



Kara Foster's Clear Vision for Holly Springs

Strategic Plan: Making Holly Springs a Healthier, More Connected Community

Introduction and Vision

Holly Springs envisions becoming one of the healthiest, most connected communities in North Carolina, a town where the healthy choice is also the easy choice, and where residents of all ages can thrive. This strategic plan outlines a 5–10 year campaign to achieve that vision through evidence-based initiatives in transportation, healthcare access, and family support.

By aligning local policies with proven wellness and quality-of-life strategies, Holly Springs can foster better health outcomes, stronger community bonds, and sustainable economic growth. The plan is organized into clear focus areas with actionable steps, measurable benefits, funding strategies rooted in the town's budget reality, and a phased roadmap to guide implementation.

Core Principles for a Healthier Holly Springs

Our approach draws on lessons from communities around the world that have successfully improved quality of life and longevity. They share a few common traits:

- Built-in Daily Activity – Neighborhoods, parks, and streets designed so walking, biking, and other natural movement are part of everyday life.
- Purpose and Connection – Opportunities for residents to be engaged in civic life, find meaning in work or volunteering, and enjoy low-stress community spaces.
- Healthy, Accessible Food – Easy access to fresh produce, balanced meals, and spaces that encourage eating together.
- Strong Families and Social Ties – Family-friendly policies, events, and spaces that bring neighbors together and create a sense of belonging.



Holly Springs can adopt these principles locally by improving the places where residents spend most of their time, homes, streets, schools, workplaces, markets, parks, and gathering spaces, so healthy living becomes the natural default.

Strategic Initiatives

1. Better Traffic Flow: Walkability and Microtransit

Goal: Transform Holly Springs' transportation infrastructure to make walking, biking, and transit safe and convenient, reducing congestion and supporting daily physical activity.

- Improve Walkability – Invest in sidewalks, crosswalks, greenways, and bike lanes. Prioritize filling sidewalk gaps, especially near schools, parks, and shopping areas. Adopt a “Complete Streets” policy to ensure new road projects include pedestrian and cycling accommodations.
 - Expand Microtransit Services – Launch an on-demand shuttle system by early 2026, starting in high-need areas and expanding to town-wide service. This will connect neighborhoods, schools, businesses, and regional transit, reducing the need for short car trips.
 - Traffic Calming & Safety – Add crosswalks, pedestrian signals, and redesigned intersections to improve safety. Lower speed limits in residential and downtown areas to encourage more walking and biking.
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2. Better Access to Care: Town-Wide Direct Primary Care (DPC) System

Goal: Ensure all residents have affordable, preventive healthcare by building a DPC network in Holly Springs.

- Phase 1 (Years 1–2): Partner with a DPC provider to open a flagship clinic and offer membership to town employees and their families as a pilot program.
- Phase 2 (Years 3–5): Expand the network to all residents, recruiting more physicians or partnering with established providers. Encourage local employers to offer DPC as a benefit.



- Phase 3 (Years 6–10): Integrate DPC into a broader “Healthy Holly Springs” network, including telehealth and discounted specialty care, with options for uninsured residents funded through grants or partnerships.
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3. Better Support for Working Families: Family-Friendly Policies and Community Engagement

Goal: Make Holly Springs one of the most family-friendly towns in North Carolina by helping parents balance work and life, providing enriching opportunities for youth, and fostering strong social connections.

- Promote Family-Friendly Workplace Policies – Lead by example at the municipal level and encourage local businesses to adopt flexible scheduling, paid family leave, and childcare assistance.
 - Expand Childcare and Early Education – Support the creation of more quality, affordable childcare and after-school programs through incentives, partnerships, and the use of community spaces.
 - Build Social Connections – Organize regular community events, walking and biking groups, volunteer opportunities, and intergenerational programs. Partner with local organizations to create neighbor-to-neighbor support systems.
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Expected Benefits

- Improved Health Outcomes – Lower rates of obesity, chronic disease, and preventable hospital visits.
- Economic Growth – More attractive to employers and talent, increased foot traffic downtown, and reduced healthcare costs for families and businesses.
- Stronger Community Bonds – More opportunities for neighbors to connect, volunteer, and support one another.



Funding and Sustainability

This plan will be funded through a mix of municipal budget prioritization, state and federal grants, and public-private partnerships. Many initiatives, like DPC and microtransit, have proven cost-saving potential that can offset their initial investments over time.

Implementation Roadmap

Years 1–2:

- Pass a Town Council resolution committing to the vision.
- Launch quick-win programs like a “Walk with the Mayor” initiative, pilot microtransit routes, and a walking school bus at one elementary school.
- Begin DPC pilot for town employees.

Years 3–5:

- Expand microtransit and sidewalk network.
- Open additional DPC clinics.
- Certify Holly Springs as a family-friendly employer and launch a local business recognition program.

Years 6–10:

- Fully integrate DPC into community health resources.
 - Establish a recurring funding stream for wellness initiatives.
 - Host an annual Healthy Holly Springs Summit to track and celebrate progress.
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Why It Matters to Me

As a doctor, mom, and resident of Holly Springs, I believe every family deserves a town where it's easy to live well, with safe streets, accessible healthcare, and strong community connections. I've seen how our current systems can fall short, leaving families stressed and disconnected. With smart planning and community collaboration, we can make Holly Springs a place where every resident has the opportunity to live a healthier, happier, and more connected life.