



CITY OF KIRKLAND

Department of Parks & Community Services

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MEMORANDUM

To: Dave Ramsay, City Manager

From: Jennifer Schroder, Director of Parks
Carrie Hite, Community Services Manager
Jeff Price, Recreation Supervisor

Date: July 6, 2005

Subject: Step Up to Health Initiative

The City of Kirkland is beginning a new initiative on improving and educating our community in the area of health, wellness, livability and nutrition. The culmination of the “Step Up to Health” campaign will be a community-wide summit on Saturday, February 4, 2006 hosted by Evergreen Medical Center. The summit will feature experts in the field of health and wellness, results from an on-going community-wide survey of healthy options already available in Kirkland, and an opportunity for participants to identify specific goals for our community to work on over the months ahead. A committee will be forming soon to develop the details of this effort. The Summit will be chaired by City Council member Joan McBride.

Background

“Step Up to Health” is a national initiative developed by the National Recreation and Park Association to help local park and recreation departments partner with new and existing agencies and individuals on areas of health, wellness and nutrition. This new endeavor thru our department parallels current efforts underway by councilmember Joan McBride, who has been very active in this area. Council member McBride and our department are combining efforts to begin the “Step Up to Health Initiative” in our community.

Currently, the state of Washington has one of the highest obesity rates in the country (CDC), and 21% of our youth in high school are either overweight or at risk of being overweight (CDC). A community-wide summit, sponsored by the City of Kirkland, will foster new partnerships and strengthen existing ones as we work together to improve livability for our residents.