



2018 Live Well Kingston Commission Action Plan

Goal	Objective	Strategies
Develop LWK Commission	Work with Coordinator to develop commission	Develop Rules of Procedure, Project/Initiative Criteria, Policies
Increase knowledge of the LWK Commission	Theme, marquee event or advertising campaign	For event or campaign: define demographic and desired outcome. Could be a public service announcement or health encouragement campaign
Encourage health equity	Ask Focus Groups to report on their progress	Research and share info about health equity in a culturally competent manner
		Translate key documents into Spanish

Goal	Objective	Strategies
Healthy and affordable food available to all residents (See Eat Well for more details)	Enhance communications about available healthy food	Design a system for capturing regular updates about Eat Well-related initiatives happening in Kingston
		Use LWK website and social media to promote locations where residents can get free or low-cost healthy food regardless of income
	Increase transportation options for residents to healthy food	Advocate for an improved busing plan for more access to healthy food.



Goal	Objective	Strategies
All users are able to safely and easily navigate Kingston's streets on foot, on bicycle, or in a wheelchair (See Travel Well for more details)	Support Complete Streets practices	Research and become an advocate for complete streets philosophy and practices
	Support a culture of walking and biking	Support sidewalk improvement districts policy
	Support the vision of the Kingston Greenline	Support the consideration of pedestrians and cyclists in all transportation projects
		Liaison with the Kingston Land Trust and support transportation, land, and trail projects

Goal	Objective	Strategies
Senior citizens have ample, accessible opportunities for physical activity, healthy eating and social interaction. (See Age Well for more details)	Become aware of Senior issues	Research and become aware of senior issues in our community
	Enhance senior communications	Develop LWK communications
	Improve access to transportation	Support Travel Well initiatives
	Support the development of a senior center	Increase participation of volunteers in the UC Office for the Aging transportation volunteer program
		Regarding the Senior Center: talk with Mayor and interested parties and develop action plan



Goal	Objective	Strategies
Kingston's parks and play spaces are safe and attractive to all ages of people	Support the Play Well Focus Team	Encourage membership and regular meetings of the Play Well Focus Team
	Support the City's Parks and Rec Department	Research history of, Increase communications about, and encourage compliance of the smoke-free parks policy
		Identify next project from Parks and Rec Master Plan
		Advocate for safe routes and inviting accessible entrances to public spaces
		Support the Play Well parks survey

Goal	Objective	Strategies
All Kingston residents have access to health services Support Health systems to encourage activity and non-medical solutions to combat obesity and chronic disease	Develop action plans	Support the HAHV & Ulster County Health assessment projects. Review the assessments when complete.
	Encourage providers to use non-medical solutions to combat obesity and lifestyle chronic disease	Enhance health and services communications