

DRAFT MATERIAL Safety and Wellness Topics, Goals, Objectives and Actions

The following draft goals, objectives and actions have been compiled from the November through March focus group meetings along with feedback from listening session worksheets. Please note that similar statements/concepts have been combined and some statements have been sorted into either broad goal statements or more specific objective statements. Also, some statements may have been edited to clarify the meaning, provide consistency in style and format or to conform with legal concepts. Further refinement, consolidation, and even shifting of statements to other focus groups is anticipated.

Topic 1: Bike/Walk/Trail

There is a need to enhance the mobility of our community by increasing alternative transportation choices in order to improve the health and wellness of the population. Transportation services and systems can be improved to provide increased access for underserved populations and locations around the city.

Goal 1: Encourage healthy lifestyles by having a complete active transportation and transit network for all abilities and recreational opportunities that are safe, clean, beautiful, and navigable.

Objectives:

1. Develop a system of connected active transportation and transit routes in the community including connectivity between neighborhoods and community spaces such as schools, shopping centers and parks.
2. Provide opportunities to enhance, promote and incentivize active transportation and transit options by working with local organization and entities such as the business community.
3. Provide transportation options for the population that is unable to drive. (Elderly, youth, households that don't own cars)
4. Ensure that neighborhood plans consider active transportation.
5. Promote safety of all transportation systems including vehicular, active transportation and transit options.
6. Make transportation improvements to enhance safety for all transportation systems including vehicular, active transportation and transit.
7. Establish and encourage the use of safe routes to schools by emphasizing active transportation.
8. Establish a mode-split goal for the overall transportation system.

Actions:

1. Complete and maintain the sidewalk and trail system.
2. Invest in sidewalks near schools, in order to expand and promote safe routes to school, coordinating with schools and community partners.
3. Educate people about traffic laws and enforce such laws to improve safety for bicyclists, pedestrians and vehicle traffic.
4. Enforce snow removal regulations for clearing rights-of-way and sidewalks.
5. Encourage maintenance and regular updating of the Missoula Active Transportation Plan to ensure relevant policy decisions.
6. Support free fares and expanding hours of public transit service.
7. Support the development and maintenance of new bike infrastructure.
8. Invest in transportation improvements to promote safety and reduce crashes.
9. Invest in transportation improvement to reduce bicycle/car/pedestrian conflicts.

Topic 2: Parks, Recreation and Open Space

Areas around Missoula lack proximity to parks and open recreation space along with the necessary connectivity to existing available recreation areas. Additionally, parks, recreation and open space may be proximal to living areas but the residents aren't aware of the facilities or all the programs that each facility offers. Enhancing parks and recreation areas and programs helps to enrich health and wellness through community activity.

Goal 1: Missoula will grow and sustain parks and recreation spaces and open spaces to provide safe and accessible places for outdoor activities and viewsheds, each important to health and wellness.

Goal 2: Missoula residents of all ages and abilities will have ample opportunities through organized and unstructured recreation for indoor, outdoor and multi-seasonal recreational activities.

Objectives:

1. Provide and maintain safe, inviting and conveniently located park and open spaces with recreational equipment as needed that can be easily accessed in every Missoula neighborhood.
2. Provide facilities that allow for a wide range of indoor recreation and community programs for all demographics.
3. Encourage cooperative efforts between relevant (state/local/federal) entities to provide connectivity between parks through trails, neighborhood streets and greenways systems.
4. Maintain open space areas within city limits and in the view shed of the city.
5. Support programs that encourage all ages and abilities connecting to the natural environment, especially youth, older adults, and all-abilities.
6. Support programs that encourage organized as well as unstructured recreation for all ages and abilities.
7. Conduct outreach to increase awareness of the benefits of a well-developed park and recreation system.

Actions:

1. Develop replacement schedule & budget for Missoula's parks and urban forest.
2. Enact development regulations to ensure that park and recreational facilities are available to residents of new development in a timely manner.
3. Make recreation programs more affordable.
4. Encourage organizations to provide affordable recreation programs and support the development of scholarship funds.
5. Encourage collaboration between local landowners, government agencies, and nonprofits to preserve and increase agricultural education opportunities for Missoula youth.
6. Parks and public facilities should include design features to accommodate people with disabilities and the senior population
7. Update park and recreation plan and consider public health issues and standards that all neighborhoods are walkable to parks.
8. Keep future development below the viewshed.
9. Prioritize investments in parks that improve safety, promote accessibility and healthy lifestyles.

Topic 3: Health Care Quality

Planning for community infrastructure includes more than sewers, transportation systems, water, and telecommunications. It also includes consideration of our social infrastructure that provides for the “public welfare” and includes health, safety, educational, and social services. Support for the health of Missoulians comes from many directions so coordination and cooperation between as many entities as possible is needed to support a healthy built environment. Additionally, where you live in Missoula should not be a barrier to receiving good health care.

Goal 1: Missoula will have access to high-quality, convenient, and affordable health care for all.

Goal 2: Recognize and foster conditions that improve the health of all Missoulians.

Objectives:

1. Assess the health care needs of the community.
2. Support efforts to expand convenient, affordable, high-quality health care for everyone.
3. Help ensure well integrated cooperation between public and private health care service providers.
4. Support the provision of access to high-quality complementary care as well as traditional (allopathic) care.
5. Encourage public and private health care providers to develop plans to specifically meet the needs of the aging population
6. Encourage health service oriented businesses to work with public and private health care agencies and providers, and each other, to streamline services; reduce costs for patients, involved agencies and providers; and maximize patient health care goals.
7. Support the establishment of a cooperative effort between public and private health care agencies and providers, local school districts and the University of Montana to provide a continuum of care for Missoula youth and their families.
8. Provide the optimal environment for youth in the community.

Actions:

1. Utilize the community-wide health assessment conducted by public and private health care agencies to determine benchmarks and identify service needs and to create public outreach education opportunities.
2. Include an evaluation of the built environment in the community health assessment
3. Support the provision of more options for in-home medical services.
4. Support the provision of more options for mental health service.
5. Find long-term sources of funding for mental health
6. Create a mental health facility plan/consortium to provide a place for people to go other than the emergency room.
7. Coordinate with health professionals, social service agencies and first responders on suicide prevention measures including developing training programs.
8. Support the construction of additional mental health centers and facilities for the treatment of addictions.

Topic 4: Health and Wellness Promotion

For many reasons health care, social service and physical activity opportunities go unnoticed around the community. People are often so busy addressing daily needs that it becomes difficult to plan for more balanced and long term wellness. Additionally, lack of knowledge of services and stigmas associated with accessing certain services keep people away from health and wellness programs. Being aware of active lifestyle opportunities, nutritious foods, clean air & water for all helps to support an enhanced healthy environment.

Goal 1: Missoula will be a community that promotes and supports personal health and safety for all.

Objectives:

1. Support active transportation education and outreach for all Missoulians.
2. Promote cooperative health practices initiatives in pre- k-12 schools, UM, and general population.
3. Address barriers to health care access to all populations.
4. Promote lifelong learning through access to social services.
5. Encourage employers to adopt practices that promote healthy lifestyles, well-being and longevity.
6. Educate Missoulians on the proper disposal of home hazardous waste and electronic waste and expand opportunities for disposal.
7. Support outreach among senior citizens to increase educational and training opportunities along with awareness about aging services.
8. Work with city-county public health officials to promote health, environmental health and sanitation through education and enforcement.

Actions:

1. Encourage businesses to provide incentives to employees for biking/commuting sustainably.
2. Support opportunities for congregate meals for the aging population and increase awareness about these opportunities.
3. Provide outreach opportunities that help to reduce the stigma in using social services.
4. Document best practices to promote community gardens and locally produced food and how they promote healthy lifestyles.
5. Support outreach and education to address the misuse and abuse of alcohol, tobacco, and other drugs (ATOD).
6. Support an outreach campaign to promote active lifestyles.
7. Support an outreach campaign to emphasize prevention for health issues and promote nutrition and other healthy habits.
8. Support outreach and education campaign regarding sexual assault prevention- including bystander intervention and the role of community.
9. Coordinate with health professionals, social service agencies and first responders on suicide prevention measures including developing training programs and education and outreach campaigns.
10. Support funding for marketing nutrition and fitness and increase the awareness of the need to fund childhood obesity programs and monitor obesity trends through high school.
11. Encourage zero-tolerance bullying policies and policies that foster acceptance of diversity in schools.
12. Encourage increased education about resources available through the public and private health care agencies and providers as well as social service agencies.
13. Provide and promote transportation options for Missoulians to access health care resources.
14. Consider a "happiness initiative" supporting mental health, ways to find joy, practice of gratitude, etc. Make decisions with this in mind: "does it contribute to happiness in this way"?
15. Support programs that educate the public regarding adverse childhood experiences (ACEs).
16. Increase awareness of the voluntary residential inspection program.

Topic 5: Homelessness

Economic disparity is an issue in the community which often results in homelessness and poverty. There are higher rates of poverty among the younger and older populations segments. There is a lack of support services for the homeless population and a need for more coordination.

Goal 1: Missoulians will have access to affordable and safe housing that is supportive of their physical and mental well-being.

Objectives:

1. Encourage a comprehensive, community-wide approach that involve government, business, & non-governmental organizations (NGOs) to help prevent people from becoming homeless including consideration of affordable housing, a nutrition safety net, and livable wages.
2. Encourage comprehensive, community-wide initiatives to permanently house and provide adequate support services for homeless Missoulians.
3. Encourage provision of primary-care medical services to the homeless population in order to reduce emergency room visits.

Actions:

1. Establish partnerships with businesses to address homelessness and poverty issues.
2. Support implementation of the 10-year plan to end homelessness.

Topic 6: Social Services and Poverty

Addressing the personal health and wellness of the community requires a multi-faceted approach. There are community members of all ages and incomes in need of assistance, whether it be just a little help and direction or comprehensive support. Issues like addressing personal safety as it pertains to children in abusive homes, teens' respect for self and others, adults/families utilizing park/trail/streets and natural areas, UM institutional relationship with the community, the homeless & impermanently housed, and elders in changing care relationships only just begins to scratch the surface of needs being experienced by Missoulians. By supporting social service provision and encouraging coordination among providers we all benefit with a healthier outlook on Missoula's future.

Goal 1: Missoula residents of all ages, abilities, and socioeconomic status will have access to social services aimed at supporting physical, mental, and economic health and improving a sense of personal safety.

Objectives:

1. Support collaborative, community-wide efforts to immediately address personal safety, education & intervention policies for all Missoulians.
2. Encourage collaborative, community-wide efforts addressing such things as preventative health, mental health (preventative, addiction treatment and suicide prevention) and healthy aging (nutrition, senior services) as well as active lifestyle opportunities and options.
3. Support efforts to streamline existing social service programs.

4. Encourage a comprehensive, community-wide approach to providing livable wages and a nutrition safety-net.
5. Support collaborative, community-wide efforts to address the childhood issues of proper nutrition, childhood obesity, mental and physical trauma, early childhood development and pre-K education.

Actions:

1. Conduct necessary analysis to identify gaps in mental health services and to develop evidence-based response programs to meet the needs of the community.
2. Support efforts to address social service needs through expanded programs, services, and funding.
3. Support expansion of senior services.
4. Support expanding services for in-home care and respite care for senior households.
5. Support prevention programs to address the misuse and abuse of alcohol, tobacco, and other drugs (ATOD).
6. Support programs regarding sexual assault prevention- including bystander intervention and the role of community.
7. Support continued community-based nutrition and exercise programs.
8. Support programs that address adverse childhood experiences (ACEs).
9. Support the development of facilities for managing reintegration of ex-offender.
10. Coordinate with health professionals, social service agencies and first responders on suicide prevention measures including developing training programs.

Topic 7: Emergency / Disaster Services and Crime Prevention

A key guiding component of community planning is to provide for the public health, welfare and safety of the community. As new growth and development occurs, it is important to have appropriate facilities and services in place to prevent crime and be prepared for emergencies and disasters while also maintaining the same or improved level of service for the existing community. Looking at (for example) whether areas of Missoula have sufficient lighting and maintained infrastructure, whether people feel safe in their neighborhoods, walking at night or using public transit, or whether the city is prepared for an urban avalanche are important considerations. How the community responds to emergencies, disasters and crimes effects the sense of community well-being and identity.

Goal 1: Ensure the security of Missoulians through the development of well-prepared and responsive emergency and disaster services and infrastructure.

Objectives:

1. Encourage development of a collaborative, community-wide emergency preparedness system to help preserve and maintain public safety including crime, wildfire, flooding, avalanche, disease, wildlife, transportation incidents, and hazmat.
2. Support personal and community emergency preparedness for all Missoulians.
3. Encourage a land use pattern that facilitates provision of emergency services.
4. Support efforts to facilitate and expand inter-jurisdictional cooperation between public safety agencies.

Actions:

1. Support funding as necessary for urban services such as police and fire protection to allow critical response to emergencies.

2. Ensure the safe transport of hazardous materials, including ongoing monitoring and spill prevention.
3. Develop a plan for avoiding disaster related to train collisions and spills and preparedness for dealing with any that happen.
4. Encourage zoning requirements that prevent development in fire-prone areas.
5. Support and ensure adequate emergency service training for all situations.
6. Implement crime prevention through environmental design (CPTED) to reduce neighborhood crime.
7. Encourage public agencies to develop training and a coordinated approach for public safety, emergency personnel and volunteers in psychiatric as well as general crisis response situations.
8. Evaluate the structure of mutual aid agreements for police and fire services and consider mechanisms for the city to be reimbursed for costs to provide services in unincorporated areas.
9. Encourage an urban level of development in those areas that are or can be adequately served by emergency services as determined by the emergency service agencies and local governing bodies.
10. Work with law enforcement to identify strategies to address the perception of safety and crime issues in the downtown areas and on trails, including aggressive behavior.
11. Collaborate among City, County, and UM on safety and sexual assault.
12. Educate regarding mitigation techniques for fire-prone areas.
13. Support efforts to improve the safety of existing residential rental units.
14. Lobby at the State level to allow residential safety inspections as a requirement.
15. Support good neighborhood relations through neighborhood watch programs, police-sponsored quality of life programs, and neighborhood policing.
16. Revise City development codes to be consistent with fire codes.

Topic 8: Environmental Quality

Clean air and water, coupled with access to local food, open spaces and physical activity are fundamental to Missoula's health and wellness. Being able to live in a built environment with the proximity of natural amenities and resources like our wildlife, vegetation and waterways makes Missoula unique. Balancing the human impact on the environment with conservation of natural resources remains a challenge for our growing community. Additionally, there is a need to understand and address potential future impacts to our environment by initiating sustainability policies.

Goal 1: Missoula is committed to maintaining a clean and healthy environment for all.

Objectives:

1. Support collaborative, community-wide efforts to maintain and expand strict environmental quality standards on air (indoor/outdoor), water, soil, sight and noise.
2. Promote sustainable energy sources within Missoula.
3. Provide reliable, dependable, affordable access to, and control over, clean water for recreation and consumption.
4. Encourage consideration of health impacts of poor air quality when reviewing policies for transportation, development regulations and industrial developments.
5. Support efforts focused on local foods production and distribution.
6. Support adaptation and mitigation efforts as a result of climate-change impacts on the safety & wellness of Missoulians.
7. Ensure all residents have access to nutritious and affordable food.

Actions:

1. Maintain clean and accessible open & public spaces.
2. Redesign transit to decrease air pollution/emissions.
3. Encourage reduced use of chemicals on local foods and for weed control in public spaces. If necessary, choose safer chemicals.
4. Encourage the use of native vegetation in landscaping.
5. Support upgrades in the water distribution and treatment facilities.
6. Encourage and incentivize the phasing-out of individual wells that have water quality problems.
7. Plan for and support additional community gardens and urban farming integrated throughout the community.
8. Encourage accommodating garden space in new multi-dwelling development and provide education on gardening and food preparation.
9. Support working with retailers to market local products.
10. Maintain partnerships with Garden City Harvest and other similar organizations.
11. Explore use of incentives for local food production that target small local producers.
12. Encourage the expansion of Missoula's gardens / local food production capabilities.
13. Consider "zero-waste" policies to provide local examples of best practices.
14. Develop a river corridor plan to address water quality, access, and beautification.
15. Promote and link Health Department air quality information to automobile travel. When pollution is high try to reduce single-occupancy vehicles.
16. Encourage all direct markets and groceries to accept Supplemental Nutrition Assistance Program (SNAP)-Electronic Benefits Transfer) EBT.
17. Encourage public-private partnerships to appropriate funds to start and expand Double SNAP \$ program to incentivize purchases at farmers markets.
18. Work with Montana Rail Link (MRL) to minimize noise impacts of train traffic on neighborhoods.
19. Address light pollution through enforcement of the dark sky ordinance.

Topic 9: Built Environment

Missoulians recognize the close connection between our development pattern and our environmental health. A healthy environment helps to sustain our sense of social, economic, and physical well-being. Preserving or enhancing the condition of our environment is one of the most important goals for well-managed growth.

Goal 1: Missoula encourages the close connection between development patterns, community infrastructure and the environment as well as the importance of a healthy environment to our sense of social, economic, and physical well-being.

Objectives:

1. Support efforts to require new developments to include improvements that promote healthy lifestyles through community gathering, active transportation options and physical fitness.
2. Encourage use of non-toxic, sustainable building materials.
3. Support efforts to provide all-accessibility housing.
4. Support efforts that allow Aging in Place for seniors.
5. Support collaborative, community-wide recycling efforts.
6. Locate recreational open spaces (parks, ball fields, golf course, etc.) near areas where development already exists or where it is desired, and where the need for recreational space is established.

7. Encourage new development to locate in areas close to existing service systems. Discourage development which does not have the infrastructure necessary to support it.

Actions:

1. Support stringent zoning requirements for visitability.
2. Locate higher density housing near transit/biking/walking routes.
3. Encourage home improvements that allow seniors to remain in their homes longer.
4. Encourage generating a funding stream to support recycling efforts.
5. Develop a reuse alternative for recycling glass.
6. Provide effective and cost efficient solutions for collecting recyclables such as curbside recycling.
7. Provide access to adequate community centers for activities, co-located where possible, to minimize costs and maximize joint usage.
8. Explore techniques for addressing resident noise concerns in area close to the interstate or rail line.
9. Integrate community gardens into neighborhoods and require garden space in new multi-dwelling development and provide education on gardening and food preparation.
10. Use "Blue Zone" city guidelines to promote accessible design and practices
11. Reduce exposure to toxic chemicals in building materials, by bringing awareness to hazards and incentivizing builders to use safe materials.
12. Require (in new development) amenities that support healthy lifestyles including parks, bikeways, sidewalks, community centers and lighting.