in Monroe County.



HEART DISEASE

Have you ever been told by a doctor, nurse, or other health care professional that you had heart disease, such as hardening of the arteries or angina or coronary heart disease?

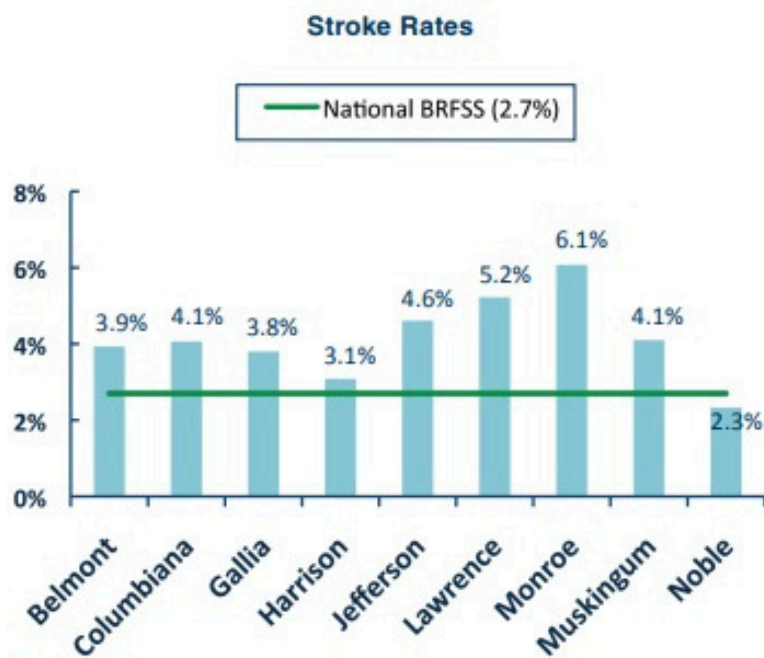
- Across the ARHI III counties, the rate of heart disease is 6.7%, which exceeds the national BRFSS rate of 4.2%.
- Within the ARHI III counties, the heart disease rate is as low as 4.0% (Noble County) and as high as 8.9% (Lawrence County).



STROKE

Have you ever been told by a doctor, nurse, or other health care professional that you had a stroke?

- Among the ARHI III counties, the stroke rate is 4.2%, which is above the national BRFSS rate of 2.7%.
- Stroke rates in the ARHI III counties range between 2.3% in Noble County and 6.1% in Monroe County.

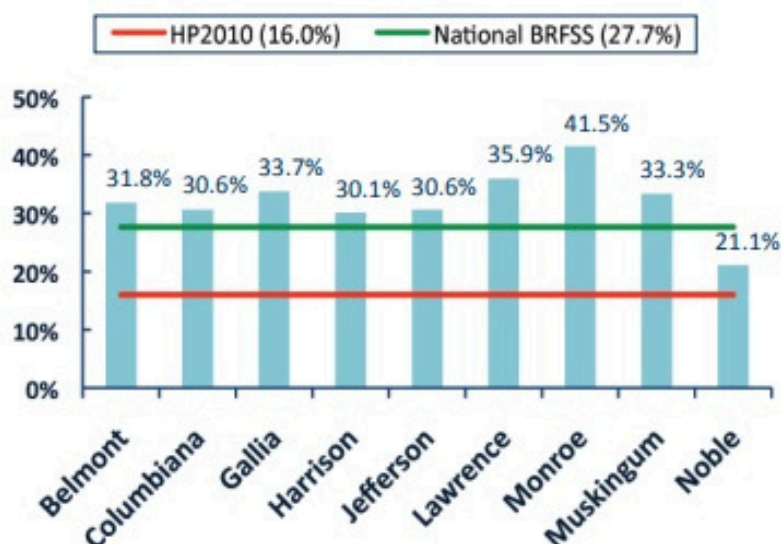


HIGH BLOOD PRESSURE

Have you ever been told by a doctor, nurse, or other health care professional that you had high blood pressure, also called hypertension?

- The Healthy People 2010 goal is to reduce the prevalence of high blood pressure to 16.0%. All ARHI III counties fail to meet this goal.
- Across the ARHI III counties, the rate of high blood pressure is 32.2%, which is above the BRFSS rate of 27.7%.
- Among the ARHI III counties, the rate of high blood pressure is lowest in Noble County (21.1%) and highest in Monroe County (41.5%).
- Within the ARHI III counties, the rate of medication use for high blood pressure ranges between 56.5% in Gallia County and 89.2% in Monroe County.

High Blood Pressure Rates

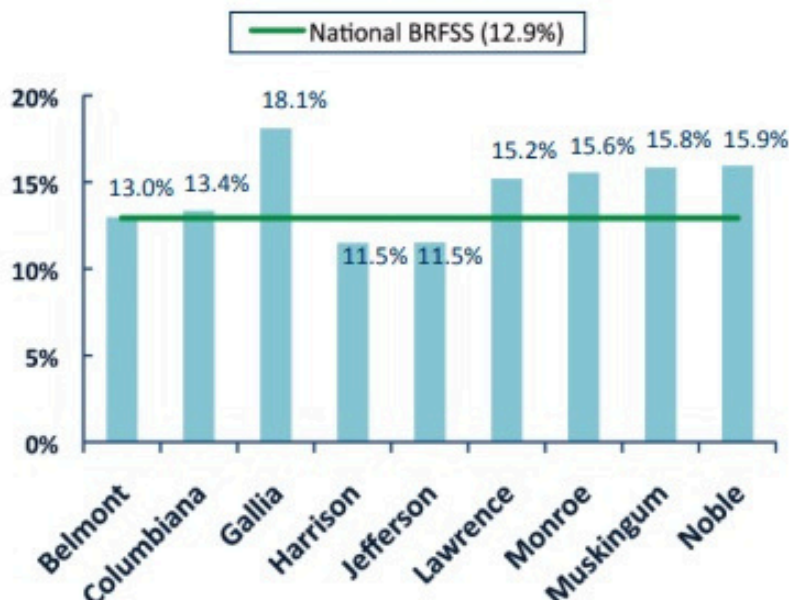


ASTHMA

Have you ever been told by a doctor, nurse, or other health care professional that you had asthma?

- Among the ARHI III counties, the rate of asthma is 14.1%, which is higher than the national BRFSS rate of 12.9%.
- The rate of asthma in seven of the nine ARHI III counties (Belmont, Columbiana, Gallia, Lawrence, Monroe, Muskingum, and Noble) is above the national BRFSS rate.
- Within the ARHI III counties, the asthma rate is as low as 11.5%, in both Harrison and Jefferson counties, and as high as 18.1% in Gallia County.

Asthma Rates



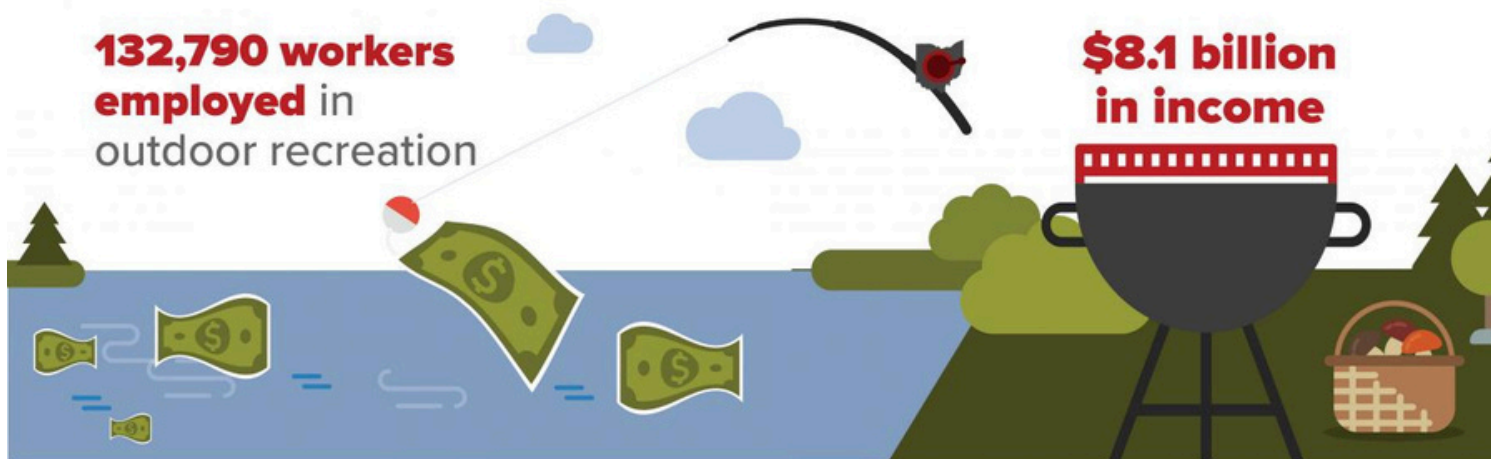
DATA COMPARISONS

The 2007 Ohio and national Behavioral Risk Factor Surveillance System Survey (BRFSS) were employed for comparison purposes. The BRFSS is an annual telephone survey created by the Centers for Disease Control and Prevention and administered in all fifty states, the District of Columbia, and U.S. Territories. BRFSS data are made available to the public and can be retrieved from <http://www.cdc.gov/BRFSS>.

Leading health indicators from Healthy People 2010, a nationwide health promotion and disease prevention plan created by the Centers for Disease Control and Prevention, were included as benchmarks whenever a relevant target goal could be applied. Goals and objectives for Healthy People 2010 can be retrieved at <http://www.healthypeople.gov>.



WHAT THIS MEANS TO THE STATE'S ECONOMY:



A new report by a group of Ohio State researchers shows that outdoor recreation contributes to the well-being of the state's economy. In "Economic Valuation of Natural Areas in Ohio," the researchers determined how much activities including fishing, hiking and bicycling contribute financially to Ohio's economy.

Increased investment into Monroe County's recreational assets will result in entrepreneurial development in short term lodging and economic development in peripheral retail such as restaurants, stores and experience providers. Supporting our local hospitality entrepreneurs will foster economic growth and increase associated employment opportunities. Increased investment into Monroe County's recreational assets will present an opportunity to revitalize one of the poorest and most underserved counties in Ohio. Recreational trails have been proven to produce health, environmental, financial, and social benefits for the communities in which they are built. Improving and being better stewards of our recreational assets, will increase visitation and thereby increase spending in the region, resulting in increased earnings, jobs, and tax revenues. It has the potential to diversify and strengthen Southeast Ohio's economy. These projects will increase access to outdoor recreation, improving health outcomes and regional pride.

OUTDOOR RECREATION MENTAL HEALTH BENEFITS



Regular outdoor exercise can be a more effective treatment than taking anti-depressants



Reduces stress and anxiety



Lowers the risk of depression



Boosts confidence and self esteem



Elevates relaxation levels



Improves sleep quality



Grows your social circle

BUDGET PROPOSAL

Monroe County Park District recreational infrastructure improvement project	ARC Grant	Match
Piatt Park	138,000	70,500
Kiedaisch Point	63,000	38,400
The Banks at Sunfish Creek	60,000	7,600
Total:	261,000	116,500

Total Project
\$372,858

ARC Grant
\$261,000

MCPD Match
\$111,858

	Estimated Cost	MCPD Match
Piatt Park		
Trail Improvements		
Grade main trail to creek and stone 1000 ft		
Stone	5000	
80 hr MCPD Labor		1600
24' wood bridge across creek		
Materials		4500
160 hr MCPD Labor		3200
Chain safety barrier 2000'		
Chain and timbers	6000	
160 hr MCPD Labor		3200
Wood and stone steps at top of main gorge		
Timbers and stone	3000	
80 hr MCPD Labor		1600
Improvements to width and safety of east rim trail		
Materials	2000	
80 hr MCPD Labor		1600
6.5 miles of Mountain Bike trail		
6 wooden bridges and 6 culverts		7000
Cat 301.7 Compact excavator	45,000	
Bobcat T450 Compact track loader	50,000	
Attachments and plate compacter	15,000	
1200 hr MCPD Labor		32,000
MTB signage	3000	
80 hr MCPD Labor		1600
Dump Station including slab and plumbing line to tank		15000
General Signage	4000	
Trail Signage	3000	
80 hr MCPD Labor		1600
Security System	2000	
40 hr MCPD Labor		800
Piatt Park Project Total	138,000	70,500

Wood and Stone steps

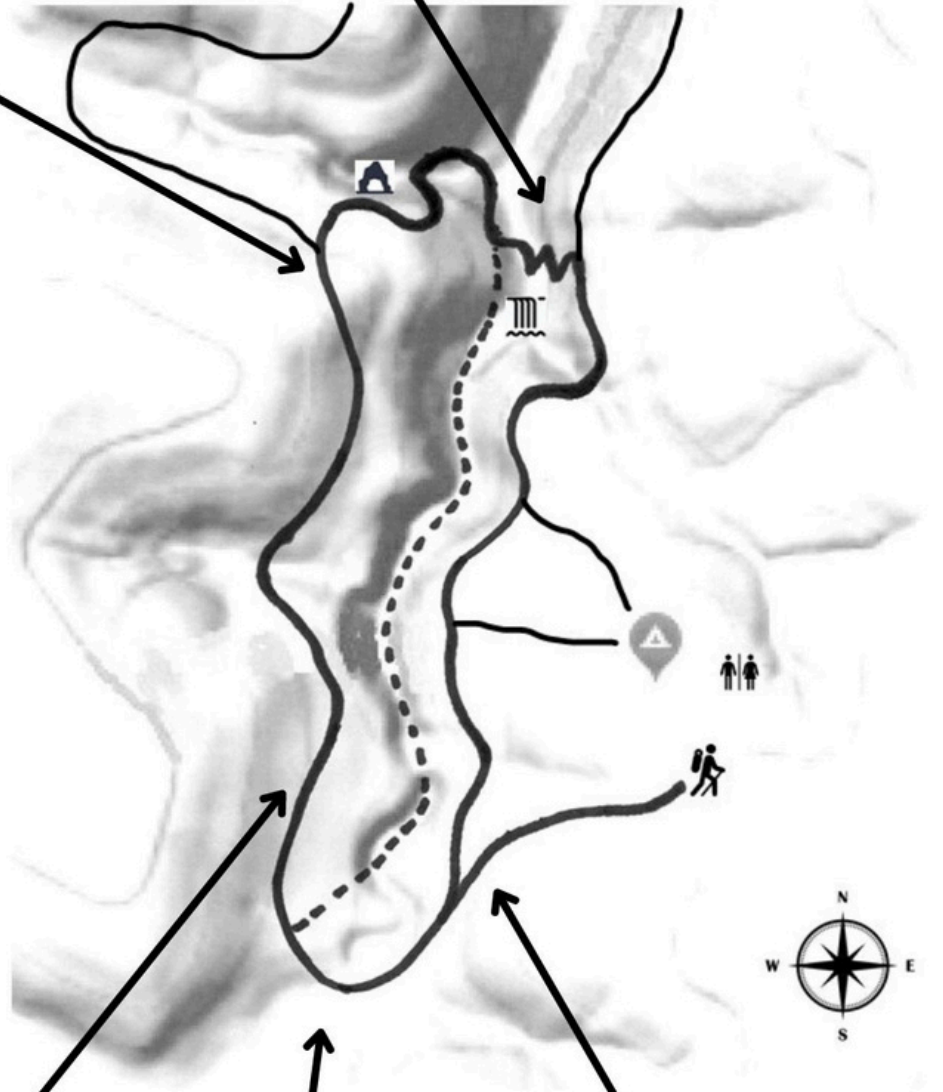
East Rim Trail Improvements



discovermonroecounty.org

Piatt Park Trail Map

Maintained Trail	
Unmaintained Trail	
Cave Area	
Waterfalls	
Trail Head	
Bathroom	
Campground	

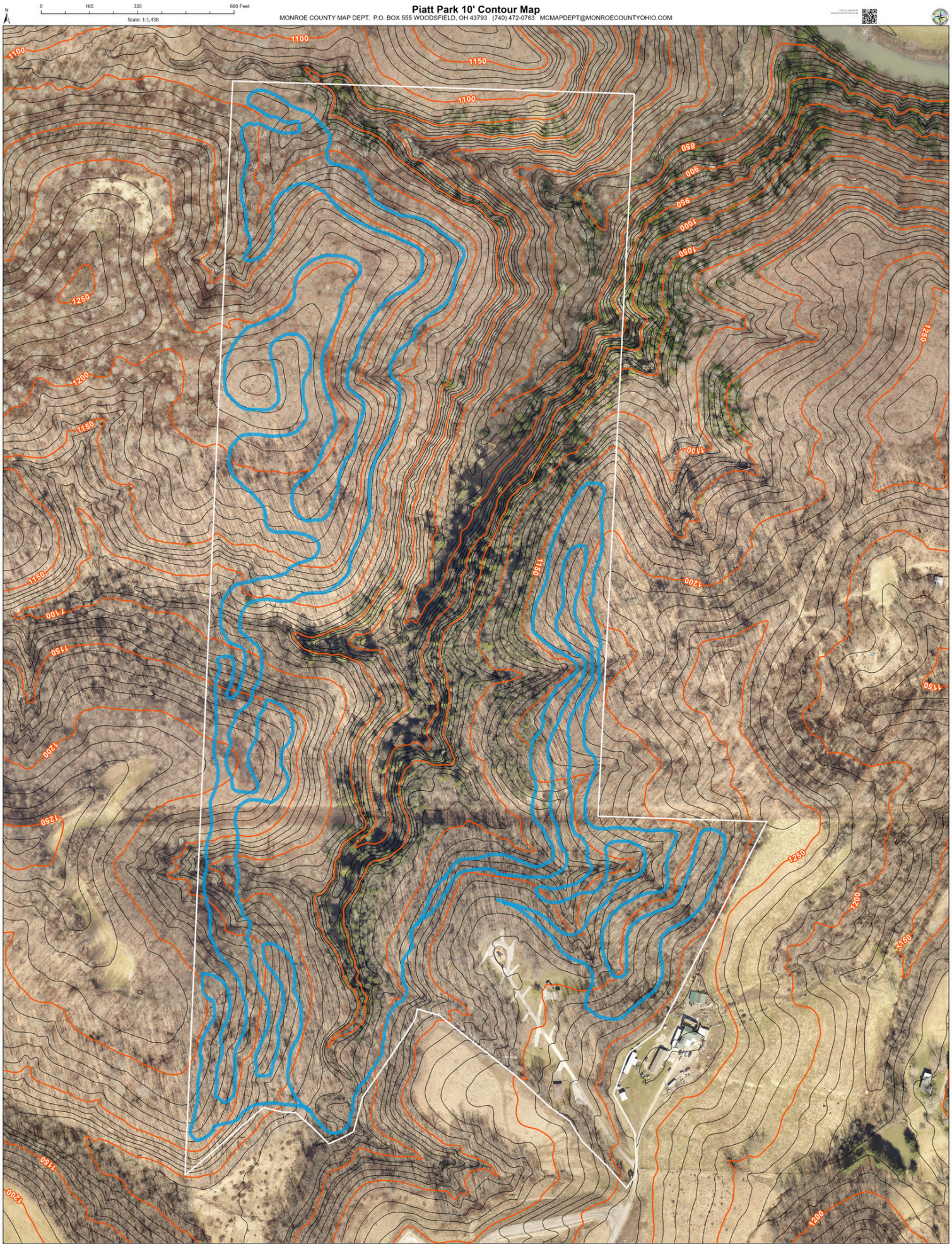


Chain Safety Barrier

24' Wood Bridge

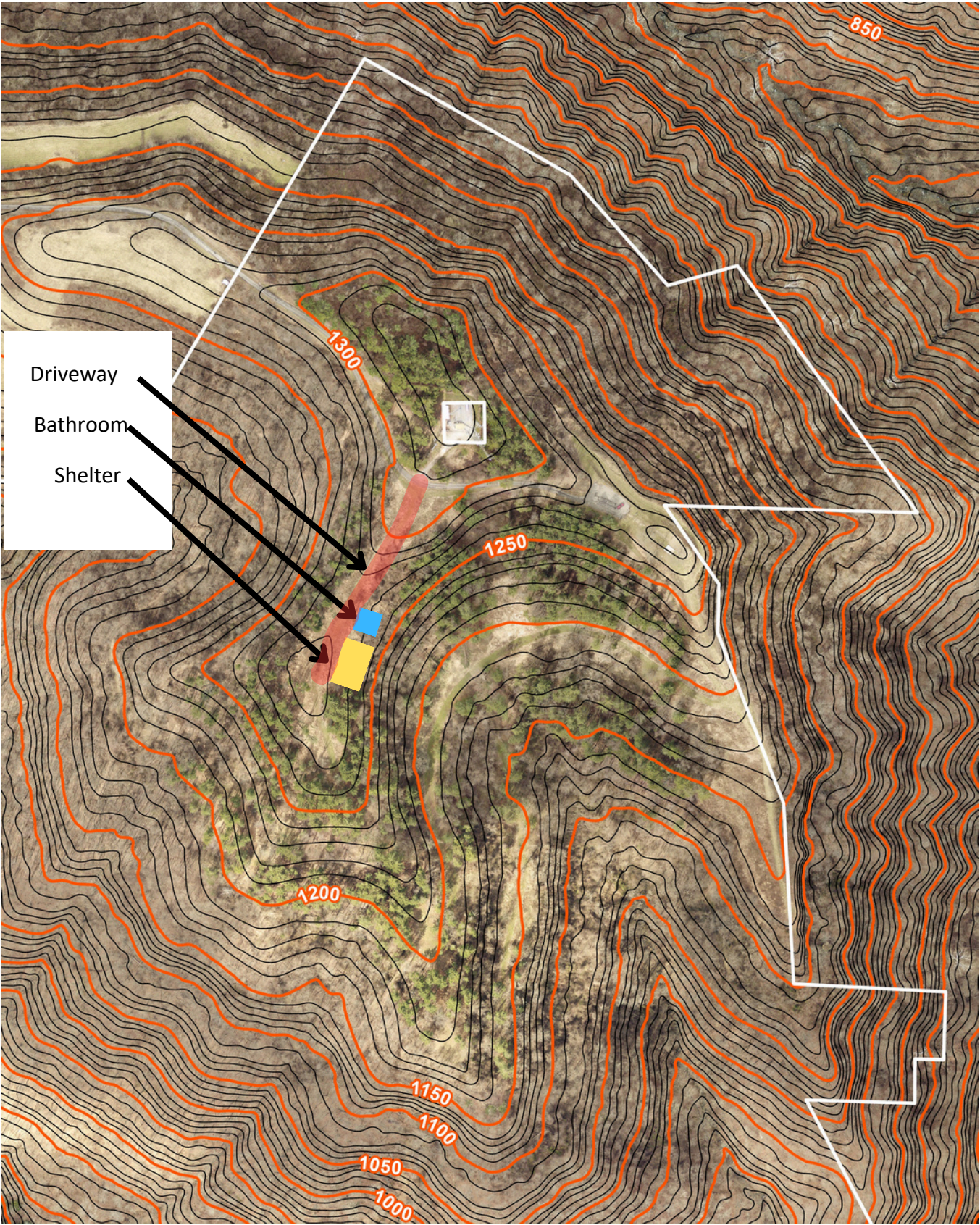
Main Trail Improvements
and Stone

Piatt Park Mountain Bike Trail



	Estimated Cost	MCPD Match
Kiedaisch Point Park		
Restroom		
Precast restroom dry unit	42,000	
Site prep	4000	
80 hr MCPD Labor		1600
24'x36' Shelter		
Materials		28000
Slab	6,000	
8 Picnic Tables	2,000	
320 hr MCPD Labor		6400
Drive and parking lot		
Stone	3000	
General Signage	4000	
80 hr MCPD Labor		1600
Security System	2000	
40 hr MCPD Labor		800
Kiedaisch Point Park Project Total	63,000	38,400

Kiedaisch Point Project Plan



	Estimated Cost	MCPD Match
The Banks at Sunfish Creek		
Restroom		
Precast restroom dry unit	42,000	
Site prep	4000	
80 hr MCPD Labor		1600
Kayak Launch		
Stone	3,000	
20 hr MCPD Labor		400
Drive and parking lot		
Stone	4000	
20 hr MCPD Labor		400
Trails and bridge		
Stone and lumber	3000	
80 hr MCPD Labor		1600
Interpretive trail signage	2000	
General Signage	2000	
40 hr MCPD Labor		800
Security System		2000
40 hr MCPD Labor		800
The Banks at Sunfish Creek Project Total	60,000	7,600

Parcel No.: 010130090000

Driveway Improvements

Parking Lot

Kayak Launch

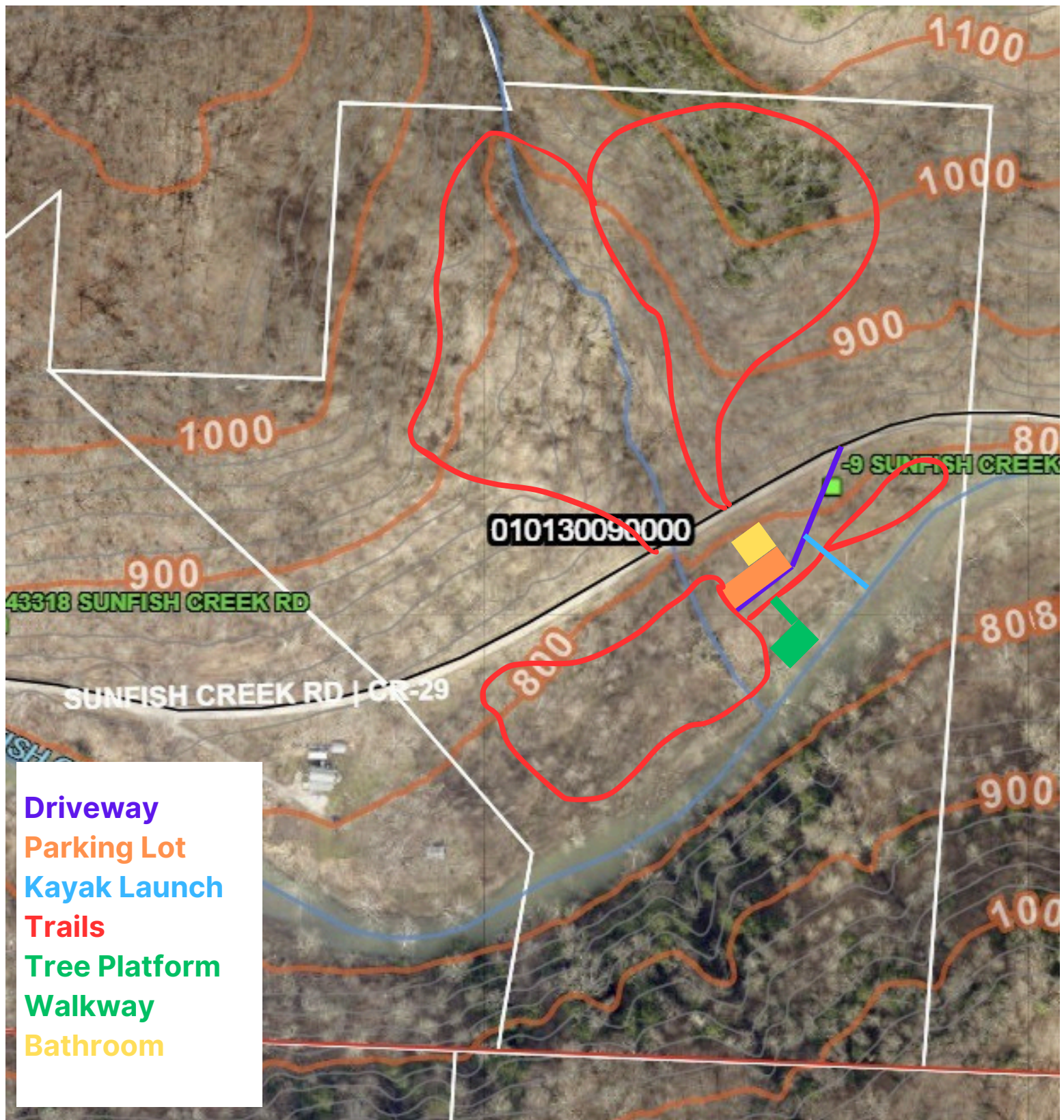
Trails and Bridges/culverts and brush clearing

Tree platform overlooking creek with walkway from parking area

Bathroom with relocated Electrical Service Panel

Non-Potable Water Hydrant

The Banks at Sunfish Creek
Project Plan



Driveway

Parking Lot

Kayak Launch

Trails

Tree Platform

Walkway

Bathroom

