

HEAL - Healthy Eating and Active Living

# annual report 2020



A program presented by the

City of Monterey, CA

Sustainability Division, Community Development Department



In 2017, Monterey joined with more than 180 cities throughout California in the Healthy Eating Active Living (HEAL) Cities Campaign. The HEAL Cities Campaign aims to reduce and prevent obesity by engaging municipal leaders to champion healthy eating and active living in their communities through adoption of policy and promotion of opportunities for residents and municipal employees. The campaign provides coaching and technical assistance to support this process.



Summer 2020 Volunteer Park Cleanup



**"While this unprecedented year brought struggles beyond what we could imagine, we still managed to empower a healthy eating and active living lifestyle for our residents. "**

***Community Development Director, Kimberly Cole***

For previous year reports including established programs, please see Monterey's HEAL Program web page: <https://monterey.org/HEAL>

[www.healcitiescampaign.org](http://www.healcitiescampaign.org)



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**Cultural**

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**Food &  
Exercise  
Education**

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**Quality of  
Life**

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**Recreation,  
Activity**

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**Workplace**

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**Transportation**

**Key to lifestyle benefit opportunity**

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accomplishments in 2020

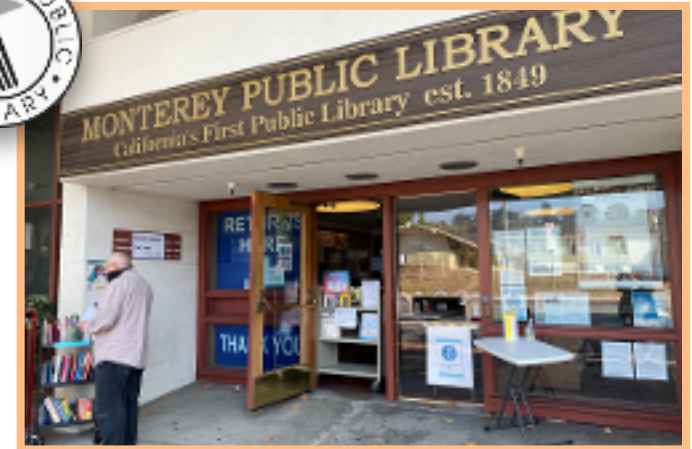
## ☑ 2020 accomplishments

1

### Cultural

#### ■ Library and Museums

- ❑ **Sidewalk service** had 38,301 customers
- ❑ 79,978 total items checked out
- ❑ Hosted 94 **virtual lives programs** with 1,737 participants.
- ❑ Offered **book grab bags** with 100% of funds going towards purchasing new books.
- ❑ Museum **virtual tours** and archival stewardship



2

### Food and exercise education

- Partnered with **Meals on Wheels** to offer a **Senior Drive Thru Meal Program** with **2,229 meals for seniors**
- Produced **35 cooking videos**
- Partnered with the **Food Bank for Monterey County** for produce distribution service to families and seniors. **7,533 reservations and over 25,000 people served** by the drive thru produce distribution program.
- Partnered with the **Food Bank for Monterey County and the Kiwanis Club of Monterey** to serve **1,490 Thanksgiving meals** through a Drive-Thru and Walk-up distribution and 360 home delivered meals and **2,800 meals** for the Christmas holiday.
- **Online Library events** for adults such as:
  - ❑ **Drop-In Mindfulness Practice:** Pause midweek with a gently guided mindfulness meditation practice followed by a brief discussion. All levels of experience welcome. Attendees may choose to leave after the guided practice.
  - ❑ **Music & Wellness: Staying Centered in Times of Crisis:** The art and science behind music, the brain, and your everyday life. Learn about how you can utilize music to improve your own wellbeing.



## ✓ 2020 accomplishments

3

### Quality of life COVID-19 UPDATE

- **Emergency Operations Center (EOC) activated for 295 days.** The EOC is a central command and control facility responsible for carrying out the principles of emergency preparedness and emergency management to support City function, thereby protecting residents and businesses.
- **479 units of blood collected** through American Red Cross Blood drives.
- **Implemented outdoor seating regulations** (50 no-charge outdoor seating permits issued) and mask covering requirements.
- **Fire Code safety education** around outdoor tents and heaters.
- **Created Operation Outreach to assist seniors during shelter in place** in partnership with Monterey Recreation, Monterey Sports Center and Monterey Public Library: Total Calls: 5,721 Total Contacts: 2,650 & Total Hours: 1,227
- **Monterey Recreation Preschool Program** for children ages 3-5 years, with COVID-19 protocols in place
- Visited over **1,240 businesses/banks/retailers/restaurants** visited and checked for code compliance.
- **Handed out over 20,000 masks at 5+ events.**
- **Public Bathrooms Cleaned & Sanitized at 25 facilities.** This process requires 175 hours per week, for a total of 7,750 hours.
- **Construction and installation of over 75 plexiglass barriers** in food service areas, common spaces and offices at the Presidio of Monterey and City of Monterey facilities.
- Installation of numerous **hand-washing/hand-sanitizing stations** at the Presidio of Monterey and City of Monterey Facilities.
- Installation of **new air filters in HVAC systems** at the Presidio of Monterey and City of Monterey Facilities.
- Repair and installation of numerous **touchless doors** and bathroom equipment.
- *See Food & Exercise Education and Workplace sections for more, and [monterey.org/coronavirus](https://monterey.org/coronavirus) for more on the City of Monterey response to the pandemic*





## ✓ 2020 accomplishments

# 3

## Quality of life

### ■ Parks

- Planted or replaced **130 trees** throughout the City.
- **100 of acres of greenbelt** mowed.
- Replaced water intensive landscaping with **drought resistant landscaping** at the Munras Avenue Island and Fisherman's Flats, Deer Flats and Ferrante Parks.
- Monterey's parks are **distributed throughout the City**, providing a park, trail or open space within a quarter mile (a 5-minute walk) of most residents. Administered tree maintenance program for the City and for the Presidio of Monterey. Actively marketing and encouraging the Ca Parks and Recreation Society motto, *Parks Make Life Better!*
- Installed **new playground equipment** at Dennis the Menace Playground.
- **Park improvements** at Scholze Park including ADA access, visibility and drought resistant landscape.
- Constructed significant improvements at Montecito Park to include an **artificial turf volleyball court** and Laguna Grande to include outside seating and barbecue areas, artificial turf volleyball court.
- Upgrade the **volleyball courts** at Monterey Bay Park in partnership with California Beach Volleyball Association - Monterey Bay.

### ■ Public Works: Engineering

- Replacement and Maintenance of **Recreation Trail lighting**.
- Ongoing maintenance and repair of **Monterey Sports Center**.
- **LED Light Upgrade** at the Monterey Tennis Center.

### ■ Fire

- Wildfire Response/**EOC & Mutual Aid**.
- **Fire Defensible Space** Mapping Project.
- Community **Wildfire Preparedness Plan**.
- 2,373 CAL FIRE crew hours for **fuel reduction**.

**Parks  
Make  
Life  
Better!**



## ✓ 2020 accomplishments

### ■ Parks and Recreation Department

- ❑ **Increased Community Outreach with 1,999,337 emails sent with a 18% open rate to keep the community informed and engaged as of December 1, 2020.**
- ❑ Created a free **Virtual Recreation Center with exclusive activities each week** including weekly challenges, crafts, science experiments, helpful tips and recipes.
- ❑ Offered individual **virtual piano instruction** for beginning and intermediate skill levels.
- ❑ Partnered with **Creative Brain® to offer a variety of remote classes for children ages 5-15** years to provide fun opportunities for learning that enhance their distance learning experience, including:
  - ▶ **Computer Coding:** an introduction to computer coding and lets participants explore basic concepts of coding.
  - ▶ **Video Game Design:** learning how to create their very own 3D video games and share completed games with the world.
  - ▶ **Junior Lego Engineering:** learning about basic physics and engineering principles and applying them to various projects using basic Lego components.
  - ▶ **Introduction to Cartoon Drawing:** students explore the art of cartoon drawing and create their very own cartoon characters and cartoon strips.
  - ▶ **Introduction to Anime Drawing:** exploring anime drawing in simple steps and develop your own anime characters and stories.



### ■ Monterey Sports Center

- ❑ After abruptly shutting down on March 13, the Monterey Sports Center re-opened June 19-July 13
  - ▶ **Implemented all CDPH Fitness Facility Guidelines**
  - ▶ **Served 4,612 individuals** - approximately 220 people per day
- ❑ **Created & hosted over 100 free daily online workouts.**
- ❑ Produced **70+ virtual group exercise classes.**
- ❑ Launched **outdoor group exercise program** on August 31, 2020
  - ▶ Provided 15-22 weekly in person outdoor group exercise classes, serving over 2000 individuals in just 12 weeks. Classes include: Barre Sculpt, Bootcamp, Bosu, Zumba, Yoga Core, Yoga, Cycling, Functional Strength, Step, Pilates, Kettlebell Workout
- ❑ Created **"Pop Up Saturday"** featuring multiple outdoor group exercise classes one Saturday per month.





## ✓ 2019 accomplishments

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### Workplace

#### ■ Human Resources:

- **Created wellness calendar** providing new educational materials, training and webinars on new topics each month in coordination with the new Employee Assistance Provider. Topics include stress reduction, health and wellness, ergonomics, and injury prevention.
- Continued offering **free and confidential PTSD/PTSI counseling** for first responders to support mental health.
- Created **safety training calendar** with monthly training for public works and parks employees to ensure that employees have the skills and knowledge to work safely and stay healthy.

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### Transportation

#### ■ Public Works: Traffic and Parking

- Received a competitive **grant from the Transportation Agency for Monterey County (TAMC)** for \$1,680,000 for traffic signal, pedestrian and bike improvements to signalized intersections.
- Received an **AB2766 Air District Grant in the amount of \$400,000** for installation of a Traffic Signal Adaptive System on Pacific and Franklin corridors. This system will reduce 1.39 tons of greenhouse gases per year.
- Received an Office of Traffic Safety Grant in the amount of **\$40,000 for traffic safety education.**
- Applied for an Active Transportation Program Grant for Del Monte/Washington for Pedestrian and Bike Safety and for a **Highway Safety Improvement Program (HSIP) Grant** for Pacific/Madison for intersection safety and operations.
- Initiated design on the Del Monte/Casa Verde/Rec Trail which has HSIP funding for **\$923,000. This project will improve pedestrian and bike safety**
- **Implemented Phase 1 of the Wayfinding Sign program** which directs visitors to parking and encourages visitors to park once and walk.



# goals for 2021



- Replacement of Fire Prevention & Inspection Systems
- Coastal Adaptation Plan



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**Design production by City of Monterey volunteer, Alexa Ortiz**

On the web at [monterey.org/HEAL](https://monterey.org/HEAL)