



Shoreline Partners4Health

Shoreline is served by multiple public and private organizations, including the Dale Turner Family Y, Shoreline Public Schools, Public Health: Seattle and King County, Shoreline Farmers Market Association, Shoreline-Lake Forest Park Senior Center, Shoreline Fire Department, and local human service non-profits, among others, that provide a wide range of activities for youth and adults to promote and support healthy lifestyle choices. The City works to mobilize, promote and expand the impact these groups have in Shoreline. Some of these partners' efforts include:

- Public Health: Seattle and King County encourages healthy behaviors through regulations and public information, including the wearing of bicycle helmets, the labeling of caloric information at chain-food establishments and the cessation of tobacco use.
- The Dale Turner Family Y, in partnership with the City, Shoreline Public Schools, and local churches, developed a new Summer Lunch Program for school age youth.
- The Center for Human Services, with City funding, provides classes and counseling to reduce tobacco use and substance abuse.

Upcoming activities include:

- Increase the impact in Shoreline of King County's *Let's Do This* wellness campaign by working to bring their activities and initiatives to Shoreline. (2012-2014)
- Promote local human service agencies' initiative, "Nourishing Networks," to ensure that no one in Shoreline lacks the nourishment they need to lead healthy lives. (2012-2014)
- Partner with Shoreline Neighborhood Associations to conduct neighborhood events and activities focused on healthy choices and leverage their efforts to promote *Shoreline4Health*.

Shoreline Plans4/Builds4Health

Shoreline is planning for and building a community that provides for safe and convenient walking, bicycling and other recreational opportunities. Here are some notable examples of plans and capital investments the City has made to achieve this goal:

- Adopted an updated Parks, Recreation and Open Space Plan, which identifies ways the City uses park construction and maintenance, recreational opportunities, and open space management and acquisition to support activity among residents.
- Constructed the Aurora Corridor Project and Interurban Trail Project, which provide sidewalks and trail along City's major north-south transportation corridor.
- Planned the Town Center Sub-area, which provides development guidelines that supports walking, bicycling and other forms of non-motorized transportation.
- Drafted the Transportation Master Plan, which sets a framework to support expanded opportunities for more pedestrian and bicycle facilities.
- Manage a sidewalk and trails programs, which supports physical activity, mobility and access for all ages and all ranges of physical ability.

Upcoming activities include:

- Construct Priority Sidewalk improvements on Ashworth Avenue N, Safe School Routes in the Briarcrest neighborhood, and additional pedestrian pathways identified in the Transportation Master Plan. (2011-2012)
- Complete trail and pedestrian connections funded with the City's 2006 Parks Bond and the King County Trail Levy. (2011-2013)



SHORELINE4HEALTH

A HEALTHY CITY STRATEGY WORK PLAN



Vision of a Healthy Community

The 2029 Shoreline Vision Statement, a 20-year community vision, describes Shoreline as a “healthy community.” To further this vision, the City Council adopted a goal to “develop a healthy city strategy.”

In pursuit of this goal the City uses its resources and influence to create an environment that supports and encourages community members to make healthy lifestyle choices around eating, physical activity and healthy behaviors. In other words, as a Healthy City, Shoreline works to build and support facilities, trails and pathways, offer programs, and increase the positive environmental factors that support healthy options for Shoreline residents.

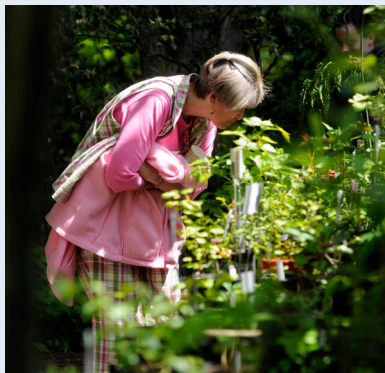
The Healthy City Strategy highlights the efforts and investments being made by the City of Shoreline and by partner organizations to further the City Council’s Healthy City goal.



Creating a Healthy City

Since the establishment of the Healthy City goal, the Council has emphasized the need for the City to engage in efforts that bring residents, community partners and businesses together to promote health and wellness in Shoreline. The objectives for the Healthy City Strategy are to:

- Develop and implement plans that promote a walkable and connected community,
- Invest in infrastructure that supports walking, cycling and other forms of non-motorized transportation,
- Maintain and enhance the City’s park, trail and open space system,
- Provide and expand accessible recreation programming,
- Support nutritious food access and consumption,
- Facilitate access to health and wellness information, and
- Enact regulations and policies that promote healthy lifestyle choices.



Shoreline4Health

Shoreline4Health, the City’s Healthy City campaign, provides activities and efforts that help establish, brand, and promote Shoreline as a Healthy City. Future activities and efforts include:

- Identify and brand activities in the City’s Parks and Recreation Guide and in our partners’ materials with the *Shoreline4Health* logo to enhance awareness of Healthy City activities. (2012-2014)
- Provide regular articles about healthy lifestyle choices in the City’s Currents newsletter and promote *Shoreline4Health* efforts through City communication channels. (2012-2014)
- Provide videos on the City’s website, Facebook page, and Government Access Cable Channel on healthy choices. (2012-2014)
- Establish a Tobacco Free Zone in all of Shoreline’s parks and public sites. (2012)
- Promote healthy lifestyle choices at City and community events, such as Celebrate Shoreline, the Richmond Beach Strawberry Festival, and the annual Great American Smokeout, among others. (2012-2014)
- Identify benchmark measures that track Shoreline’s progress as a Healthy City, including incorporating healthy city questions into the City’s biennial citizen survey. (2012-2013)

The *Shoreline4Health* campaign also serves as the umbrella for all of our Healthy City initiatives, which include:

- *Shoreline Recreates4Health*,
- *Shoreline Eats4Health*,
- *Shoreline Partners4Health*, and
- *Shoreline Plans4/Builds4Health*.



Shoreline Recreates4Health

Shoreline provides high quality recreation, aquatic and cultural experiences to the community through a wide range of programs. The following achievements highlight the success of Shoreline’s recreational programming efforts:

- Each year, over 100,000 Shoreline residents take a class, participate in a recreation or aquatic program, or “drop-in” to the pool or recreation center to swim, play, learn or work out.
- Shoreline’s parks and fields provide safe accessible places for hundreds of teams of youth and adults to play ball, as well as a place to practice Tai Chi or simply walk with friends.
- The Joint Use Agreement for athletic and cultural facilities between the City and the Shoreline School District provides for maximized use of limited recreational resources.

Upcoming activities include:

- Hold the annual Shoreline *Walks4Health* event. (2012-2014)
- Hold two parent focus groups to better understand parent wants and needs regarding youth classes and activities during non-school hours. (2011-2012)
- Develop a new on-line resource that gives parents and families easy access to information about classes and activities for children and youth during non-school hours. (2012)



Shoreline Eats4Health

Access to sources of healthy food and knowing how to prepare healthy meals provide the foundation for healthy diets and lower risk of obesity and diabetes. The following are notable examples of actions Shoreline has taken to advance healthy eating and access to food:

- Funded Meals on Wheels and the ‘lunches for seniors’ programs through the Shoreline-Lake Forest Park Senior Center.
- Funded Food Lifeline and Hopelink to provide nutritious food at the local food bank.

Upcoming activities include:

- Hold the annual Shoreline *Eats4Health* event, which will offer seminars and demonstrations by nutritionists and health and wellness experts. (2012-2014)
- Support the Shoreline Farmers Market Association in their development of a farmers market in Shoreline. (2011-2012)
- Support the expansion of community gardens and development of a Pea Patch in Shoreline. (2012-2014)

