

CoDesign Meeting #3 Health Equity

PARKS LOVE

Agenda

- Introductions
- Project Update
- Lynnwood Health Context
- Discussion Topics
 - Parks & Health**
 - Health Equity**
 - Partnerships**

What is your favorite way to exercise?

Project Update

- Community Outreach
- Focus Groups
- Park Conditions Assessment
- Forest Health Assessment



COMMUNITY HEALTH NEEDS ASSESSMENT 2021

Swedish Edmonds

Health priorities

- Mental Health
- Homelessness & housing instability
- Racism & discrimination
- Affordable childcare
- Access to health care
- Food insecurity



Identified Park Opportunities

- Physical & Mental Health
- Access to food
- Social cohesion (connection)



City of Lynnwood Healthy Communities Action Plan



In Partnership With



The City of Lynnwood will be a regional model for a sustainable vibrant community with engaged citizens and an accountable government.

Lynnwood Park Opportunities

- Address mental & social health
- Social cohesion & sense of place

Community Input

- Physical activity for all ages
- Trees for fresh air and shade
- Safety



Topic #1

Parks & Health

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A WALK WITH MY DOG ON THE TRAIL HELPS ME RELAX.

I'M GROWING VEGETABLES & FRUITS AT THE PARKS, COME JOIN ME!

I WANT TO WALK IN A FOREST!

I LOVE TO WORKOUT IN THE FRESH AIR.

IT'S GREAT TO DO YOGA IN NATURE.

How can Parks help?

<https://PollEv.com/lynnmcbride763>

Physical Health



Mental Health



Social Health



Topic #2

Health Equity

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***How do parks
support your
health &
wellbeing?***

***What are the
barriers?***

Physical Health

Diversity in park and program is good-they go to parks for specific amenities/feature s/the day

during peak covid parks were a great space for play dates for the kids

canceled the gym membership during covid. safer

outside gym with fresh air

adult friendly jungle gyms

getting vitamin d from sunlight

barrier - Not safe for children to walk to parks without supervision due to street hazards

road crossing is a barrier for children to explore on their own

barrier-access/ homeless/ intoxicated folks (not safe sometimes to bring children) does not feel safe at Gold park

celebration with family

a fun place to walk , trails

walking paths

yoga, run , walking paths,

more motivation to work out in the park rather than gym

place to play with children

dense forest can feel unsafe,

barrier-access for people with mobility issues

Required to drive to parks , would rather walk, bike lanes are not connected enough and not enough bike racks

Mental Health

walking and watching birds

place for team sports

free place to work out other than home or gym

destress, lowers anxiety, quiet walks, mindfulness walks, quiet walks, native plants, clears the mind

how many times a week? 5- goes to scriber lake because of the bark trails (soft for their foot injury)

Having a local/close park is beneficial

How do parks support your health & wellbeing?

water features, nature therapy, physical movement is good for mental health

nature can be calming, seeing the wind through trees is calming, wildlife,

escape from home/work in a safe space, being surrounded by trees ,bird call id

space to be yourself around others or by yourself, nature/forest baths

physical therapy and rehabilitation

What are the barriers?

Social Health

ACCESS VIA PUBLIC TRANSIT

picnic shelters

meeting new people

people watching

pickleball meet up app - laughing, exercise, fun and social --surrounding people going through cancer. People of all ages.

place for teens to go and be themselves without supervision

there's always people ready to play PB- it's been really helpful for people that have lost loved ones/going through hard times

high school lit court gets high use

barrier- transportation, pocket parks under a mile away is really important,

winter time/eve time use of sports courts (lighting the court and path to the court?)

team games like pickleball

area to bump into neighbors

gathering places, music and art in the park , pet friendly spaces

meet with friends, interacting , local orgs,

Will meet people at a park, but won't go alone (to play pb)

parks can be a free/public/safe space to go to alone

barrier- need wide sidewalks, walking on the road shoulder is unsafe. Existing sidewalks don't connect. Would like to walk to the park (car access or just enjoying the walk)

outdoor covered area during rainy season (physical activity besides picnic)

barrier- lighting. Extended lighting after dusk would help parks to feel safer "after hours"

barrier- weather.. not as big of deal because we are used to it.

What is Health Equity?

"Health equity means that everyone has a fair and just opportunity to be as healthy as possible.

This requires removing obstacles to health such as poverty, discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.^{2*}

—Robert Wood Johnson Foundation

Wellness Hub

Trusted gathering places that connect every member of the community to essential programs, services and spaces that advance health equity, improve health outcomes and enhance quality of life.

<https://storymaps.arcgis.com/stories/53045b41ea204719a6aacc92401f99ee>

The logo for 'PARKS LOVE' features the word 'PARKS' in a teal, sans-serif font, followed by 'LOVE' in a pink, sans-serif font. The letter 'A' in 'PARKS' is replaced by a stylized tree icon. A horizontal teal line is positioned below the text.

- **Showcase community resources**
- **Provide year-round or pop-up services in an accessible location**
- **Serve as gathering places for community members and visitors, which result in improved community connectedness and inclusion**
- **Promote results-driven, multisector partnerships among community businesses and organizations**
- **Improve the efficiency, affordability and sustainability of community services from the pooling of community resources, a significant benefit to under-resourced and underserved communities**

Wellness Hubs



Camp Programs



Public Gathering Spaces



Health Clinic Pop Ups



Community Gardens

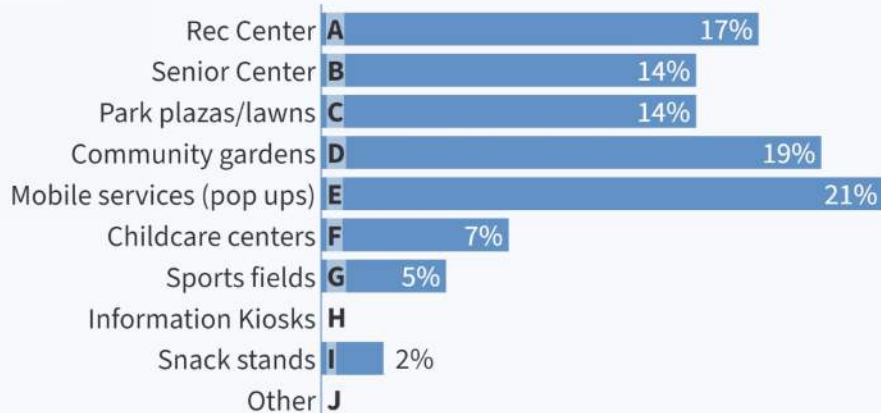
Poll: What park spaces provide the best venue for wellness hubs?

1. Rec Center
2. Senior Center
3. Park plazas/lawns
4. Community gardens
5. Mobile services (pop ups)
6. Childcare centers
7. Sports fields
8. Information Kiosks
9. Snack stands
10. Other

Results/

Discussion

What park spaces provide the best venue for wellness hubs?



what services are missing?
guided mindfulness,
holistic/naturopathic,
diabetes and blood
pressure awareness (equity
and vaccine mobile pop
ups)

the best space
depends on
the service
being provided

pea patches
are very
beneficial for
social and
physical health

rec center
wouldn't be the
best space unless
fresh fruits and
vegetables were
provided

parks that have
safety issues due to
homeless and drug
dependent people
could provide pop
up betterment
services

pop ups --
dental vans,
food
distribution,
blood drives

needs based
services
according to
context

holistic/naturopat
hic, diabetes and
blood pressure
awareness (equity
and vaccine
mobile pop ups)

community garden
food is used in
cooking classes in
the rec center, pay
what you can at
community cafe

a lot of those
organizations
existing aren't
going to where
the most help is
needed

poetry in
the park,
art therapy

pop
up

barrier- issue
reaching people
that have trouble
going to existing
events (non
mobile ones)

barrier- can be difficult to
be allowed to be in public
spaces (partnerships
would be really beneficial
so that these
organizations/services can
reach people)

Topic #3

Partnerships

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Partnerships

Food Partnerships

Social Services

Medical Partnerships

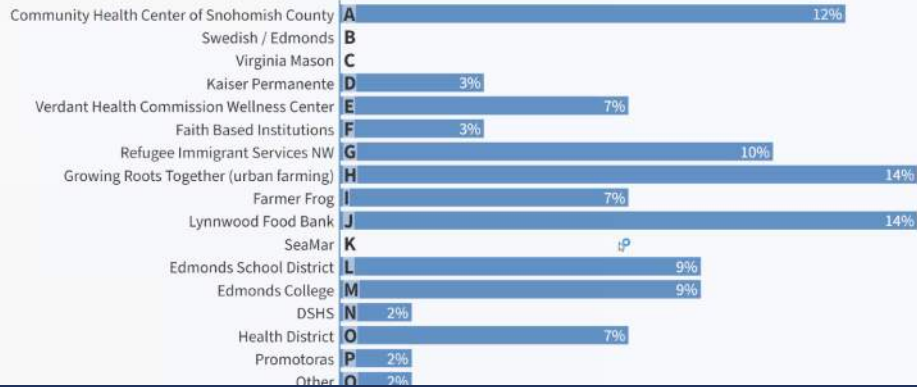


POLL: What park partnerships could connect the community to health, social and nutritional resources?

1. Community Health Center of Snohomish County
2. Swedish / Edmonds
3. Kaiser Permanente
4. Virginia Mason
5. Verdant Health Commission Wellness Center
6. Faith Based Institutions
7. Refugee Immigrant Services NW
8. Growing Roots Together (urban farming)
9. Farmer Frog
10. Lynnwood Food Bank
11. SeaMar
12. Edmonds School District
13. Edmonds College
14. DSHS
15. Health District
16. Promotoras
17. Other

Results/ Discussion

What park partnerships could connect the community to health, social and nutritional resources?



girls on
the run

bloodworks
mobile
donation
services

project
girl

rotary or
other
neutral
social org

homeless
services

ymca

lgbtq
youth

local key
clubs

Snohomish
tribes

step food-
distribution for
folks facing
food insecurity

healthy food is so
important for
everyone, and
knowledge on
how to grow food

medicinal
remedy
tutorials

plant id
walks

having food
banks at a
park that is
destigmatized

"snack
shack"

putting food
banks in
"normal
places" such
as parks

ice cream
truck style
mobile
food bank

mobile clothes
drive/other
resources/hygi
ene and
shower trucks

barrier- grant
driven, how can
we continue
programs when
funding ends??

Closing & Next Steps

- Next CoDesign #4
**Thursday December 8th
Resilience**
- Accessibility focus group Dec 1
- Review all community feedback
- 2023 Meetings- #5 and #6 TBA
- Stipend Invoices

Ah ha! take aways

likes
holistic
approach

safety issues
and barriers
are preventing
desired
activities

trade
offs

socialness
of parks

enough
green spaces
for activity in
parks

enough
green spaces
for activity in
parks

felt disconnected
to community
needs , the group
educated them