

**Palo Alto Comprehensive Plan Amendment
Community Services Element Review
October 4th, 2011 Key Stakeholders Meeting Notes**

Healthy Lifestyles

1. How does the City get the word out about programs out to the community?
2. People come to our programs, not our community centers
3. People don't perceive that some of our buildings are community centers
4. Many felt that having 50% of residents having stated they visited our community center as a good number.
5. Several commented that they have not visited a community center since their children are grown.
6. Nice buildings are important.
7. Changes at Downtown Library have brought people there.
8. A youth commented that she felt a building was a community center when she had to go thru a central lobby and was greeted and made to feel welcome for being there. Many of our sites people can just go directly to the class where their program is, so it feels more like a building, not a community center.
9. Need for a healthy grocery store in south Palo Alto.
10. Need for more farmers' markets in different parts of town.
11. Traveling fruit delivery truck.
12. Healthy food truck to come to Gunn High School.
13. Comment was made that farmers markets serve as a community meeting place.
14. Create partnership with PAUSD for healthy food/easy permit process for healthy food trucks.
15. City has great bike trails and pools (city and non city)
16. Better communication of programs with residents...perhaps use cartoons in Utility Bill.
17. Create a Volunteers Co/op Bank where residents could exchange services (i.e. lawn care for computer repair service.)
18. City wide volunteer program - New York City has a volunteer "passport". They list all the volunteers needs in the city and a person gets a stamp for each type of task that they do.
19. Healthy Vending machines in City buildings.
20. More healthy events that are "institutionalized" that are city wide. For example "Palo Alto Swims Day" or Palo Alto Plays Tennis" and work in cooperation with all public and private groups in the city that have these types of facilities to be open on the same day.
21. Healthier School Lunches.

3. The promotion of a healthy lifestyle – general wellness

3c)

- Provide prominent health classes
- More basic health/work-out centers
- Walking groups (neighborhood) level of activity
- Bulletin board (electronic)
- Finding exercise routes
- City isn't perceived as really promoting healthy lifestyles – Palo Alto independently healthy/ seeks healthy options
- Accessible, basic fitness centers

- Awareness/advertisement of availabilities
 - Events within schools encouraging healthy lifestyles
 - Healthier food choices – local businesses promoting healthier food
 - School system behind in healthy food promotion
 - Promoting gardening
 - Making programs fit with teen schedules
 - Safe space for emotional needs
 - Fun/active activities
 - Diversity in programs to fit all interests
 - Provide multigenerational space/ programs
- 3d)
- Providing common activities/ interests for all ages
 - Schools help connect people/parents
 - Encourage neighborhood bonding (i.e. block parties)
 - Safe/comfortable groupings – common interests
 - Main Library – teen orientated – specifically designed spaces

1.1 The promotion of a healthy lifestyle – general wellness

1. Resident surveys indicate that only 50% of residents visit their community centers during the year. What strategies would you suggest the City employ to make our community centers more accessible or appealing to different populations? Are there real and or perceived barriers to the use of these community centers that the City should address / remove / reduce?
2. Knowing that the City's fiscal resources are highly constrained, what is the right balance the City should strike between developing or enhancing services versus developing new or improving existing facilities?
3. What strategies do you think the City should employ to encourage healthy diet and lifestyles? Are there different strategies for different age groups?
4. Is the City perceived as promoting a healthy lifestyle in our community? If not where are the gaps – how should the City do a better job of promoting a healthy lifestyle? Where should the City provide more emphasis, resources?
 - City does not have much role other than providing input for healthy school lunches, building bike path and tunnels.
 - City lacks pedestrian accessibility to bike paths and tunnels.
 - City should create spaces for healthy lifestyle.
 - Conduct study to better use the existing facilities without building any new facilities.
 - City currently does a good job in organizing special activities.
 - Organize more events for seniors facilitating mental health issues, built senior day care centers run by City.
 - Develop policy for caregivers (funded by City of Palo Alto).
 - Use existing City facilities for senior use more.

PROMOTION OF GENERAL WELLNESS/HEALTHY LIFESTYLE

- There is far too much depression with our youth and seniors
- Special events to balance out PAUSD education needed
- Don't be myopic, learn from other cities
- Not enough going on; lack Special Events
 - Address social, mental, and active health
- Tap into what citizens want instead of planning events in a vacuum
- Hand back to teens findings and task teens with making it happen
- Health epidemic ... education ... lack of resources to address health issues ... both Parents and Teens ... this even more prevalent in the Ventura neighborhood.
- Prevention costs less than cure
- There is too much social isolation; City should encourage more community interaction. Simple things like how seating in parks and public spaces are designed i.e. need to encourage community gathering
- Special Events are very important to youth and teens
- Generally, education taught in schools about health is adequate/effective
 - But there are select populations in need of outreach, such as Spanish speakers and Ventura neighborhood
- Should "Healthy Lifestyles" be the role of the City?
 - Health education should be left to others
 - There are other institutions focusing on health better equipped to
 - The City should play the role of convener, facilitator, bringing people together to help address community social, health issues