**Rationale**

The 2020 Windshield tour was a project designed as a means to explore social determinants of health as pertaining to various rural towns in Pitt County, North Carolina. The focus determinants for the town of Grifton were childcare and physical activity. Additional determinants assessed included access to healthcare, food and nutrition, education, employment, social support, environment, and housing.

The town of Grifton contains a population of 2,863 with a median age of 46.5 years old. From the 2020 County Health Rankings & Roadmaps, 25% of adults in Pitt County reported no leisure physical activity, and 72% cited inadequate access to exercise opportunities. Food insecurity was reported for 20% of the Pitt County population. 50.1% of Grifton residents are employed in education and manufacturing jobs.

**Methods**

Preparation for this project included advanced research, a physical visit to the town of Grifton, and a subsequent presentation on findings. Preparatory research consisted of statistics on town demographics as well as a compilation of relevant resources and their corresponding physical locations. During the town visit, various forms of data were collected including photographs, a brochure from the Grifton Town Hall, and information from an interview with Town Hall employees. Throughout all stages of the process, both team members corresponded and contributed equally towards completion of the project.

**Observations and Results**

Many resources assessed during the project were located along Queen Street, which runs directly through the town’s center. The resources not located directly on Queen Street were located on adjacent streets or approximately 0.5 miles away (Saint David Street Park) to 6 miles away (A Time for Science) from the center of town.

The Saint David Street Park is an outdoor community facility located 0.5 miles away from the town center. This outdoor park offers the primary opportunity within town for physical activity. The facility includes a ¼ mile walking trail loop, a modest central green space, and various forms of playground equipment for children. The park is well-lit, family-friendly, and regularly maintained.

Additional opportunities for physical activity exist in various forms throughout the town. These include Jakarta University of Martial Arts and tennis courts at the Grifton Museum Civic Center. A Time for Science offers a variety of science and nature educational activities for children, including outdoor camping and kayaking opportunities.

**Conclusions - Strengths/Challenges**

When focusing specifically on physical activity, there are two prominent challenges present in Grifton. One primary barrier is the absence of an indoor gym or fitness center. A related challenge is the absence of a formal grocery store. The result of these obstacles is the fact that residents must travel to neighboring towns for fresh produce and indoor fitness centers.

A strength of the town is the fact that present resources partially compensate for those which are absent. Although there is no indoor gym, outdoor options (such as the Saint David Street Park) provide alternative opportunities for physical activity. Despite the lack of a grocery store, the Dollar General within town carries a wide variety of canned, boxed, and frozen foods.

**Recommendations for ECU/Vidant**

When physicians from ECU and Vidant make healthcare recommendations to Grifton residents regarding physical activity, it is important to consider the specific facilities that may be accessible for these patients. For example, despite a patient’s best effort to achieve the recommended half-hour of daily physical activity, the lack of an easily-accessible indoor fitness facility or extensive walking trail may pose a considerable barrier, especially during periods of inclement or hazardous weather.

**Sources**