



Mcburg, Tennessee

Community Center Improvements

Mcburg Tennessee is an unincorporated rural community on the border of Lincoln and Giles counties in south central Tennessee, with an estimated population of 514 in 2015. Generations of current and former residents have close ties to the Mcburg Community Center, which is housed in the former Mcburg School built in 1906. Since closure of the school in 1958, an all-volunteer board has led the not-for-profit organization which manages the building and grounds, coordinating events which fund the operations and maintenance of the facility.

Recognizing an opportunity to better serve the Mcburg community, volunteers and board members surveyed participants at the 2015 annual BBQ fundraiser event, as well as members of neighboring churches, and learned that there was strong interest in improvements to the center:

- 98% indicated they would use the center for physical activity
- 90% would use a paved, lit walking track at least 1-2 times a week
- 58% would use a playground with equipment for all ages at least 1 time a week

With the high level of need and interest confirmed, local leaders began working to develop designs and to secure resources for enhancements. The Nashville Civic Design Center donated its expertise to provide a design rendering, which helped to build support and to secure additional resources from local businesses, churches and government agencies: Brewer Brothers, Rickey Honey, Lincoln Paving, Fayetteville Parks and Recreation Department, Fayetteville Farmer’s Market, UT Agricultural Extension Program, Tennessee Department of Health. Make sure to visit the Mcburg Community Center [Facebook Page](#).



Rendering From the Nashville Civic Design Center



Photos of Grand Opening of Walking Track, Sept. 24, 2016

Important Milestones:

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| Aug—Nov 2015 | Community Needs Assessment conducted |
| Dec 2015 | Completed plan and design for walking track |
| Jan—April 2016 | Secured funding and in-kind contributions |
| May—Aug 2016 | Completed walking track, installed benches |
| Sept 2016 | Walking track opened with Marathon in a Month |
| April 2017 | Biking event as part of Slawburger Festival |
| Aug 2017 | Upgrade playground equipment, form walking clubs |
| Aug 2018 | Construct outdoor pavilion, install outdoor lighting |
| Sept 2018 | Host at least 1 farmer’s market event per month |
| Oct 2018 | Initiate food demonstrations, cooking classes |

Community Health Challenges

According to data compiled by the Tennessee Department of Health through the 2016 Behavioral Risk Factor Surveillance System, adults in Mcburg and other small, unincorporated communities in Lincoln County report poor health:

- 13% of adults have been told by a doctor that they have diabetes, which is often linked to obesity and lack of physical activity.
- 28% of adults have a Body Mass Index (BMI) of 30 or over
- 6% report that they have limited access to healthy foods
- 30% of adults report no physical activity outside of work in the previous month.
- Only 51% of adults report that they have access to opportunities for physical activity

60% of adult visitors to the Mcburg Community Center report that their doctors have advised them to be more physically active. Living approximately 16 miles from the nearest public park or gym, many residents find it difficult to walk, run or bike on the narrow two-lane highways with no sidewalks, shoulders or lighting after dark.