

LYNNWOOD PARKS AND RECREATION BOARD
MEETING MINUTES
August 5, 2015

10. Call to Order – 7:02 p.m.

20. Roll Call

Boardmember Aldrich	Director Sordel
Boardmember Gilbertson	Deputy Director Olson
Boardmember Hanson	Administrative Assistant Flesher
Boardmember Hildebrandt	
Boardmember Thompson	

30. Approval of Minutes – April 1, 2015 and July 1, 2015. Approved.

40. Written Communications – None.

50. Public Comments – None.

60. Comments from Boardmembers.

Boardmember Hildebrandt reported that she had attended the launch meeting for the Healthy Communities Action Plan and thought it was very well done.

Boardmember Gilbertson thanked staff for the tour of parks on July 1. He hopes to tour more parks at future meetings. He mentioned that customer traffic at the Recreation Center has been incredible when he's been there.

70. Resolutions and Other Business. None.

80. Staff Reports.

80.1 Healthy Communities Action Plan.

Deputy Director Olson reported that she, Healthy Communities Coordinator Marielle Harrington, and George Kosovich and Sue Waldin of Verdant Health Commission are teaming on a planning effort to develop a 10-year Healthy Communities Action Plan. The launch of this planning effort was held July 14 with community stakeholders. Items that are in the plan will be guided and executed by the City for the community. The same information is being shared with board and commission members and City directors. Boardmember Gilbertson noted how critical it would be for departments to work together collaboratively on such a project.

Ms. Olson noted that the team is using the World Health Organization's definition of health: "the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." The City's Comprehensive Plan includes a goal to create a 10-year Healthy Communities Action Plan. The timeline for this process aligns to the PARC plan timeline for drafting, approval and adoption.

Ms. Olson discussed the concept of social determinants – health care, health behaviors, physical environment, and socio-economic factors. It is well documented that the socio-economic factors are the biggest determinant of an individual's health.

Ms. Olson shared demographic information about the makeup and health of Lynnwood, including population by age and gender, income and poverty, and race and ethnicity.

The City's Healthy Communities efforts began in 2007. One of the first projects completed was the Safe Routes to School grant implementation in conjunction with Public Works. The Healthy Communities model is based on three pillars: infrastructure, policy and programming; the plan will also be built around those pillars. The three goals we are focused on are related to physical activity, food access and social connectedness. Ms. Olson reviewed the measures that will be used to determine the success of the plan implementation. Boardmember Gilbertson asked how those measures would be linked to the plan. Ms. Olson responded that, although there will be some linkages, the team is aware that many of these goals will be achieved in the long-term.

Ms. Olson reviewed the timeline for completion, adoption and outreach regarding the plan.

A brainstorming exercise was completed (see attached notes for reference).

Ms. Olson invited Boardmembers to serve on subcommittees if interested.

- 80.2 Bike2Health Project Update. Deputy Director Olson introduced the Bike2Health project. Funded by Verdant Health Commission, Bike2Health is a partnership between the cities of Lynnwood, Edmonds and Mountlake Terrace to connect bicycling infrastructure with a variety of improvements. The project will connect or improve roughly ten miles of bicycle network in an attempt to regionalize our bicycle network and connect to regional destinations and the Interurban Trail. Construction of the various improvements will take place in 2016 and 2017 with education and community-wide outreach through 2019. Public Works departments from the three cities are managing construction of project elements.

Boardmember Hildebrandt suggested connecting with Bike Works for outreach and engagement to low-income kids. Cascade Bicycle Club and Edmonds Bicycle Advocacy Group are currently involved.

- 80.3 Presentation to City Council on September 21. Canceled.

- 80.4 Staff Report/Project Update. A staff report was provided and discussed.

90. Messages from the City Council. None.

100. Adjournment – The meeting was adjourned at 9:07 p.m.

Action Plan Brainstorms	Infrastructure		
	Policy	Program	
Physical Activity			
walking trails	x		
improve walking score	x		
improve absence of long trails for safe walking away from traffic	x		
sidewalk features and standards		x	
regulate zoning - plants on sidewalks		x	
separated bike lanes - elevated or with curb	x	x	
report from Edmonds School District study - higher number of activity options linked to lower disciplinary actions			x
exercise equipment outdoors in parks	x		
parkour - design infrastructure and opportunities	x		
programs like Gear Up - measure to extend grants			x
universal access	x		
accessibility	x		
50-mile swim badge			x
silver sneakers - health insurance programs			x
sound steps program - walking and social connectedness			x
volkswalk			x
mark trails in parks with miles			x
public art walking tour - self-guided			x
senior zoo walkers			x
mall walkers			x
impact fees		x	
bike stop			x
access to scholarships		x	x
Food Access			
education - where to find affordable food and how to prepare it			x
more events like healthy food expo			x
education about healthy choices			x
more community gardens - evaluate demand versus need		x	x
education regarding availability of CSAs			x
Farmers Market - social networking, community hub, local food product			x
design pilot garden in a park			x
"Taste of" destination event (non-traditional - healthy foods, etc.)			x
commercial kitchen at phase II of Recreation Center with ethnic food programs			x
Social Connectedness			
Farmer's Market			x
Walking Groups			x
National Night Out			x
Neighborhood Block Parties			x
create/promote neighborhoods		x	
expansion of performing arts opportunities			x
community events featuring arts			x
city center - convening area/promenade with programs to bring people together - music, food, etc.	x		x
more picnic shelters in parks	x		
speaker programs/lectures/forums			x
innovative ways to engage/invite people			x
encourage Edmonds Community College to better advertise their programs			x
arts events at college			x
close off streets and have street parties			x
increased vehicles for senior programs	x		x
more hiking trips for seniors			x
have City Council conduct meetings in neighborhoods		x	x
"friends of" type groups - trails, parks, etc.			x
ethnic social gatherings at Recreation Center			x
access to scholarships		x	x
dog parks	x		