

# HEALTH & WELLNESS ELEMENT

## GOALS, OBJECTIVES & POLICIES

The City has created Goals, Objectives & Policies specific to the Health and Wellness Element. These are intended to be a starting point in a conversation with the Mount Vernon community and it is expected that this list will grow and change with public input.

### HEALTH & WELLNESS GOAL 1: SUPPORT COMMUNITY HEALTH PRACTICES TARGETED AT IMPROVING THE HEALTH OF MOUNT VERNON RESIDENTS.

- Policy 1.1: Continue promoting and educating the public about the importance of health and wellness.
- Policy 1.2: Continue fostering partnerships with others such as Skagit County Regional Health, Skagit County Public Health and the Mount Vernon Farmers Market to participate in efforts to promote healthy lifestyles and positive health outcomes.

### HEALTH & WELLNESS GOAL 2: IMPROVE THE SAFETY OF NEIGHBORHOODS AND PUBLIC SPACES.

- Policy 2.1: Study ways to improve neighborhood involvement in crime prevention, neighborhood beautification, and the reduction of blight throughout the City.
- Policy 2.2: Use Crime Prevention Through Environmental Design (CPTED) principles to make places like abandoned buildings, vacant lots and homes, and underpasses safer for the community.
- Policy 2.3: Strive to enhance resident involvement in neighborhood improvement efforts such as the landscaping of public spaces and community garden projects.
- Policy 2.4: Adopt development regulations that facilitate natural surveillance in public spaces through design, allowed uses and programming.

### HEALTH & WELLNESS GOAL 3: PROVIDE ACCESS TO A RANGE OF GOODS AND SERVICES, RECREATIONAL AMENITIES, AND SCHOOLS WITHIN COMFORTABLE WALKING DISTANCE OF HIGHER DENSITY RESIDENTIAL AREAS.

- Policy 3.1: Ensure that high density residential areas are planned and developed in areas where residents can safely and conveniently walk to parks, trails, open spaces, schools, restaurants and grocery stores.
- Policy 3.2: Encourage areas of smaller scale retail uses within walking distance (one-quarter mile) of higher density residential areas.

### HEALTH & WELLNESS GOAL 4: PRIORITIZE THE BEAUTIFICATION OF THE CITY.

- Policy 4.1: Consider the adoption of development regulations that endeavor to eliminate concentrations of poverty within residential neighborhoods.
- Policy 4.2: Make streets, trails and other public spaces more visually appealing and comfortable for the public by ensuring that street trees are planted, landscaping is maintained and regularly inspecting and cleaning these areas.
- Policy 4.3: Encourage the placement of public art throughout the City.

**HEALTH & WELLNESS GOAL 5: GIVE PRECEDENCE TO THE MAINTENANCE AND CREATION OF A PEDESTRIAN NETWORK WITH THE GOAL OF FACILITATING RESIDENTS SAFELY AND COMFORTABLY WALKING TO THEIR DESTINATIONS.**

- Policy 5.1: Prioritize the mitigation of locations with sidewalk deficiencies to improve pedestrian safety and to increase walking. Where sidewalk deficiencies are identified prioritize improvements in areas closest to schools and parks.