Session Report

City of Kirkland

Step Up to Health Summit

Session Report

Prepared for:

The City of Kirkland

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Section I. Attendees

Meeting Sponsor

Jeff Price

Facilitators

K.C. O'Mara
Gary Leaf

Participants

City of Kirkland Residents

Table #1 – Juanita Bay

Teens

Table #2 – Peter Kirk

Seniors

Table #3 – Houghton

Professionals and Residents

Table #4 – Rose Hill

Seniors

Table #5 – Forbes Creek

Professionals and Residents

Table #6 – Waverly

Seniors

Table 7 – Highlands

Women Professionals and Residents

Table #***8 –Everest***

Professionals and Residents

Table #9 – McAuliffe

Professionals and Residents

Table #10 – Totem Lake

Professionals and Residents

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Section II. Introduction

On February 4, 2006, the City of Kirkland hosted a “Step Up to Health” summit with the focus on educating residents on issues regarding physical fitness. The residents participated in an afternoon Rapid Solutions session to brainstorm measures to create a cultural movement to increase physical activity in the Kirkland area. The session was facilitated by Shamrock Consulting, LLC. This report details the session, the Rapid Solutions Methodology and the results.

2.01 Background Information

The City of Kirkland has a strong commitment to the community and the health of their residents. The Step Up to Health program is a national campaign through the National Parks Association to help local park departments like the City of Kirkland to partner with their community to develop strategies to improve health, wellness, livability and physical exercise of their residents. The summit was co-sponsored by Evergreen Healthcare (Medical Center). Partners for the Summit included Evergreen Healthcare, University of Washington, Lake Washington School District and Seattle/King County Health.

Shamrock Consulting, LLC was contracted to provide services to facilitate an exercise to develop ideas in a collaborative a fun environment. A Rapid Solutions session creates a list of short, mid and long term solutions toward the Step Up to Health initiative. The purpose of this exercise is to create immediate results and momentum.

In preparation for this meeting we met with key individuals in the park department to gain an understanding of the goals of the session. Based on these meetings, we created a meeting topic:

“How can we encourage cultural change and influence increased physical activity in Kirkland?”

Section III. Session Kick-Off Activities

To set the stage for our efforts, there were a number of morning presentations by guest speakers regarding the importance of physical activity to maintain long term health. The residents were treated to lunch with samples of healthy food preparation by Bastyr University.

3.01 Meeting Topic Introductions

After the lunch break, Jeff Price introduced Shamrock Consulting, LLC and the purpose of the afternoon session. The question topic was discussed and instructions regarding the Rapid Solution methodology were presented.

Section IV. The Rapid Solutions Methodology

Rapid Solutions is a brainstorming exercise to assist individuals to collaborate on topical solutions. Before beginning the brainstorming session, we provided an overview of the methodology.

4.01 What is Rapid Solutions?

- A facilitated working session to identify solutions to a pre-defined set of objectives
- Encourages participants to work collaboratively to identify "out-of-the-box" solutions following specific criteria
- Solutions will be placed in a timeline grid based upon a set of criteria.

4.02 Rapid Solutions Objective

We reviewed the objective:

"How can we encourage cultural change and influence increased physical activity in Kirkland?"

4.03 Rapid Solutions Brainstorming Exercise #1

We began the first brainstorming exercise using the following methodology:

Methodology

- Each participant will create three ideas to our question
- The group discusses each objective and whether they meet the criteria
- The group decides the grid placement for each solution
- The facilitators roam the room providing guidance and enforcing adherence to the methodology

Solution Criteria

1. A solution must be phrased as an actionable statement (i.e. beginning with a verb) in 20 words or less
2. Consider the factors for grid placement of:
    - Time
    - People Resources (interest and advocacy)
    - Financial

4.04 Presentation and Grid Placement

The small groups followed specific parameters for discussion and grid placement.

Presentation and Grid Placement

1. Each table member must present why their solution meets the criteria
2. Explain the solution's level of difficulty and approximate time to implement
3. Conduct a Roundtable Discussion to determine the grid placement for implementation:
    - 0-6 months
    - 6 months – 2 years
    - 2+ years
4. Everyone must agree on placement of cards within the table grid

Grid Identifiers

a) Short Term Solutions (Less Complex, Quickest to Implement) – Can be implemented in 0 – 6 months

b) Mid-Term Solutions (More Complex, Longer to Implement) – Can be implemented in 6 months to 2 years

c) Long Term Solutions (Most Complex, Longest to Implement) – Can be implemented in 2+ years

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4.05 Evaluation and Meetingworks Submittal

Once the solutions were placed on the grid, the group began their small group evaluations using the following guidelines:

Methodology

- Each participant is given three “sticky dots”
- Each participant votes for their top three solutions
- The small group nominates a typist
- The typist submits the group’s top three solutions into Meetingworks
- Each table’s solutions will be identified on the overhead for presentation to the entire group
- The facilitators roam the room to assist in the evaluation exercise

4.06 Small Group Presentations/Large Group Dialogue

Each table’s solutions were collected and compiled into a large group and discussed using the following methodology:

Methodology

- Each table is given 10 minutes to present their solutions and answer questions
- In sequential order, the table presents their solutions
- The table nominates a spokesperson to present their ideas to the entire group
- Utilizing Meetingworks, each table’s solutions are presented to the group on the overhead projector
- A table identifier is provided to show which solutions are submitted (tables 1-10 – see names in Attendees section)
- Like solutions will be grouped together and combined into one solution in future exercises

The solutions submitted to the Large Group are contained in the following section:

4.07 Ideas Brainstormed and Presented by Small Groups

- [Everest]Take things that are traditionally inactive - and make them active (e.g. wine tasting, shopping, video games.)
- [Forbes Creek]Forbes Creek 1.1: Get people interested by having Tai Chi & Laughing exercises outdoors when weather permits in public parks
- [Forbes Creek]Identify obstacles to physical activity created by Govt. or yielded actively or passively by other public or private institutions.
- [Highlands]Step up to health bracelets ($1) to raise funds for long-term projects and set up friendly neighborhood competitions with prize of free class from park and rec eg. neighborhood that walks the most miles in the month, swims to longest, etc. Passports to document progress would be used.
    - [Everest]Walk about day - get stamped at various parks or checkpoints and get prizes/incentives.
    - [Totem Lake]Have a Kirkland "Walk Day". Encourage people to walk in their neighborhoods on a specific day. Minimal cost & publicity on city website.
- [Highlands]2.1 Friendly competition between cities in Biggest Loser vein -- weigh-in of total community and then re-weigh several months later-- John Curley to promote
- [Houghton]ST- Community bulletin boards to advertise activities.
- [Houghton]ST- Walk children to school or bus stop.
- [Juanita Bay] make a "most miles run" contest in schools with prize.
- [Juanita Bay]set up a health fair with workshops and products related to health
- [Peter Kirk] Publish more information about activities, free activities and bus routes to get there.
- [Peter Kirk]St-Provide sidewalks routes with measures on them so people can determine how far they walk.
    - [McAuliffe]Mileage markers on existing paths/trails
    - [McAuliffe]Expand pathway trail system with directional signage including reflexology path
    - [Totem Lake]Promoting existing resources such as signs and trail maps.
- [Rose Hill]Better lighting along Lake Street for evening walking
- [Rose Hill]Build exercise stations throughout Kirkland to encourage additional physical conditioning
- [Waverly]Expand the Sound Steps program in terms of times and additional opportunities for participations for all age groups
- [Waverly]Open up schools and gyms for family use

4.08 Prioritizing Large Group Solutions

During the discussion, the large group reviewed three short or mid term solutions and one long term solution from each table. The long term solutions were placed in another "window" to discuss later. The purpose of the session was to develop a prioritized list of shorter term solutions to create community momentum toward the Step Up to Health initiative.

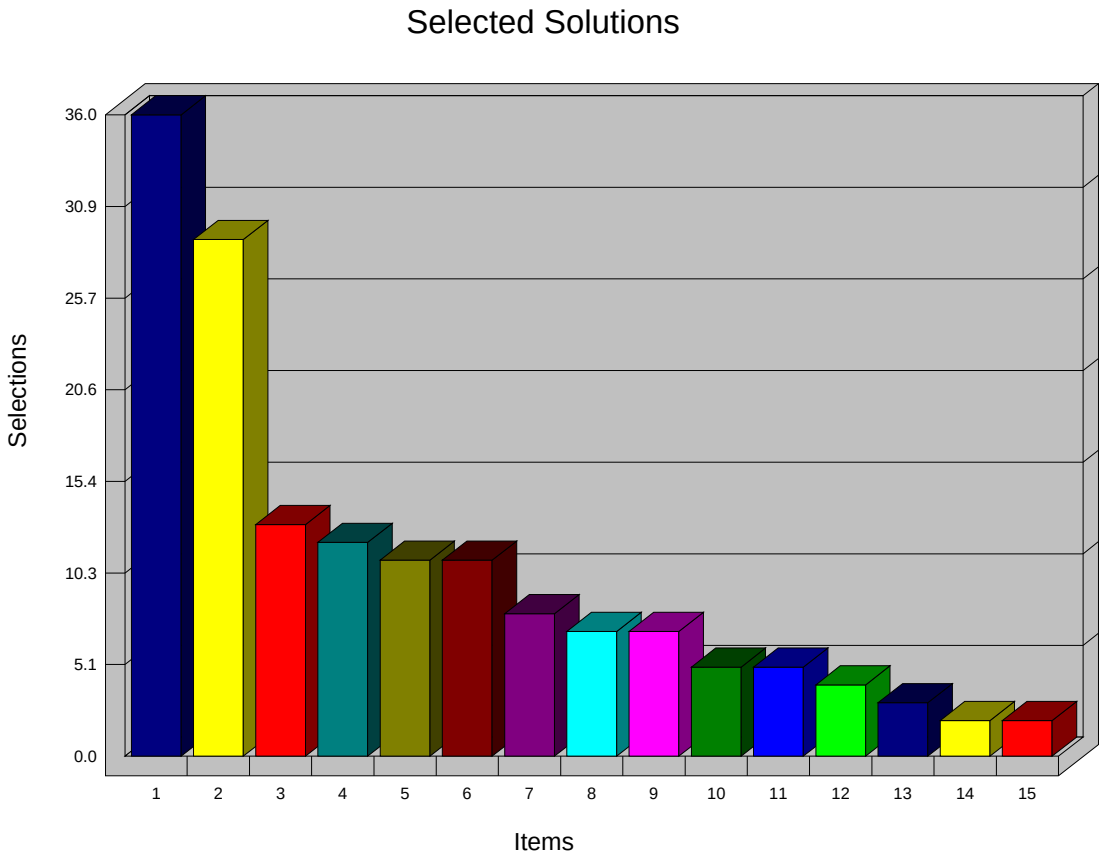
A show of hands vote was collected for all short term solutions adhering the following methodology:

Methodology

- The participants were given a few minutes to review the list of final solutions reviewed by the large group
- Each participant was asked to pick their top three solutions
- By a show of hands, they voted for their favorite solutions
- The hands were counted and entered into Meetingworks for a final tally

The result of this exercise is presented in the following section:

4.09 Prioritized Ideas



(36 responses)

# Item	Total Points
1. [Highlands]Step up to health bracelets ($1) to raise funds for long-term projects and set up friendly neighborhood competitions with prize of free class from park and rec eg. neighborhood that walks the most miles in the month, swims to longest, etc. Passports to document progress would be used.	36
2. [Peter Kirk] Provide sidewalks routes with measures on them so people can determine how far they walk.	29
3. [Waverly]Open up schools and gyms for family use	13
4. [Peter Kirk] Publish more information about activities, free activities and bus routes to get there.	12
5. [Highlands]2.1 Friendly competition between cities in Biggest Loser vein -- weigh-in of total community and then re-weigh several months later-- John Curley to promote	11
6. [Juanita Bay]set up a health fair with workshops and	11

products related to health	
7. [Rose Hill]Build exercise stations throughout Kirkland to encourage additional physical conditioning	8
8. [Juanita Bay] make a "most miles run" contest in schools with prize.	7
9. [Waverly]Expand the Sound Steps program in terms of times and additional opportunities for participations for all age groups	7
10. [Everest] Take things that are traditionally inactive - and make them active (e.g. wine tasting, shopping, video games.)	5
11. [Houghton] Community bulletin boards to advertise activities.	5
12. [Houghton] Walk children to school or bus stop.	4
13. [Rose Hill]Better lighting along Lake Street for evening walking	3
14. [Forbes Creek]Forbes Creek 1.1: Get people interested by having Tai Chi & Laughing exercises outdoors when weather permits in public parks	2
15. [Forbes Creek] Identify obstacles to physical activity created by Govt. or yielded actively or passively by other public or private institutions.	2

4.10 Action Teams

At the end of the session, Jeff Price distributed surveys with opportunities for the residents to volunteer to be part of an action team.

Section V. Long Term Ideas

The following list represents the long term ideas and the number of show of hands votes that resulted:

- [Everest]LT: Public Recreation Center - Full community service, pool, activities, gyms, sports fields, etc.
  - [Peter Kirk]LT - Build a recreation complex for the City of Kirkland
  - [Rose Hill]LT - Build indoor swimming facility with underground parking
  - [McAuliffe]LT-City build Community Health activity center in partnership with School District and Evergreen Health Care
  - [Juanita Bay]LT-add a gym to teen center with a free or discounted membership for teens. also create an incentive, such as PE credits in school.(create a free or cheap gym just for teens)
  - [Waverly]LT - Build and indoor swimming pool
  - [Highlands]Community pool and fitness center where present outdoor pool is located. Allow for community groups to rent for jump-rope, dancing etc. Hold a different dance a week event, . . .
  - **Total Votes: 44**
- [Houghton]LT- Cover Peter Kirk Pool and open all year.
  - **Total Votes: 3**
- [Forbes Creek]LT: Install Reflexology Paths in various Kirkland Park Facilities, starting with Peter Kirk.
  - **Total Votes: 7**
- [Totem Lake]LT-Install sidewalks in every neighborhood to help create safe paths/environments to children walking to school.
  - **Total Votes: 7**

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Section VI. Appendix

The following is a listing of the solutions that were collected during this session

Table #1 Juanita Bay (Teens)

Short Term

- Walk your dog campaign/contest
- Field trips to a swimming pool if some schools don't have them
- Free lap pools open all year for teens to go and exercise
- More diverse teen centers – add fitness centers just for teens
- Make signs in parks to promote running and other activities
- Place more bike racks to promote bicycling
- Set up health fair with workshops and products related to health
- A most miles contest in schools: compete against other schools

Mid Term

- Schools should have more options like summer programs encouraging you to be more active
- Various competitive triathlons with yearly records to beat
- Kirkland's Biggest Loser Show
- A teen mini Ironman
- Instead of taking school P.E. you can go to the teen gym and get credit
- Schools should have open gyms and more activities for everyone and not just for basketball people
- Giving schools more funding for better equipment so that students have more choices for exercising activities
- Raffles, contests and games where teens can compete on weight loss and exercise
- Discounts on memberships for gyms for those who attend health events

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- Teen rooms added to YMCA type gyms and a discounted teen membership
- Have more gyms like hiking, swimming and stuff like that
- More opportunities for the youth to go out and enjoy the outside world

Long Term

- Offer family related runs or marathons with programs specifically oriented to each age group
- Make more facilities that are indoor and outdoor (like ice rinks and indoor basketball courts)
- YMCAs and other community centers should be located in easy to find locations

Table #2 Peter Kirk (Seniors)

Short Term

- Create “pickle-ball” court and multi-use courts
- Provide more active recreation with adaptive equipment for seniors (i.e. foam volleyball indoors)
- Provide routes with measures on them so that people can determine how far they walk
- Back to basics: provide more recreation with balls – bocce balls, croquet, tennis and volleyball

Long Term

- More sidewalks and safe walking lighting
- Increase options for active recreation for seniors (i.e. North Shore Senior Center tennis, Thursday p.m.)

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Table #3 Houghton (Professionals and Residents)

Short Term

- Tai Chi and Laughing Exercises in the Peter Kirk Park

Mid Term

- Design strategies to mitigate or remove obstacles to physical activities (i.e. walking)
- Whenever the exercise program is ongoing, introduce flex time so that if you miss a class, then you could do it on other days

Long Term

- Construct new sidewalks in residential areas that don't have them
- Arrange trips to Kirkland Park facilities or Bastyr University for reflexology walks and let people decide where they will do the walks
- Covered Totem Lake Mall – walking paths with blood pressure stations
- Enlarge skateboard park for kids' activities

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Table #4 Rose Hill (Seniors)

Short Term

- More lighting in garages
- Exercise classes that don't have to be paid for at the Senior Center. Interact with grocery shoppers schedule so that they can be moving, motivating instead of just sitting and drinking coffee.
- Better lighting along Lake Street for walking – keep shrubs trimmed so as not to hide – walking signs
- Provide child care for mom classes or mom and me classes at facilities to encourage participation
- Pair less active with those who need more physical activities
- Expanded scavenger hunts as nature walks with volunteer leaders
- Provide more guided walks for all ages with informed volunteers

Mid Term

- Shuffle board for all at the Senior Center; horseshoes outside at the park or lawn bowling
- Shuffle boards for seniors and teens – a couple of outdoor courts; they could have tournaments within each unit and against each group

Long Term

- Build centralized fitness center to meet needs of the community at large

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Table #5 Forbes Creek (Middle Aged Folks)

Short Term

- Reflexology Path
- Dog Jog – have a route where people can go through Kirkland; have stations for healthy dog treats and healthy people treats

Table #6 Waverly (Seniors)

Short Term

- Provide transportation when needed for group activities
- Senior rates for water aerobics class at Juanita High School
- Encourage existing programs to enhance as demand increases – consider joining neighborhood jurisdictions and elementary schools
- Walk with neighbors and friends program at more than the 10AM Tuesday/Thursday Sound Steps days
- Awareness/Education
- Schedule walking times at all Lake Washington School District Tracks at various times and days
- Open up gyms and schools for families for volleyball, basketball, etc
- Exercise classes in elementary gyms, pick up games in gyms

Mid Term

- Broaden City walking program (Sound Steps) to more days
- Schools have daily P.E. classes
- Publicize existing nutritional fitness events such as national health and wellness week
- Schedule low impact sports like ping pong and badminton for seniors with shoulder impairment
- More bike commuter lanes
- Communicate programs through neighborhood associations
- Educate citizens by printing a new fitness opportunity each month in garbage or energy bill
- Piggy back on other community events with other nearby communities

Long Term

- Pathway sidewalk building and improvements
- More/safer bike lanes

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- Build facilities to encourage participation and accommodate increased demand
- Safer neighborhoods: sidewalks paved
- Provide incentives for how many hours of planned/sponsored exercise programs a person does a month (e.g. reduction in heating bill or garbage bill)

Table #7 Highlands (Women Professionals and Residents)

Short Term

- Step up to Health Bracelets
- Step up to Health poster usage among businesses
- Eliminate the out of Kirkland fees for park and recreation classes
- Open school gyms and recreation centers to public on a regular basis for play time (e.g. jump rope teams)
- Friendly competition: Olympics format within neighborhood groups
- Provide incentives for getting kids to walk: use books similar to what libraries use to encourage kids to read
- Form neighborhood walking clubs with mileage recorded for most active neighborhood
- Have a travel/motion passport competition for all residents with winner declared to be “most motivated/fit ambassador”
- Maps of walkable communities and mileage
- Community walk day “x” days/month free

Mid Term

- Install adult fitness stations at parks especially those with playground structures
- Promote rideshare programs in neighborhoods
- Old fashioned community day with sack races and feats of strength
- Integrate Bastyr student instructors to teach health, wellness and nutrition in schools
- Host triathlons for kids in conjunction with adults
- Sponsor walk to school week community walk
- More health days in response to family and fitness day USA
- Have community challenges

- Mentorship program with fitness person – arrange a buddy network to work with each other

- Integrated program with schools and seniors: Grandma and me setting fitness goals as a family activity

- Make Kirkland the dance city of Washington State: Country/Western, Indian Bangra (e.g. shake your booty day is Sunday in Kirkland). Slowly introduce yoga as a warm-up. Weekly dance nights change dance every week. Solicit volunteers to help teach.

Long Term

- Increase signage and points of interest

- Send out newsletters updating the community on upcoming events, walking groups

- Better segregation of sidewalk/bike riding area from roadway

- Increase sidewalks in neighborhoods

Table #8 Everest (Professionals and Residents)

Short Term

- Ask people who don't do anything what it would take to get them to do something
- Survey inactive people to find barriers to inactivity
- Walk and wine; walk 'til you drop store to store; video game circuit
- Walk about day getting stamped at various checkpoints; prizes and rally at end of the course
- Hold walking and cycling classes for people to feel more equipped
- Pay parking close to stores; free parking for longer walk to stores
- Start easy and small – make it look like something other than physical activity
- Create incentives to make backyard gardening easier
- Get school district to commit to active living through incentives
- Yoga instructor at park that anyone can attend at Noon
- Explanation of park and recreation programs to adults
- Waterfront exercise equipment on walking circuits

Mid Term

- Pay Kirkland workers (people who work in Kirkland) to walk or bike to work
- Car free pedestrian zones in downtown
- Impose tax on vehicle miles of travel
- Racquetball facilities

Long Term

- Disallow students to drive to school
- Charge higher rates for school parking
- Develop more soccer/rugby fields accessible to adult sports leagues (lots of youth, very little for adult leagues)
- Make covered safe walkways from parking to stores

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Table #9 McAullife (Professionals and Residents)

Short Term

- When new Totem Lake is developed, create mall walking program
- Link bike routes to other cities so that Kirkland residents can bike to work easier
- Mileage Markers
  - Paint distance markers on park trails/paths
  - Trail/path signage (arrows) demonstration project
  - Partner with schools to encourage walking and jogging

Mid Term

- Paths
  - Build reflexology paths at Heritage Park
  - Series of trails/paths
  - Install public pathway signs where appropriate
  - More trails/paths for roller blading, running and bicycling
- Walking Event: A question:"What if everyone in Kirkland took a walk (on the same day)?
- More P.E. in schools
- Health Fair in Kirkland (something like the bite of Kirkland near the Marina, but change it to have healthy food, upstairs, fat analysis booths, gym representation, exercise demos, activity adventure information – hiking, etc, REI booth, etc)
- Non traditional P.A. outlets for youth and teens (non school, non club, low cost)

Long Term

- Sidewalks
- Improve bus service (not just in Kirkland, but all Eastside)

  Minimize P.E. Waivers in Middle and High Schools

Table #10 Totem Lake (Middle Aged Folks)

Short Term

- Promote Existing Resources (walking maps, park trails and use the stair signs
  - Utilize existing walking maps/park trails
  - Continue promoting “use stair” signs and other encouraging signs throughout the community
  - Place “take the stair sign” in all buildings with elevators in Kirkland
  - Sponsor “car free” days
  - Start free sponsored dance programs, kayak programs, ladies’ exercise, family fun programs
- Form Senior Center activity groups, walking groups, ladies’ exercise, single aerobic mixers and ballroom dancing
- Neighborhood challenges, school challenges

Mid Term

- Continue to develop the Juanita Beach park and solicit community involvement
  - Stop planning, start doing
  - Juanita beach rentals: kayaks, bicycles, floating paddle boats, walk promenade
- Communications
  - Improve communication of group recreational opportunities
  - Identify low cost or free activities and publicize them
  - Media influence is key…Can we somehow push the enthusiasm and energy that is evidenced today to King County...specifically, TV and magazines
- Health Awareness
  - Health Awareness with rewards: Give community recognition to the success of Kirkland’s “green and lean” city

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Long Term

- When new Totem Lake is developed, create mall walking program
- Link bike routes to other cities so that Kirkland residents can bike to work easier