

# Marysville HEALTHY COMMUNITIES Project



There are 1440 minutes in a day - it takes just 20 minutes a day of physical activity to increase your metabolism and help you lose weight.



Our Purpose: Provide a framework in which Marysville's policymakers can build and support an environment that makes it easier for Marysville residents to choose healthy foods and be physically active.



Need a walking partner to help motivate you? Ask your dog. They never say no, and they're ready to go at the sound of a rattling leash.



Drinking water is important if you're trying to lose weight. Some studies show that dehydration can be mistaken for hunger when all you need is some water.



healthy community  
= healthy lifestyle

Summer 2007

The City of Marysville is proud to share with you this Executive Summary for the Marysville Healthy Communities Action Plan. The Action Plan, which you can read in detail at [www.marysvillehealthycommunitiesproject.com](http://www.marysvillehealthycommunitiesproject.com), serves as the blueprint for Marysville to become a healthier community, done through a collaborative, community-based policy approach.

District, state Department of Health, a leadership team including City Administration, Parks and Recreation, School District, Everett Clinic, Marysville/North County YMCA, and an advisory committee drawing from all ages, backgrounds and talents in the community, we completed the planning stages with a strong action plan.

## What are the traits of a healthy community? Marysville aims to find out.

Obesity and chronic diseases brought on by lack of physical activity and poor nutritional habits are reaching epidemic levels in communities across the nation and in Washington state. Marysville is not immune to these trends.

But Marysville, chosen as the pilot city in Snohomish County, has accepted the challenge to reverse these damaging trends.



Healthy Communities is about creating an environment that encourages healthier lifestyles in our community.

The Healthy Communities project mobilizes cities and towns to develop and implement nutrition and physical activity action plans consistent with the Washington State Nutrition and Physical Activity Plan. Working together over eight months with the Snohomish Health

### The Marysville action plan describes four priority areas:

- Increase the number of active community environments, such as more parks, trails, and a transportation network more complimentary to walking and bicycling;
- Increase the amount of fruit and vegetable consumption promoting healthier eating among all ages;
- Increase access to and promotion of healthy foods at restaurants and businesses; and
- Increase the number of people who have access to low-cost or free recreational opportunities.

We are ready to move and we need your help. After reading the action plan, if you would like to get involved, there is contact information on the last page of this brochure. Let's get moving, Marysville!

Dennis L. Kendall, Mayor

## Leadership/Planning Team

Eric Hatzenbuehler, Health Educator, Snohomish Health District

Dennis Kendall, Mayor, City of Marysville

Jim Ballew, Parks and Recreation Director, Marysville

Carmen Rasmussen, City Councilmember

John Soriano, City Councilmember

Gloria Hirashima, Community Development Director, City of Marysville

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Tara Mizell, Recreation Services Manager, City of Marysville

Steve Muller, Marysville Planning Commission

Colleen Clark, Everett Clinic

Gail Miller, Marysville School District

Greg Erickson, Marysville School District

Pete Lundberg, Marysville School District

Ursula Ranke, Marysville School District

Wendy Bart, Marysville/North County YMCA

## Community Advisory Committee Members

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Bev Anderson  
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Marysville School District  
Marysville Sno-Isle Regional Library  
Greater Marysville Tulalip Chamber of Commerce  
Marysville/North County YMCA  
Everett Clinic  
Sea-Mar Community Health Center  
Marysville Community Coalition  
Snohomish County Network  
WSU Cooperative Extension

Summit Rehabilitation  
Tulalip Tribes  
Community Transit  
Marysville Globe  
Costco  
Campfire USA  
Golden Corral Restaurant  
Bowenwork Health Center  
Gold's Gym  
Academy Northwest  
KungFu4Kids  
Sunnyside Nursery  
Let's Dish

# Marysville Healthy Communities Project Action Plan at a Glance



## Priority No. 1 - Increase the Number of Active Community Environments

**Recommendation:** Utilize urban planning approaches that promote physical activity

- Plan and fund a network of streets, pathways, parks & trails that support walking & biking within and between Marysville neighborhoods, city centers, schools, and senior centers.

## Priority No. 2 - Access to Health-Promoting Foods

**Recommendation:** Increase consumption of fruit and vegetables.

- Increase consumption of fruits and vegetables through Marysville Community Food Bank.
- Increase the number of ESL students/families participating in the Marysville School District free/reduced breakfast & lunch program.
- Establish Marysville Community Garden(s) Project.
- Establish a congregate meal site for older adults.



**Recommendation:** Increase access to and promotion of healthful foods and beverages at restaurants and businesses.

- Ensure restaurants provide nutrition labeling on all menus.

## Priority No. 3 - Increase the Number of People Who Have Access to Low Cost or Free Recreational Opportunities

**Recommendation:** Improve and maintain existing recreation sites and facilities in Marysville.

- Develop model policies and programming efforts to increase access to public facilities for physical activity.
- Increase community ownership, involvement in, and use of public facilities by establishing Adopt-A-Park Volunteer Program.
- Increase opportunities for play by building “fitness/activity” courses and providing covered recreation facilities in selected parks.
- Explore establishing community center(s) throughout Marysville.



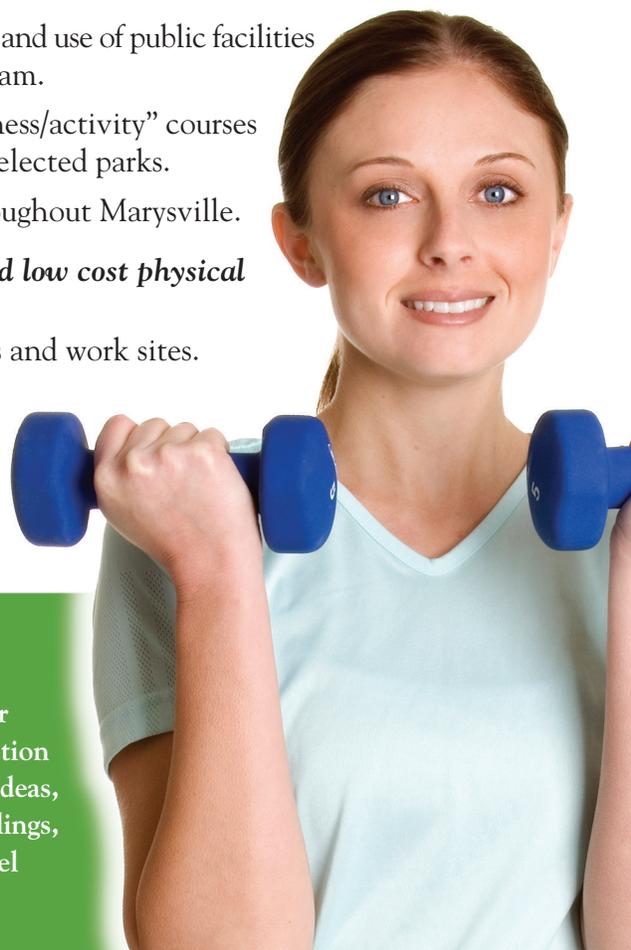
**Recommendation:** Increase the number of free and low cost physical activity opportunities in Marysville.

- Establish intramural sports programs in schools and work sites.

To view the complete version of the action plans in full detail, visit the Healthy Communities Project web site at [www.marysvillehealthycommunitiesproject.com](http://www.marysvillehealthycommunitiesproject.com)

## you're invited...

The Marysville Healthy Communities Project wants to invite you and your family to a fun and informative community celebration. We'll share the action plan and kick off the implementation stage of the project. Food and fitness ideas, interactive hands-on displays, and more! Look for details in future City mailings, local media, the Healthy Communities website and Marysville cable channel TV21 for details. Scheduled for Fall 2007 or early 2008.



## How big are we?

In a Report on Obesity in Snohomish County published by the Snohomish Health District in May 2007, Marysville and other north county cities earned the unflattering distinction of having the highest prevalence of adult obesity (27%).

Clearly, we need to work on ourselves to set a better example for our children.

Countywide, we already have nearly twice the percentage of obese youth as the Healthy People 2010 goal of 5% - Marysville, as a community, must use the Healthy Communities Project to reverse this trend.



## Healthy Communities needs your talents, expertise and willingness to volunteer

The Marysville Healthy Communities Project is seeking volunteers to become involved in the Nutrition and Physical Activity Action Plan Implementation Committee. We are looking for volunteers to share in carrying out the Project's established action plans.

Please complete this handy clipout form and mail to:  
**Marysville Healthy Communities Project, Marysville Parks and Recreation, 6915 Armar Road, Marysville, WA 98270.**

You can also complete this form on the Healthy Communities website at [www.marysvillehealthycommunitiesproject.com](http://www.marysvillehealthycommunitiesproject.com) - Click "volunteer."

### Please check area(s) of interest:

- Biking/Walking/Trails/Community Centers/  
Parks Advisory Group
- Food Bank
- Increasing Enrollment in Free/  
Reduced School Breakfast & Lunch
- Community Gardens
- Congregate Meal Sites
- Menu labeling
- Adopt-A-Park Program
- Activity Courses & Covered Playgrounds
- Intramural Sports Programs

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_



### Contacts:

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