



Live Well Kingston Commission
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LiveWellKingston.org
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Department of Health and Wellness 2018 Summary

Office Staff: 1 Part-time

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2018 Budget: \$57,500

Department Functions:

The Department of Health and Wellness is charged with coordinating the Live Well Kingston Commission (LWK), being a community health liaison, and supporting projects that increase health in the City of Kingston. It is a new department that was created in 2018 with funding from a local foundation.

Coordinating the Live Well Kingston Commission includes the support of its five subcommittees: Eat Well, Play Well, Travel Well, Age Well, and Heal Well. These “Focus Teams” built coalitions with 37 local community organizations during 40 meetings in 2018. Along with coordination, the department is tasked with communicating about health, community organizations and LWK initiatives. This is done through social media, website content and blog posts, meeting notes, radio interviews and networking.

The department has added capacity to the City by assisting with transportation projects and outreach events. Community organizations have benefited from the Health and Wellness department when it organized the Kingston City School District’s Health and Wellness committee meetings, supported the Health Alliance of the Hudson Valley’s health assessment, assisted with the organization of Community Action’s senior dinner and supported other community projects.

2018 Accomplishments:

Developed a new department for the City of Kingston

- Created goals and fleshed out the budget
- Managed an intern
- Learned the purchasing, timekeeping, and other general government systems
- Put out a request for quotes
- Hired a marketing company

Developed the LWK Commission

- Recreated a new Focus Team (subcommittee): Heal Well

The Live Well Kingston Commission promotes the advancement of a healthy and active community by bringing partners and residents together to facilitate policy, environmental and systems changes.

- Developed action plans, project criteria, rules of procedure and a system for endorsing letters of support
- Went through the process of finding and recommending new board members

Increased LWK communications

- Created a marketing plan
- Posted 10 blog posts along with social media prompts
- Posted 174 times to the LWK FB page, our most popular post reached 2,300 people
- Traffic on the LWK website is up 221% over the previous year (3,492 vs. 1,086 visits)
- Created a tabling banner, rollup sign and tablecloth
- Highlighted LWK in the 2018 Kingston Visitor's Guide
- Updated the LWK website and moved it to a new hosting service
- Created maps of food, physical activity, and health services on the LWK website
- Appeared on 7 radio shows
- Tabled at 2 community events and the City's employee benefits fair where *Good & Cheap* cookbooks were distributed
- Presented at the Health Alliance of the Hudson Valley volunteer luncheon
- Was interviewed for the Kingston Times article *Toward a Healthier Kingston (9/13/18)*
- Networked at numerous community meetings including Seniors Settled and Serving in Place, Bringing Agencies Together, and the Healthy Ulster Council

Other accomplishments

- Applied for and received a CFA state grant for a pedestrian and bicycle master plan
- Supported City projects like the Kingston Point Rail Trail and events like Earth Day, the High Water Festival, and Midtown Make a Difference Day
- Created numerous community contacts
- Hosted weekly walks, an after-work yoga series and a bike-to-work challenge for employees
- Managed a pedestrian and bicycle count at 4 locations, during three days on Broadway
- Supported the repeal of an unused bicycle registration law

2019 Goals:

- Manage the pedestrian and bicycle master plan project
- Develop a workplace wellness program
- Increase participation in LWK and all the Focus Teams
- Have conversations about health equity
- Create a social media policy for the LWK Commission
- Initiate policy, environment and systems change training for LWK participants
- Host a park clean-up
- Increase staff time to a full-time position
- Research and apply for more grant funding
- Support sidewalk improvement