



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.



Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

World Health Organization

What is a Healthy Communities Plan?

The Healthy Communities Action Plan identifies and advocates for policies and environmental changes that make healthy food more available and affordable, increase access to safe opportunities for physical activity, and provide residents with information and social opportunities they can use to find their own ways to practice healthy living with a long term goal of impacting obesity rates and preventing chronic disease.

The Lynnwood Healthy Communities Action Plan is built around the community's top three health priorities:



Active Living

Increase physical activity by making it easy and safe to be active daily.



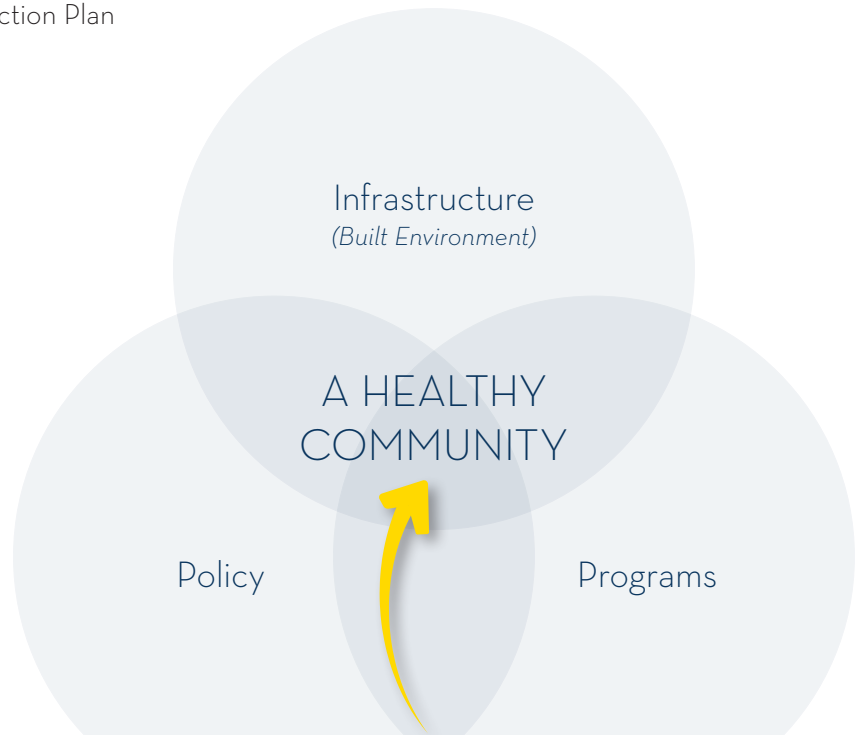
Food Access

Increase and support access for all Lynnwood residents to healthy, affordable, local foods.



Social Connectedness

Create and support strong, vibrant, social networks that promote social interaction and community cohesiveness.



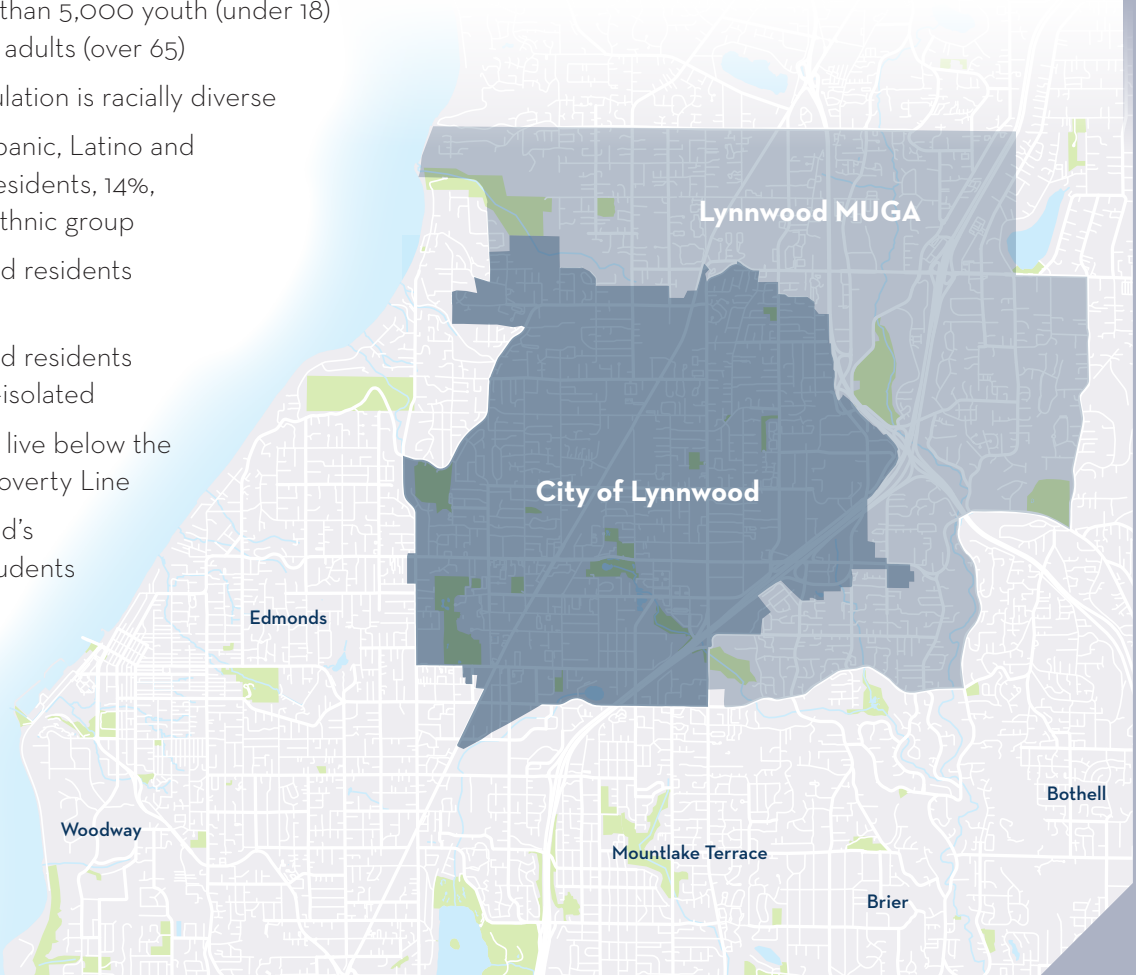
*A healthy community promotes well-being and offers a high quality of life. Its efforts rely on a combination of **policy, infrastructure improvements and programming** to help **make the healthy choice the easy choice.***

Our Community

The City of Lynnwood and its municipal urban growth area (MUGA) are situated in the northern half of the Edmonds School District boundaries. This area is a combined 15 square miles and represents more than 61,000 residents. Over the next ten years, the population is estimated to grow by more than 10,000.

In the City of Lynnwood today:

- There are more than 5,000 youth (under 18) and 7,500 older adults (over 65)
- 35% of the population is racially diverse
- Lynnwood's Hispanic, Latino and Spanish-origin residents, 14%, are the largest ethnic group
- 27% of Lynnwood residents are foreign-born
- 10% of Lynnwood residents are linguistically-isolated
- 16% of residents live below the 100% Federal Poverty Line
- 47% of Lynnwood's public school students are eligible for Free/Reduced lunch program



Health Equity

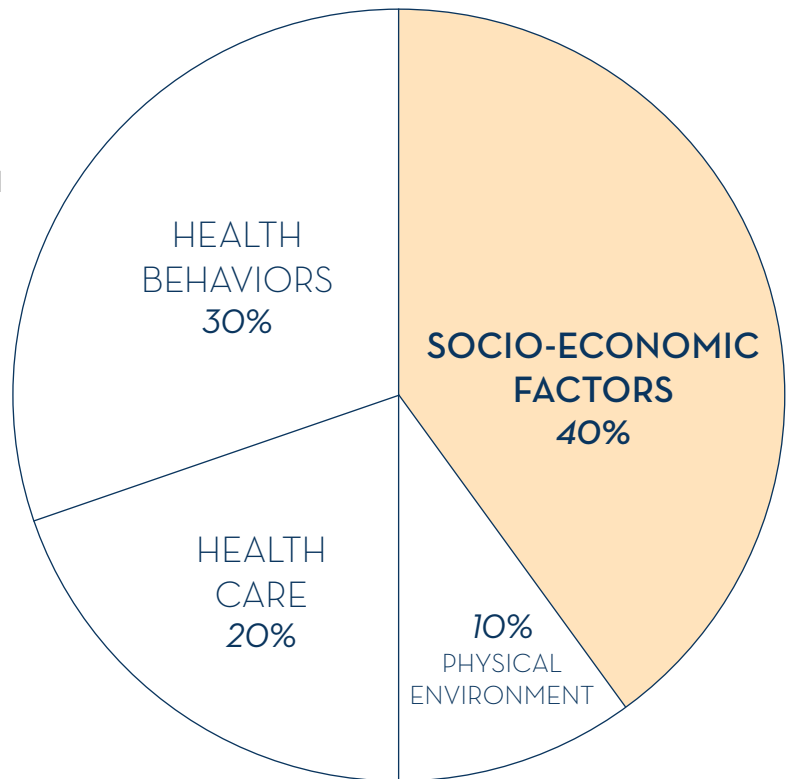
Health Disparities are differences in quality of health across racial, ethnic, sexual orientation and other socio-economic groups.

Health Equity occurs when all people have the opportunity to be as healthy as possible and no one is limited in achieving good health because of their social position or any other social determinant of health.

Social Determinants of Health are conditions in which we are born, grow, live, work, play and age. For health equity, these conditions include adequate income, secure employment and good working conditions, quality education, safe neighborhoods and housing, food security, the presence of social support networks, health care services, and freedom from racism and other forms of discrimination which all support health.

Elements of this action plan focus on the following populations:

- Aging adults
- Linguistically isolated residents
- Low income families
- Hispanic & Latino residents
- Youth
- Veterans



*The most important long-term impacts on health are **social determinants** and are the hardest to change.*

ACTIVE LIVING GOAL

Make it easy and safe
for residents to be
physically active daily.



ACTIVE LIVING THEMES

Walkable From Every Front Door // The Park Prescription // Outreach

Objective 1: Improve Lynnwood's built environment to support and promote walking, biking, and participation in other physical activities.

Action 1a: Make Lynnwood a safe, attractive, and accessible place to walk and bike.

- Update the Pedestrian and Bicycle Multi-Choice Transportation System plan to incorporate trails, storm, greenway and recreation corridors.
- Establish ongoing, dedicated, capital project funding to complete the Pedestrian and Bicycle Multi-Choice Transportation System.
- Annually review and prioritize the Pedestrian and Bicycle Multi-Choice Transportation System missing link segments and projects with an emphasis on improving connectivity to key destinations such as schools, transit, retail, and parks.
- Develop and implement way finding signage and monumentation standards that will prominently identify trails, multi-use corridors and recreational areas and highlight local destinations and amenities accessible from corridors.
- Identify opportunities to install new amenities and features along multi-choice corridors that serve as attractions, improve aesthetics and serve to increase utilization of the non-motorized infrastructure.
- Develop a Healthy Communities grant acquisition program focused on identification, acquisition and evaluation of funding, partnerships, grants and loan opportunities to support the multi-choice built environment improvements.

- Evaluate and update City of Lynnwood Municipal Code, Comprehensive Plan, Transportation Business Plan and city design and development standards with respect to providing options for implementation of Healthy Communities goals and objectives.
- Coordinate review of capital, utility and private development projects for concurrence with the Healthy Communities Action Plan.
- Evaluate and update policy on sidewalk standards, regulations and maintenance responsibilities to improve overall usability and utilization of sidewalks.
- Update the Tree Fund Ordinance to allow use of and incorporate trees and landscape material for aesthetic enhancements.

Action 1b: Improve or expand number of active spaces available for community use.

- Partner with school district to enhance community use of facilities for physical activity.
- Identify and address gaps or needs in the park system and increase the number of park amenities that improve access to physical activity.
- Identify dedicated funding sources such as impact fees, bonds or grant funding for infrastructure improvements that improve access to physical activity.
- Promote and enhance developer incentives to incorporate open space and/or recreation facilities in future development projects.

Objective 2: Develop or promote programs that encourage all residents to walk and be active daily.

Action 2a: Evaluate and address service gaps for providing free, low-cost programs.

Action 2b: Explore and expand partnerships to increase program opportunities for diverse populations.

Action 2c: Enhance promotions & communications of program opportunities that are accessible to the full community.

FOOD ACCESS GOAL

Increase and support access to healthy, affordable, local foods for all residents.



FOOD ACCESS THEMES

Healthy Choice // Learn // Share

Objective 1: Identify and support policies and programs that increase access to food and promote healthy food choice.

Action 1a: Encourage area restaurants and public service venues to offer healthier menu items and post nutritional information.

- Develop a voluntary, healthy-restaurant, certification program.
- Explore menu labeling policy for chain restaurants.
- Adopt policy and practices to expand healthy food options and limit sugary beverages and junk food sold in public service venues.

Action 1b: Increase educational opportunities for residents aimed at identifying, purchasing, storing and preparing healthy foods.

- Partner with organizations to expand healthy cooking education and food benefit programs for low-income residents.
- Explore opportunities to expand community kitchen facilities.
- Enhance promotion of food education and food access programs that are accessible for the full community.

Action 1c: Increase access to healthy foods for youth and families after school and during summer breaks.

- Partner with school district and other youth service organizations to increase participation in food programs.

Objective 2: Create policies and programs that increase and support the opportunities for local food production.

Action 2a: Develop policy to support the use of public lands for food production and gleaning for community and individual benefit.

- Review and amend policy including and not limited to land use regulations to support urban agriculture.
- Provide developer incentives to incorporate urban agriculture such as roof top, vertical, and/or community gardens.

Action 2b: Identify opportunities to create, expand or increase the number of community gardens in neighborhoods, workplaces, clinics, schools and faith-based organizations.

- Assess geographical opportunities for more gardens and available land.
- Develop a tool kit that supports residents and organizations to grow their own food.

SOCIAL CONNECTEDNESS GOAL

Create and support strong, vibrant, social networks that promote social interaction and community cohesiveness by providing physical gathering spaces and supporting programs and events.



SOCIAL CONNECTEDNESS THEMES

Gather Together // Work Together // Celebrate Together

Objective 1: Enhance social connection through improved community infrastructure and systems.

Action 1a: Identify opportunities and create public gathering spaces that enable residents of all ages to connect with each other.

- Evaluate and improve existing public gathering spaces.
- Identify opportunities for and create new gathering spaces on public and private lands.
- Acquire and develop future Town Square Park.

Action 1b: Build neighborhood identity and improve communication between residents and the City.

- Support the formation of neighborhood advisory groups to create a localized identity with an emphasis on making sure all residents and communities have active representation with the City.
- Support efforts for residents and city staff to problem-solve neighborhood issues in positive and proactive ways.
- Partner with neighborhoods and artists to incorporate art and attractive amenities to build connections between residents to their community and with each other.

Objective 2: Bring community members together around events, activities, and improved communication of community resources.

Action 2a: Partner with organizations and neighborhoods to support community events, activities and programs.

- Update policies to encourage neighborhood events and activities to enhance community image/pride and create a sense of place.
- Support and promote art and cultural events, cross-cultural activities, and other programs that network community members.
- Expand intergenerational programs that support aging residents.
- Support communications of community resources, services, and events using means that are accessible for the full community.

Action Plan Stakeholders

This plan was developed through a public process that included participation of more than 200 residents, stakeholders and community leaders.

City of Lynnwood

Nicola Smith, Mayor
Art Ceniza, City Administrator
Bill Franz, Public Works Director
David Kleitsch, Economic Development Director
Lynn Sordel, Parks, Recreation & Cultural Arts
Department Director
Jim Kelley, Information Technology Director
Lori Charles, Interim Human Resource Director
Paul Krauss, Community Development Director
Steve Jensen, Police Chief
Paulette Revoir, Court Administrator
Scott Cockrum, Fire Chief
Sonia Springer, Finance Director

City Council

Loren Simmonds, President
Ian Cotton, Vice President
Van AuBuchon
M. Christopher Boyer
Benjamin Goodwin
Sid Roberts
Ruth Ross

Project Team

Sarah Olson, City of Lynnwood
Marielle Harrington, City of Lynnwood
George Kosovich, Verdant Health Commission
Sue Waldin, Verdant Health Commission
Chris Hudyma, Edmonds Community College

Project Stakeholders

Alderwood-Terrace Rotary
American Cancer Society
American Diabetes Association
American Heart Association
B.I.K.E.S of Snohomish County
Boys and Girls Club of Snohomish County
Cascade Bicycle Club
Center for Human Services
CHC of Snohomish County
ChildStrive
Clothes for Kids
Community Members
Community Transit
Domestic Violence Services of Snohomish County
Edmonds Bicycle Advisory Group
Edmonds Community College
Edmonds Family Medicine
Edmonds School District
Experience Momentum
Farmer Frog
Fire District 1, Snohomish County
Fortera
Foundation for Edmonds School District
Global Peace Youth
Housing Hope
Korean Women's Association
LETI
Lutheran Community Services
Lynnwood Arts Commission
Lynnwood Diversity Commission
Lynnwood Food Bank

Lynnwood High School Students
Lynnwood Library Board
Lynnwood Parks Board
Lynnwood Planning Commission
Molina Healthcare
NAACP / Communities of Color
National Park Service
Neighbors in Need
Operation Military Family
Pacific Medical Centers, Lynnwood Clinic
Premera Blue Cross
Presbyterian Church USA
Providence Institute for Healthy Living
Puget Sound Kidney Centers Foundation
Rotary Club of Lynnwood
Seattle YMCA
Senior Services Snohomish County
Snohomish County Veterans
Snohomish County Health Leadership Coalition
Snohomish County Human Services
Snohomish Health District
Sno-Isle Libraries
Swedish/Edmonds
Trinity Lutheran Church
United Way of Snohomish County
University of Washington Bothell
Verdant Health Commission
Virginia Mason
Volunteers of America Western Washington
WithinReach
YMCA of Snohomish County
YWCA of King & Snohomish Counties

To learn more, visit www.ci.lynnwood.wa.us/HealthyCommunities