

**LYNNWOOD PARKS AND RECREATION BOARD
SPECIAL MEETING
MEETING MINUTES ~ June 5, 2013**

Welcome and Introductions –

Director Lynn Sordel and Mayor Don Gough welcomed the group and introduced Dr. Gary Goldbaum.

Snohomish Health District Presentation –

Dr. Gary Goldbaum praised Lynnwood for its efforts to help make a healthier community.

He presented the results of the Community Health Assessment and explained the methodology for determining the following Priority Issues:

- 1. Youth physical abuse**
- 2. Youth and adult obesity**
- 3. Suicide (adults and youth)**
4. Youth dental decay
5. Access to a primary care provider
6. No prenatal care during the first trimester

Development of these priorities is the first step in a process that will take years and involves the community in making itself healthy. The next step is to engage a wide range of community organizations and individuals to form Community Health Improvement Plan (CHIP) Teams in a long-term, systematic effort to address these priorities.

Audience Questions/Comments:

Q: How do we reach an individual who is content to sit in front of the television and eat junk food?

A: Dr. Goldbaum noted that health behaviors have traditionally been looked at as solely the responsibility of the individual. Society can make it easier for people to make healthy choices... developing destinations to walk to, listing menu items in order of caloric content, etc. There are tools that can be used in designing communities to encourage healthy communities.

Q: Are there “out of the box” ideas the Parks & Recreation Board can support in this effort?

A: Dr. Goldbaum responded that the CHIP process will help develop those kinds of opportunities.

Q: Are there differences in the health problems based on ethnicity?

A: Dr. Goldbaum indicated that this analysis has not been completed. The work to examine which populations are at the highest risk within the priority areas is just beginning.

Q: How about senior citizens?

A: Dr. Goldbaum indicated that senior citizens are a priority population but not the only one.

Q: How do you see organizations in the City helping in this effort?

A: Dr. Goldbaum responded that once organizations are on board in this process, resources can be focused and groups can work together to optimize resources and build a larger network.

C: Often we are told to “just stop” unhealthy behaviors. It’s too bad we sometimes have to face a major wake-up call to make healthy changes.

A: Dr. Goldbaum agreed and challenged everyone to make healthy changes now and work to make changes happen in the community.

Dr. Goldbaum encouraged audience members to become involved by emailing healthstats@snohd.org.

A copy of Dr. Goldbaum’s presentation is attached for reference.

Lynnwood Healthy Communities Presentation –

Director Lynn Sordel, Recreation Superintendent Joel Faber and Healthy Communities Coordinator Marielle Harrington reviewed the City’s recent and current efforts to meet its mission to “create a healthy community through people, parks, programs and partnerships.”

Priorities of increasing access to physical activity and healthy foods are being achieved through environmental improvements and capital investments including

street improvements, pedestrian safety, a bicycle plan, park and open space improvements and investments in City Center and parks. The renovation of the Recreation Center and other recreation programming allow the City to offer access to physical activities to all ages in the community.

Current initiatives include:

- Get Movin’
- Safe Routes to School
- Community Gardens
- Farmers Market
- Worksite Wellness
- Celebration of Food Festival
- Community Health Improvements Plans (CHIPs) in partnership with Snohomish Health District
- Verdant funded grant programs

Audience members were encouraged to learn more or become involved by visiting the City’s website.

Comprehensive Plan Update/Visioning Exercise –

Parks Planner Laurie Cowan announced the process to revise the Comprehensive Plan for Parks, Recreation & Cultural Arts - a comprehensive and strategic plan to guide staff in providing future park and recreation facilities and programs through 2025. She led a visioning exercise to identify priorities and asked for interested parties to serve on a steering committee to help develop the plan.