

2008 Sitka Health Summit Outcomes

Common themes and visions

An urgent need for increasing our community's connection, sense of place, and livability through common ground community design

Creating a sustainable community, accessible and livable for everyone, including youth and the elderly (focusing on enjoyment!)

Sitka is a place where wellness and health is supported and encouraged by all employers and is embraced by all employees resulting in happy healthy employees and their families.

Ideas

The participants of the 2008 Health Summit broke into small groups. These groups then brainstormed ideas and identified a few that they thought were the most powerful. The smaller groups then presented their ideas to the full group, and all voted on the ideas that they were most committed to working toward for the next year. The top five were chosen as priority areas for this year.

Just because an idea was not chosen by the full group as a priority area does not mean that it isn't a good idea, not that it isn't worth pursuing this year. The top five chosen are those that ALL health summit participants are committed to pursuing.

The first nine of these brainstormed ideas are ranked by the popularity of all the Health Summit planning participants, the rest are in no particular order.

Ideas	Other Information
1) A regular market with local stuff + fisher's Market	Action Steps: Survey potential vendors find a venue ID space find coordinator convene fish industry find other vendors find "best practices" from other communities
2) Food Security for All Community Greenhouse	Nutritious, culturally appropriate access for all to healthy options not needing to be privileged to eat well assistance for low income families to purchase fruits and vegetables Greenhouse is free use/distribution/low cost use fruits and vegetables as part of community landscape

Ideas	Other Information
3) Vibrant community center	<p>i.e. an outdoor green space, with shelter and a discovery place for kids</p> <p>Action steps:</p> <p>Identify available spaces</p> <p>Identify Activities - do a survey of what the public wants more of</p>
4) Support Hames Athletic and Wellness Center	<p>Action Steps:</p> <p>Identify Funding</p> <p>Sustainability Plan</p> <p>Purchase Building</p> <p>Address Deferred Maintenance</p>
5) Walkability Analysis	<p>Action Steps:</p> <p>Research how to do it, develop RFP</p> <p>Healthy Development checklist</p> <p>Identify geographic areas to measure - school areas, downtown epicenter - wayfinding</p> <p>Identify community group to do it</p> <p>Apply for funding to improve (e.g. Safe Routes to Schools and Passenger excise tax)</p> <p>Consider:</p> <p>Snow removal</p> <p>Rain/wind shelter</p> <p>separated pathways</p> <p>colonnades</p> <p>way finding</p> <p>covered bike racks</p> <p>lockers and showers</p> <p>water fountains</p> <p>GIS inventory</p> <p>cross walks</p>
6) Coastal Community Template	<p>Action Steps:</p> <p>Complete Streets policy</p> <p>Coastline celebration</p> <p>Establish design guidelines: scenic, multi-use, blight removal</p> <p>Engage SE Conference</p> <p>Encourage State to embrace all modes of transportation</p>
7) Eat together, Eat Better	<p>A family meal campaign</p>
8) Address needs of / celebrate kids, special needs, elders	<p>Create discovery points: Swan lake, Crescent Harbor strip, Totem Square</p>
(9) Hire employee wellness coordinator for worksites that opt in	

Ideas	Other Information
E.A.T. (Easy And Tasty)	Multi-level campaign focused on increasing fruits and vegetables, cooking, and nutrition education community classes recipes on cookbook and web Nutrition Fair /Harvest Berry Festival/market Involve kids in growing/harvesting/preparing fruits and vegetables Traditional and historical use of plant foods
Lay out common gathering areas	Action Steps: Textual elements sitting areas Activities for Kids “How big are your wings?” \$ (head tax, but what about outside town center?)
Overarching process to bring diverse groups together for planning and vision (common ground community design)	Action Steps: Assembly Advocacy Community Advocacy / Outreach “The Sitka Health Summit says...”
Nice garbage cans	Action Steps: Get on Park and Rec Agenda
Double participation, increase awareness and frequency of Sitka Wellness Coalition	
Create central calendar (website/ print/media) of wellness activities and community programs	
Sponsor preventative screenings	
Increase Wellness Day options at workplace	
Improve Access to Airport Causeway	Action Steps: Access to land address security issues work on design gain community support
Promote the connection between arts and health, foster community awareness of the importance of the arts	Action Steps: Inventory what’s happening in the arts in Sitka Improve the community calendar system, unify the calendars - have a common website
Honor Youth: have youth awards so they know they are part of the community	Action Steps: Inventory existing awards programs Invite youth as partners in the planning and implementation Include a way to pull in disenfranchised youth