

2022 Live Well Kingston Commission Report

Live Well Kingston brings partners and residents together to facilitate policy, environmental, and systems changes that result in a healthy and active community.

Goal	Objective	Strategy & Tactics	Accomplishments
1. Oversee Focus Teams	A. Review Actions Plans, receive reports, and give direction if needed. Special focus on reinvigorating Travel Well and Play Well.	Emily will bring in a new staff member who will help facilitate more Focus Team meetings.	<p>New staff (Marsha) started March 7, 2022, and has been supporting Age Well, Grow Well and Play Well. Kristin has been supporting Eat Well and Heal Well. Emily leads Travel Well and Commission.</p> <ul style="list-style-type: none"> ● Heal Well Action Plan ● Travel Well Meeting Notes ● Play Well Action Plan ● Eat Well Action Plan ● Age Well Action Plan (2021) ● Grow Well Action Plan
2. Support the health of our community	2. A. Assess local Veteran resources	<ul style="list-style-type: none"> ● Ask Heal Well to coordinate the assessment; including outreach ● Brainstorm potential pilot projects, policy, Environment and Systems Change. 	<ul style="list-style-type: none"> ● Heal Well did a mental health panel on 5/5/22 which can be viewed here. ● Heal Well talked about Veterans' needs, senior needs, mental health, and covid responses. ● Wrote letters of support: <ul style="list-style-type: none"> ● YMCA Farm Project, NYSAG&M Grant ● Senator Hinchey, Support for Senate Bill S7534 ● City of Kingston, Consolidated Funding Applications, Dietz Improvements, Skate Park, Wetlands Public Access, Brownfields ● MiSN, Breastfeeding (H&W Dept, not LWK) ● City of Kingston, Mobil Mental Health Co-Response
	2. B. Communications: Continue to support communications to the wider community and between Focus Teams	<ul style="list-style-type: none"> ● Reserve the November Commission meeting for an All Focus Team update meeting ● Brainstorm ways to connect with other City Commissions 	<ul style="list-style-type: none"> ● The 11/22 LWK Meeting hosted presentations from all the Focus Teams.

<p>3. Increase community representation and project decision-making on the LWK Commission</p>	<p>3. A. Develop a stipend pilot program for LWK participants</p>	<ul style="list-style-type: none"> ● Emily will put together a brainstorming team to create a proposal that is brought to LWK for feedback 	<p>The stipend project is still in development. Grow Well has applied for a grant to fund garden steward stipends 11/22.</p>
<p>4. Advise Mayor and Common Council on pertinent individual and public health and social determinants of health related issues</p>	<p>4. A Develop a common language that defines social determinants of health and public health 4. B Identify community health issues and present to LWK Commission for discussion and approval</p>	<ul style="list-style-type: none"> ● Presentations and Communications informing about Social Determinants of Health* and Public Health. ● Start envisioning what Health in all policies would look like 	<ul style="list-style-type: none"> ● At 3/16 Commission meeting we discussed what the social determinants of health mean to us all.

[LWK 2021 Action Plan](#)

[LWK 2022 Action Plan](#)

- *Goals – these are high level descriptors of the outcome you wish to create. They are described using broad qualitative terms.*
- *Objectives – these are the specific outcomes that define your goal. They are often described in specific quantitative measures.*
- *Strategy – This is the high level plan you will follow to achieve the goals.*
- *Tactics – They are specific actions you will take to achieve the goals.*