

Mount Vernon Healthy Communities Project



Community Inventory

Policies and Environments Supporting Nutrition and Physical Activity

Spring 2004

Acknowledgements

Many thanks go out to everyone in Mount Vernon who went above and beyond to help make this community inventory possible.

Community Inventory Subcommittee

Bob Slind

South Waugh Medical Center

Cheryl Hughes

Mount Vernon School District

Elizabeth Sjostrom

City of Mount Vernon

Jim Collins

State Parks (R)

Joe Lindquist

Planning Commission

Judy Bishop

Nurse (R)

Karla Atwood

Mount Vernon School District

Kevin Messer

Food Bank

Larry Otos

City of Mount Vernon

Liz McNett Crowl

Skagit Valley Hospital

Mike Minor

Businessman (R)

Peter Browning

Skagit Valley Public Health Department

Randy Elde

Hilltop Pharmacy

Sonia Bishop

Fred Hutchison Cancer Research Center

Stoney Bird

Skagit County Physical Activity Coalition

Susan Brown

Skagit Valley Public Health Department

Susana Guzman

Architect

Suzanne Butler

Farmers Market

Tim Holloran

Senior Center

Tina Abshier

Breastfeeding Coalition

Vera Rothrock

Parks Foundation

Wende Dolstad

Skagit Community Action

Table of Contents

<i>Section I. Nutrition</i>	4
A. Access to Health Promoting Foods.....	4
A.1. Farmers Market.....	4
A.2. Community Support Agriculture.....	4
A.3. Community Garden.....	5
A.4. Nutrition and food in Mount Vernon schools.....	5
A.5. Retailers.....	9
A.6. Worksites.....	12
B. Hunger and Food Insecurity.....	12
B.1. Child Nutrition.....	12
B.2. Senior Nutrition.....	13
B.3. Food Banks.....	15
C. Breastfeeding.....	16
<i>Section II. Physical Activity</i>	18
A. Access to Free or Low Cost Recreational Opportunities for Physical Activity.....	18
A.1. Public Facilities.....	18
A.2. Worksites.....	22
B. Physical Activity Opportunities for Children.....	23
C. Active Community Environments.....	26
C.1. Pedestrian and Bike Safety.....	26
C.2. Public works supporting physical activity.....	27
C.3. Transportation Policy.....	28
C.4. Zoning, permitting, land use which encourages physical activity.....	1
<i>Section III. General Information</i>	2
Demographics.....	2
Community Resources.....	3

Introduction

Project Planning Goals

Goal I To build partnerships and opportunities for collaboration across a large, diverse group of community leaders and partners with experience and expertise in nutrition and physical activity as well as community-based efforts

Goal II To promote understanding and identification of factors which affect nutrition and physical activity choices in Mount Vernon using a comprehensive community assessment of beliefs and attitudes as well as existing nutrition and physical activity programs, policies, and resources

Goal III To support community efforts for improving nutrition and physical activity through environmental and policy change

Community Assessment

This community inventory is intended to supplement additional assessment data gathered from focus groups on the nutrition and physical activity policy and environment in Mount Vernon. This inventory is conducted by community volunteers. This inventory is an environmental scan of the City of Mount Vernon and extensions into Skagit County.

The community inventory is part of the assessment process for the Mount Vernon Healthy Communities Project. Assessment is the process of gathering information to better understand the strengths and needs of a given community. The purpose of this inventory is three-fold:

- To gather information about nutrition and physical activity environments and policies within a geographic boundary;
- To explore opportunities for partnership and collaboration; and
- To facilitate decision making about community interventions

This document is a compilation of all findings to date and is organized in sections. **Section I** corresponds to factors (policies and the physical environment) that influence nutrition choices and behaviors. **Section II** investigates factors that influence physical activity behaviors. **Section III** provides information about the demographics of the community and useful resources for finding information.

Section I. Nutrition

A. Access to Health Promoting Foods

A.1. Farmers Market

<i>1. Does the community have a Farmer's Market?</i>	
<input checked="" type="checkbox"/> Yes	
<input type="checkbox"/> No	

<i>1.a. If yes, please list the site, schedule of operation, and location.</i>			
	Days & Hours of Operation	Months of Operation	Location
1. Mount Vernon	Saturdays 9am to 2 pm	June through mid-October	Gates and Main on the revetment in downtown Mount Vernon

<i>2. On average, how many community members attend the Farmer's Market?</i>						
Market	Week Day			Saturday		
1. Mount Vernon	<input type="checkbox"/> <100	<input type="checkbox"/> 100-249	<input type="checkbox"/> 250-499	<input type="checkbox"/> <100	<input type="checkbox"/> 100-249	<input type="checkbox"/> 250-499
	<input type="checkbox"/> 500-999	<input type="checkbox"/> 1000+		<input type="checkbox"/> 500-999	<input checked="" type="checkbox"/> 1000+	
2.	<input type="checkbox"/> <100	<input type="checkbox"/> 100-249	<input type="checkbox"/> 250-499	<input type="checkbox"/> <100	<input type="checkbox"/> 100-249	<input type="checkbox"/> 250-499
	<input type="checkbox"/> 500-999	<input type="checkbox"/> 1000+		<input type="checkbox"/> 500-999	<input type="checkbox"/> 1000+	

<i>3. Is the 5-A-Day or other nutrition promotion messages promoted at this site?</i>	
5-A-Day Message	
<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	

*The 5-A-Day program is a partnership between the National Cancer Institute and the Produce for Better Health Foundation. It aims to increase both the awareness of health benefits of fruits and vegetables and their consumption in the United States.

A.2. Community Support Agriculture

<i>1. Are local farmers (City, County) represented at the market?</i>	
Local farmers	
<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	

<i>1.a. If yes, do any of these local farmers or other local farmers have an agreement/contract with local schools or businesses to sell their product?</i>				
Farmer	Schools	Groceries	Restaurants	Mini-mart
	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
1. Dunbar Gardens	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
2. Hedlin Farms	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
3. Frog Song Farm	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
4. Skagit River Ranch	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
5.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

<i>1.b. If yes was indicated for 4.a. above for schools, groceries, restaurants, or mini-mart stores, please identify what products(s) are sold?</i>	
1. Schools	
2. Groceries	Produce, organic beef, eggs
3. Restaurants	Produce, organic beef
4. Mini Mart	
5. Other, describe	

A.3. Community Garden

<i>1. Does your community have a community garden program?</i>
<input checked="" type="checkbox"/> Yes → Kulshan Station
<input type="checkbox"/> No

A.4. Nutrition and food in Mount Vernon schools

1. Does the Mount Vernon school district have a nutrition policy that assures all foods and beverages available on school campuses and at school events are consistent with Dietary Guidelines for Americans*?
<input type="checkbox"/> Yes, K-12
<input type="checkbox"/> Yes, but not K-12
<input checked="" type="checkbox"/> No

*The Dietary Guidelines for Americans use 3 guiding principles for Americans ages 2 and older for making healthy food and lifestyle choices that can promote health and reduce one's risk for chronic disease: Aim for Fitness . . . , Build and Healthy Base. . . , Choose Sensibly. . . for good health.

2. Do the private schools within Moses Lake have a nutrition policy that assures all foods and beverages available on school campuses and at school events are consistent with Dietary Guidelines for Americans?	
<input type="checkbox"/> Yes → Which ones?	<input type="checkbox"/> Immaculate Conception Regional School (K-8) <input type="checkbox"/> Mount Vernon Christian School (K-12) <input type="checkbox"/> Emerson High School
<input checked="" type="checkbox"/> No	

3. Can students purchase any of the following foods and beverages from vending machines?				
	Elementary	Middle	High	Private
a. Chocolate candy?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
b. Other types of candy?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
c. High fat snacks (cookies, chips, ice cream)?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
d. Pretzels	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
e. Whole milk (not low-fat)?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
f. Low-fat/non-fat milk?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
g. Flavored milk?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
h. Low-fat or non-fat yogurt?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
i. Fruits or vegetables, not juice (fresh, canned, frozen)?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
j. Bottled water?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
k. 100% fruit or vegetable juice?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
l. Soft drinks (with carbonation)?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
m. Not 100% fruit juices / sports drinks?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
n. Caffeinated beverages, not soda?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

3.a. If #2 is yes, please note the price of the product.				
	Elementary	Middle	High	Private
a. Chocolate candy?				
b. Other types of candy?				
c. High fat snacks (cookies, chips, ice cream)?				
d. Pretzels				
e. Whole milk (not low-fat)?				
f. Low-fat/non-fat milk?				
g. Flavored milk?		1.25		
h. Low-fat or non-fat yogurt?				
i. Fruits or vegetables, not juice (fresh, canned, frozen)?				
j. Bottled water?		1.00	1.00	
k. 100% fruit or vegetable juice?		1.00	1.00	

<i>3.a. If #2 is yes, please note the price of the product.</i>				
	Elementary	Middle	High	Private
l. Soft drinks (with carbonation)?		1.00	1.00	
m. Not 100% fruit juices / sports drinks?				
n. Caffeinated beverages, not soda?				

<i>4. Can students purchase any of the following foods and beverages as a la carte items (snack bar, lunchline)?</i>				
	Elementary	Middle	High	Private
a. Chocolate candy?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
b. Other types of candy?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
c. High fat snacks (cookies, chips, ice cream)?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
d. Pretzels	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
e. Whole milk (not low-fat)?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
f. Low-fat/non-fat milk?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
g. Flavored milk?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
h. Low-fat or non-fat yogurt?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
i. Fruits or vegetables, not juice (fresh, canned, frozen)?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
j. Bottled water?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
k. 100% fruit or vegetable juice?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
l. Soft drinks (with carbonation)?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
m. Not 100% fruit juices / sports drinks?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
n. Caffeinated beverages, not soda?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

<i>4.a. If #2 is yes, please note the price of the product.</i>				
	Elementary	Middle	High	Private
a. Chocolate candy?				
b. Other types of candy?				
c. High fat snacks (cookies, chips, ice cream)?		1.00	1.00	
d. Pretzels		.50	.50	
e. Whole milk (not low-fat)?				

4.a. If #2 is yes, please note the price of the product.				
	Elementary	Middle	High	Private
f. Low-fat/non-fat milk?				
g. Flavored milk?		1.00	1.00	
h. Low-fat or non-fat yogurt?				
i. Fruits or vegetables, not juice (fresh, canned, frozen)?		.50	.50	
j. Bottled water?		1.00	1.00	
k. 100% fruit or vegetable juice?				
l. Soft drinks (with carbonation)?				
m. Not 100% fruit juices / sports drinks?		1.00	1.00	
n. Caffeinated beverages, not soda?				

5. Do Coca-cola, Pepsi-cola or other soft drink companies have rights (via signed contract) to sell their beverages at schools throughout the district?
<input checked="" type="checkbox"/> Yes, all
<input type="checkbox"/> Yes, some
<input type="checkbox"/> No

5.a. If #4 is yes, do the schools receive a specified percentage of the soft drink sales receipts?
<input checked="" type="checkbox"/> Yes, all
<input type="checkbox"/> Yes, some
<input type="checkbox"/> No

5.b. If #4 is yes, is the soft drink bottler allowed to advertise . . .	
Inside the school buildings	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
On the school grounds (outside of the school building)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
On school buses	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Other, describe <u>promo items (signs, shirts, etc.)</u>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

6. Is the 5-A-Day or other nutrition promotion messages promoted at any of the following schools?			
Elementary	Middle	High	Private
<input checked="" type="checkbox"/> ₁ Centennial	<input checked="" type="checkbox"/> ₇ La Venture	<input checked="" type="checkbox"/> ₉ Mount Vernon	<input checked="" type="checkbox"/> ₁₀ Immaculate Conception Regional School (K-8)

6. Is the 5-A-Day or other nutrition promotion messages promoted at any of the following schools?

Elementary	Middle	High	Private
<input checked="" type="checkbox"/> ₂ Jefferson	<input checked="" type="checkbox"/> ₈ Mount Baker		<input type="checkbox"/> ₁₁ Mount Vernon Christian School (K-12)
<input checked="" type="checkbox"/> ₃ Lincoln			<input type="checkbox"/> ₁₂ Emerson High School (9-12)
<input checked="" type="checkbox"/> ₄ Little Mountain			
<input checked="" type="checkbox"/> ₅ Madison			
<input checked="" type="checkbox"/> ₆ Washington			

A.5. Retailers

A detailed assessment of a sample of grocery stores and markets in Mount Vernon was conducted using a tool developed for a Cancer Prevention Program for African Americans in Los Angeles.

1. Name and fresh produce offerings in grocery stores and markets.

	Fresh Fruit (n)	Organic (n)	Quality	Fresh Veggies (n)	Organic (n)	Quality	Health promotion
1. Haggen	15	4	3.0	17	9	3.0	N
2. Food Pavilion	10	3	1.9	15	2	2.6	N
3. Safeway	15	0	2.7	14	0	2.7	Y
4. Albertson's	12	0	2.3	16	0	1.8	N
5. Food Co-op	8	7	2.6	14*	12	2.0	N
6. Red Apple	14	0	1.9	16	0	1.9	N
7. G&M Market	1	0	2	0	0	0	N
8. World Market	4	0	2	6	0	2	N
9. Little Mountain	1	0	3	1	0	3	N

*Locally grown produce

2. Name and healthful food offerings in eating establishments.

Restaurant Name	Type	Meal Time	Low Fat Entrée	Low Fat Listed (n)	Nutrition Info	of Info (n)	Healthy Options* (n)
A&W/KFC	Fast Food	L, D	Yes	7	Yes	7	4
Arby's	Fast Food	L, D	No	--	Yes	1	9
Burger King	Fast Food	L, D	No	--	Yes	6	6

2. Name and healthful food offerings in eating establishments.

Restaurant Name	Type	Meal Time	Low Fat Entrée	Low Fat Listed (n)	Nutrition Info	of Info (n)	Healthy Options* (n)
Cascade Pizza	Sit Down	L, D	No	--	--	--	6
Chinese Buffet	Sit Down	L, D	No		No	--	10
Chuckwagon	Sit Down	L, D	No	--	--	--	7
Cocina Del Rio	Sit Down	B, L, D	No	--	--	--	12
Cranberry Tree	Sit Down	B, L, D	Yes	3	No	--	14
Denny's	Sit Down	B, L, D	No	--	No	--	6
Draft Pic's Sports Bar and Grille	Sit Down	B, L, D	No	--	--	--	4
Dragon Inn	Sit Down	L, D	No	--	No	0	10
El Cazador	Sit Down	L, D	Yes	5	No	0	9
El Gitano	Sit Down	L, D	No	--	No	0	5
Food-Co-Op Deli	Sit Down	L, D	No	--	--	--	15
Koko Rae's Gyros	Fast Food	L, D	No	--	--	--	3
La Casita	Sit Down	B, L, D	No	--	--	--	4
McDonald's	Fast Food	B, L, D	No	--	No	--	6
Mexico Café	Sit Down	B, L, D	No	--	--	--	7
Pacioni's Pizzeria	Sit Down	L, D	No	--	--	--	4

2. Name and healthful food offerings in eating establishments.

Restaurant Name	Type	Meal Time	Low Fat Entrée	Low Fat Listed (n)	Nutrition Info	of Info (n)	Healthy Options* (n)
Porterhouse	Sit Down	L, D	No	--	--	--	11
Round Table Pizza	Fast Food	L, D	No	--	No	--	9
Royal Fork Buffet	Sit Down	B, L, D	No	--	No	--	15
Skagit River Brewery	Sit Down	L, D	No	--	--	--	5
Skippers	Fast Food	L, D	No	--	No	--	6
Subway	Fast Food	B, L, D	Yes	--	Yes	6	9
Taco Bell/Pizza Hut Express	Fast Food	B, L, D	No	--	No	--	7
Taco Time	Fast Food	L, D	Yes	3	Yes	3	7
Thai House	Sit Down	L, D	Yes	3	No	--	5
Averages/ Total Yes	28		6	4.20	5	2.88	7.68

3. Name and healthful food offerings at convenience stores

	Healthy food options* (n)
1. AM/PM	10
2. Anderson 76	11
3. Chevron / McDonalds	7
4. College Way Foods	16
5. G&M Market	10
6. Kwik & Kleen	10
7. La Victoria	7
8. Shell Station	13
9. Waugh 76	13
Average	10.8

*Healthful food and beverage options include low-fat, low-calorie, nutrient-dense foods. Options include: Salad; Light / Low calorie dressing; Vegetarian entrees; Chicken/Turkey (broiled, baked, not fried); Fish (broiled, baked, not fried); Lean red meat; Lean sandwich meat (turkey, chicken, tuna); Baked potato; Soup (vegetable, lentil, potato); Whole wheat or high fiber breads and cereals; Fruit; Side vegetables (steamed, lightly sautéed in vegetable oil such as olive, canola, peanut, sesame); Water; 100% fruit juice; Herbal Tea; Low-fat / non-fat milk; Low-fat /non-fat yogurt

A.6. Worksites

1. What kinds of worksite policies are in place that assure access to health promoting foods?

Worksite Type	Total Worksites	Avg # of Employees	Vending Machine Only (n)	Both V and C (n)	Neither Vending or Cafeteria	Avg # of Healthy Options "Healthy" Food Labels (n)	Catering Guidelines (n)	Employee Wellness Program (n)	BF Policies (n)	
Government	3	500	2	--	1	6	0	3	1	0
Hospital	1	1100	--	1	--	16	0	0	0	0
Media	1	51	--	--	1	--	0	0	0	1
Medical Office	3	138	2	--	1	3	0	0	0	1
Professional Office	1	36	--	--	1	--	--	0	0	1
Retail	1	12	--	--	1	--	--	0	0	1
School	1	813	--	1		5	0	--	0	1
Convenience Store	1	5	--	--	1	--	--	--	0	0
Community Group/Non Profit	2	109	2	--	--	3	0	0	0	2
Average/Totals	14	307	6	2	6	6.6	0	3	1	7

B. Hunger and Food Insecurity

B.1. Child Nutrition

1. On average, how many students *per month* receive free or reduced breakfast and/or lunch?

	Free	Reduced	Student Enrollment	% receiving free/reduced meals	% free/reduced of total meals served
Elementary					
1. Centennial	308	49	617	57.9%	76.2%
2. Jefferson	193	43	579	40.8%	49.9%
3. Lincoln	146	45	405	47.2%	57.8%
4. Little Mountain	273	46	582	54.8%	73.2%
5. Madison	212	21	448	52.0%	87.3%
6. Washington	206	40	502	49.0%	69.3%
Middle					
1. La Venture	178	21	369	53.9%	78.6%
2. Mount Baker	220	45	473	56.0%	56.0%
High					
1. Mount Vernon	392	88	1708	28.1%	41.9%
TOTAL	2128	398	5683	44.4%	65.6%

2. How well would you say, based on what children actually eat, school breakfast and school lunch programs provide breakfast and lunch options that are congruent with the Dietary Guidelines for Americans*?

	not well at all		well		extremely well
Elementary					
1. Centennial	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input checked="" type="checkbox"/> ₅
2. Jefferson	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input checked="" type="checkbox"/> ₅
3. Lincoln	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input checked="" type="checkbox"/> ₅
4. Little Mountain	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input checked="" type="checkbox"/> ₅
5. Madison	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input checked="" type="checkbox"/> ₅
6. Washington	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input checked="" type="checkbox"/> ₅
OVERALL ELEMENTARY SCHOOL RATING					5.0
Middle					
1. La Venture	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input checked="" type="checkbox"/> ₅
2. Mount Baker	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input checked="" type="checkbox"/> ₅
OVERALL MIDDLE SCHOOL RATING					5.0
High					
1. Mount Vernon	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input checked="" type="checkbox"/> ₄	<input type="checkbox"/> ₅
OVERALL HIGH SCHOOL RATING					4.0
Private					
1. Immaculate Conception Regional School	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input checked="" type="checkbox"/> ₅
2. Mount Vernon Christian School	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
3. Emerson High School	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input checked="" type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅
OVERALL PRIVATE SCHOOL RATING					4.0

*The Dietary Guidelines for Americans use 3 guiding principles for Americans ages 2 and older for making healthy food and lifestyle choices that can promote health and reduce one's risk for chronic disease: Aim for Fitness . . . , Build and Healthy Base. . . , Choose Sensibly. . . for good health.

B.2. Senior Nutrition

1. How often are congregate meals provided to seniors at following Senior Center? Please list Centers in Mount Vernon.

Senior Center	Fill in day(s) of the week
Mount Vernon Senior Center	Monday - Friday at 12:00 Noon

<i>2. How many total meals were served at congregate meal sites</i>			
2003		<i>Last month: February 2004</i>	
<i>Number of Meals</i>	<i>Number of Seniors</i>	<i>Number of Meals</i>	<i>Number of Seniors</i>
5101	250+ may be higher due to special events and holidays that bring additional seniors to our meals tht may not eat them regularly.	460	71

<i>3. For congregate meal sites, how often are fruits and vegetables (fresh, frozen, canned) included with the meal?</i>				
<i>Site</i>	Usually or Always	Often	Sometimes	Rarely or Never
Mount Vernon Senior Center	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<i>4. Number of meals delivered to home-bound seniors in your community.</i>			
2003		<i>Last month: February 2004</i>	
<i>Number of Meals</i>	<i>Number of Seniors</i>	<i>Number of Meals</i>	<i>Number of Seniors</i>
20,227	178 non-duplicated seniors	1,996	72

<i>5. For home-delivered meals, how often are fruits and vegetables (fresh, frozen, canned) included with the meal?</i>				
	Usually or Always	Often	Sometimes	Rarely or Never
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. What else should we know about nutrition and physical activities policies that help seniors to eat healthy and be physically active?

1) Senior Nutrition Farmer's Market Program: in 2003 a total of 2374 Farmer's Market vouchers were distributed to Skagit County Seniors county wide. We provided 10 produce deliveries to Skagit County homebound seniors that included blueberries, marionberries, apricots, peaches, green beans, plums, tomatoes, and a variety of apples. A total of 2,450 bags of produce were delivered and an average of 245 seniors accepted produce at any given delivery.

2) Each meal (congregate and home-delviered) provides 1/3 Recommended Daily Allowance for calories, protein, calcium and vitamin C. In addition, we provide 2+ vitamin A sources each week. Two servings of fruits and/or vegetables are always served each day.

3) We do not add salt or sodium to the food that we prepare. Our frozen meals are also reduced sodium.

- 4) We include a variety of fiber rich foods including legumes, grains, fruits and vegetables in our daily meals.
- 5) We provide a diabetic reduced sugar dessert option daily for congregate and home-delivered diabetic clients.
- 6) We provide each homebound senior with 5 shelf stable emergency meal packs for when the Skagit County Nutrition Program is closed due to weather related conditions.
- 7) We provide homebound seniors with 2 frozen meals that can be microwaved and consumed during the weekend.
- 8) Our nutrition program provides a monthly nutrition tip and recipe that is available on our web site and printed in the senior center newsletters.
- 9) The senior centers schedule entertainment and activities during congregate meal times to enhance socialization which positively impacts nutrition status.

B.3. Food Banks

1. *What are the days and hours of operation of the local Food Bank(s)?*

Food Bank Name	Days	Hours
1.		
2.		
3.		

2. *What is the average number of clients who frequent the food bank?*

Food Bank Name	Weekly	Monthly	Annually
1.			
2.			
3.			

3. *How often are fruits and vegetables (fresh, canned, frozen) available at the food bank?*

Food Bank Name	Daily	Weekly	Monthly
1.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

4. *Do any local farmers have an agreement/contact with the food bank to donate their product?*

Farmer	
1.	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	<input type="checkbox"/> Yes <input type="checkbox"/> No
4.	<input type="checkbox"/> Yes <input type="checkbox"/> No
5.	<input type="checkbox"/> Yes <input type="checkbox"/> No

5. Does the food bank have the ability to store fresh fruits and vegetables?	
Food Bank Name	
1.	<input type="checkbox"/> Yes <input type="checkbox"/> No
2.	<input type="checkbox"/> Yes <input type="checkbox"/> No
3.	<input type="checkbox"/> Yes <input type="checkbox"/> No

C. Breastfeeding

1. Does Skagit Valley Hospital have a breastfeeding policy for mothers who deliver?	
<input checked="" type="checkbox"/> Yes	
<input type="checkbox"/> No	

2. Does Skagit Valley Hospital have plans to seek a 'Baby-Friendly Hospital' designation?	
<input type="checkbox"/> Yes	
<input checked="" type="checkbox"/> No	

*For a hospital to be labeled as 'Baby Friendly Hospital' it must achieve standards set forth by the Baby-friendly Hospital Initiative (BFHI), an international breast-feeding promotion program supported by WHO and UNICEF.

3. Does Skagit Valley Hospital have a training / education system in place to send its providers to training / education in breastfeeding care, and in the design and enhancement of lactation programs?	
<input checked="" type="checkbox"/> Yes → → →	How many providers have attended this training to date? Training for new hire birth center staff in house with yearly updates, but no education/training in place for doctors, midwives
<input type="checkbox"/> No	

4. In 2003, what proportion of mothers breastfed their babies in Mount Vernon at the various time points noted below? Please also note the data source.		
	Percentage	Data Source
In the early postpartum period	90.4%	Community Action Agency (WIC)
At 6 months	84.5% (1-6 mo)	Community Action Agency (WIC)
At 1 year	43.4% (> 6mo)	Community Action Agency (WIC)

5. Are there workplaces / businesses in Mount Vernon that publicly promote or advertise that they are a 'breastfeeding friendly'* business or state that 'breastfeeding is welcome here'?	
<input type="checkbox"/> Yes	
<input checked="" type="checkbox"/> No	

*Breastfeeding Friendly" businesses welcome breastfeeding and have policies that support moms who wish to return to work and still breastfeed. Components of such a policy might be extended maternity / family leave, flexible hours for new moms, a private, accessible location for expression of breast milk, a place for storage and thawing of breast milk, a sink with running water, etc.

6. *Are there licensed child care settings (centers, home-based) in Mount Vernon that publicly promote or advertise that they are a 'breastfeeding friendly'* facility?*

Yes

No

*Breastfeeding Friendly" child care settings welcome breastfeeding and have policies that support moms who wish to breastfeed. Components of such a policy might be having moms 'drop in" to breastfeed or pump on site, a quiet place to relax and breastfeed or pump, providers who will store pumped breast milk and feed infants with breast milk

7. *Does the community have designated 'Mother /Baby Rooms '**?*

Yes

No

*Mother / Baby Rooms would be places throughout the community where mothers could rest and take a break, breastfeed or pump, have access to a sink with running water, etc. Bathrooms do not count.

Section II. Physical Activity

A. Access to Free or Low Cost Recreational Opportunities for Physical Activity

A.1. Public Facilities

1. Please note schools having indoor and/or outdoor recreational facilities (school gym facilities and athletic grounds) available for use outside of school hours (e.g. before or after school, evening, weekends, during school vacations).

Elementary	Indoor only	Outdoor only	Both	Neither
1. Centennial	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Jefferson	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Lincoln	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Little Mountain	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. Madison	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. Washington	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Middle	Indoor	Outdoor	Both	Neither
1. La Venture	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Mount Baker	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
High	Indoor	Outdoor	Both	Neither
1. Mount Vernon	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Private	Indoor	Outdoor	Both	Neither
1. Immaculate Conception	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. MV Christian	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Emerson High	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
College	Indoor	Outdoor	Both	Neither
Skagit Valley College	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

2. For those schools who have recreational facilities as noted above, please note which schools have facilities available to the public outside of school hours.

	All students	Some students	General public	'Teams' and individuals enrolled in programs offered by Parks 'n Rec	'Teams' and individuals enrolled in programs <u>other than</u> those offered by Parks 'n Rec
Elementary					
1. Centennial	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2. Jefferson	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
3. Lincoln	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
4. Little Mountain	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

2. For those schools who have recreational facilities as noted above, please note which schools have facilities available to the public outside of school hours.

	All students	Some students	General public	'Teams' and individuals enrolled in programs offered by Parks 'n Rec	'Teams' and individuals enrolled in programs <u>other than</u> those offered by Parks 'n Rec
5. Madison	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. Washington	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Middle	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1. La Venture	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2. Mount Baker					
High					
1. Mount Vernon	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Private					
1. Immaculate Conception	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. MV Christian	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
3. Emerson High	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
College					
Skagit Valley College	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

3. Please list opportunities for physical activity at community parks.

	Picnic area	Walking/ biking paths or trails	Water-related sports*	Soccer/ football	Tennis	Basket-ball	Base-ball/ softball	Open space for general play	Play-ground equip. for children
1. Bakerview Park	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Edgewater Park	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Hillcrest Park	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Lion's Park	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. Little Mountain Park	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Sherman Anderson Ballpark	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. SVC Playfields	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

* water-related sports would include any activity where the body is in an active state of motion (e.g. boat launch for water-skiing, swimming, paddle boats, canoeing, kayaking, etc.)

4. Please note the average number of miles to these community parks from a common focal point (i.e. downtown or city center)

	Acreage	Average distance (miles)
1. Bakerview Park	39 + 12 acres wetland	2.45
2. Edgewater Park	66.28	.89
3. Hillcrest Park	30.75	1.19
4. Lion's Park	17	.72
5. Little Mountain Park	517	2.30
6. Sherman Anderson Ballpark	3.4	.37
7. SVC Playfields		

5. Please note availability of water fountains and restrooms at selected parks and venues.

	Water fountains	Bathroom facilities	Handicap friendly?
1. Bakerview Park	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
2. Edgewater Park	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
3. Hillcrest Park	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
4. Lion's Park	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
5. Little Mountain Park	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
6. Sherman Anderson Ballpark	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
7. SVC Playfields	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

6. Are bicycle facilities available at community parks? If so, how many?

	Bicycle Facilities	Number of facilities
1. Bakerview Park	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
2. Edgewater Park	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
3. Hillcrest Park	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
4. Lion's Park	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	14 bikes
5. Little Mountain Park	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
6. Sherman Anderson Ballpark	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
7. SVC Playfields	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	1 bike rack

7. How many car parking facilities are available at community parks?

	Parking Facilities					
1. Bakerview Park	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input checked="" type="checkbox"/> ≥101
2. Edgewater Park	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input checked="" type="checkbox"/> ≥101
3. Hillcrest Park	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input checked="" type="checkbox"/> 76-100	<input type="checkbox"/> ≥101
4. Lion's Park	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input checked="" type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101
5. Little Mountain Park	<input type="checkbox"/> 0	<input checked="" type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101
6. Sherman Anderson Ballpark	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input checked="" type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101
7. SVC Playfields	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input checked="" type="checkbox"/> ≥101

8. How many bike and parking facilities are available at various food places?

	Bike lockers	U rails	Bike racks	Other	None	Parking
Grocery (9)	0	2	0	0	7	4 ≥ 101 0 76-100 1 51-75 1 26-50 2 1-25 1 0
Eating (28)	0	1	0	0	0	2 ≥ 101 1 76-100 6 51-75 10 26-50 5 1-25 3 0
Convenience (9)	0	0	0	0	0	9 1-25
Schools (7)	0	0	5	1	1	3 ≥ 101 0 76-100 0 51-75 2 26-50 2 1-25
Parks (7)	0	0	2	0	5	3 ≥ 101 1 76-100 1 51-75 1 26-50 1 1-25

9. How many bike and parking facilities are there available at various worksites?

Worksite Type	Total Worksites	Avg # of Employees	Bike Facilities (n)	employees bike/walk to work (avg)	1-25 Park (n)	26-50 Park (n)	51-75 Park (n)	76-100 Park (n)	>101 Park (n)
Government	3	500	2		1	--	--	--	2
Hospital	1	1100	0		--	--	--	--	1
Media	1	51	0				1	--	--
Medical Office	3	138	2			2	--	1	--
Professional Office	1	36	0		--	--	--	1	--
Retail	1	12	0		1	--	--	--	--
School	1	813	1		--	--	--	--	1
Convenience Store	1	5	0		1	--	--	--	--
Community Group/Non Profit	2	109	1		1	1	--	--	--
Average/Totals	14	307	6		4	3	1	2	4

A.2. Worksites

1. What kinds of worksite policies are in place that enhance physical activity opportunities?

Worksite Type	Total Worksites	Avg # of Employees	onsite exercise facility (n)	shower facility (n)	Wellness Program (n)	# Health Promoting Messages (n)	Gym Subsidies (n)	PA Benefit Package (n)	Sponsor Teams (n)	PA Policies (n)	Encourage Use of Stairs (n)
Government	3	500	0	1	0	0	0	0	0	0	1
Hospital	1	1100	1	1	1	1	0	0	0	0	1
Media	1	51	0	0	0	0	0	0	0	0	0
Medical Office	3	138	1	1	0	2	0	1	1	0	0
Professional Office	1	36	0	0	1	0		1	1	1	0
Retail	1	12	0	0	0	1	0	0	1	0	0
School	1	813	1	0	0	0	1	0	1	0	0
Convenience Store	1	5	0	0	0	0	0	0	1	0	0
Community Group/Non Profit	2	109	1	1	0	1	1	0	1	0	0
Average/Total	14	307	4	3	2	5	2	2	6	1	2

B. Physical Activity Opportunities for Children

1. Do public schools (K-8) in your community have a KidsWalk-to-School* Program?		
<input type="checkbox"/> Yes → which ones?	<input type="checkbox"/> 1 Centennial	<input type="checkbox"/> 4 Little Mountain
	<input type="checkbox"/> 2 Jefferson	<input type="checkbox"/> 5 Madison
	<input type="checkbox"/> 3 Lincoln	<input type="checkbox"/> 6 Washington
<input checked="" type="checkbox"/> No		

*Community-based program developed by CDC that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.

2. Do private schools (K-8) in your community have a KidsWalk-to-School Program?	
<input type="checkbox"/> Yes → which ones?	<input type="checkbox"/> Immaculate Conception Regional School
	<input type="checkbox"/> Mount Vernon Christian School
<input checked="" type="checkbox"/> No	

3. Does the school district have a Safe and Active Routes to School* Plan for elementary schools?	
<input checked="" type="checkbox"/> Yes	
<input type="checkbox"/> No	

*WAC 392-151-025 In Washington State, all school districts are required to have suggested route plans for every elementary school.

4. Note the average number of miles to school by students attending the following schools.					
Elementary		Middle		High	
1. Centennial	<u>3</u>	1. La Venture	<u>8</u>	1. Mount Vernon	<u>8</u>
2. Jefferson	<u>3</u>	2. Mount Baker	<u>5</u>		
3. Lincoln	<u>1.5</u>			Private	
4. Little Mountain	<u>1.5</u>			1. Immaculate	_____
5. Madison	<u>1.5</u>			2. MV Christian	_____
6. Washington	<u>5</u>			3. Emerson High	_____

5. Note the percentage of children living within a mile of the school.					
Elementary		Middle		High	
1. Centennial	<u>54%</u>	1. La Venture	<u>59%</u>	1. Mount Vernon	<u>36%</u>
2. Jefferson	<u>55%</u>	2. Mount Baker	<u>79%</u>		
3. Lincoln	<u>66%</u>			Private	
4. Little Mountain	<u>45%</u>			1. Immaculate	_____
5. Madison	<u>53%</u>			2. MV Christian	_____
6. Washington	<u>64%</u>			3. Emerson High	_____

6. Note the percentage of children who walk/bike to school.					
Elementary		Middle		High	
1. Centennial	<u>54%</u>	1. La Venture	<u>59%</u>	1. Mount Vernon	<u>36%</u>
2. Jefferson	<u>55%</u>	2. Mount Baker	<u>79%</u>		
3. Lincoln	<u>66%</u>			Private	
4. Little Mountain	<u>45%</u>			1. Immaculate	<u>2%</u>
5. Madison	<u>53%</u>			2. MV Christian	_____
6. Washington	<u>64%</u>			3. Emerson High	_____

7. Note if bicycle facilities are available at the following school and how many bikes are accommodated.		
	Bicycle Facilities	Number of bikes accommodated
Elementary		
1. Centennial	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	30
2. Jefferson	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	15
3. Lincoln	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	20
4. Little Mountain	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	15
5. Madison	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	25
6. Washington	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	20
Middle		
1. La Venture	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	30-40
2. Mount Baker	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	35
High		
1. Mount Vernon	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	40
Private		
1. Immaculate Conception Regional	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	15
2. Mount Vernon Christian School	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	20
3. Emerson High School	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	

8. Number of parking facilities (staff and students, as applicable) available at community schools.							
	Parking Facilities						
Elementary							
1. Centennial	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input checked="" type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
2. Jefferson	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input checked="" type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
3. Lincoln	<input type="checkbox"/> 0	<input checked="" type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
4. Little Mountain	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input checked="" type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
5. Madison	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input checked="" type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
6. Washington	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input checked="" type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
Middle							
1. La Venture	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input checked="" type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
2. Mount Baker	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input checked="" type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
High							
1. Mount Vernon	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input checked="" type="checkbox"/> ≥101	
Private							
1. Immaculate Conception Regional	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input checked="" type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
2. Mount Vernon Christian School	<input type="checkbox"/> 0	<input type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input checked="" type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	
3. Emerson High School	<input type="checkbox"/> 0	<input checked="" type="checkbox"/> 1-25	<input type="checkbox"/> 26-50	<input type="checkbox"/> 51-75	<input type="checkbox"/> 76-100	<input type="checkbox"/> ≥101	

9. Does the Mount Vernon school district have a written policy for the provision of daily physical education (PE) for students K-12?	
<input checked="" type="checkbox"/> Yes, K-12	
<input type="checkbox"/> Yes, but not K-12	
<input type="checkbox"/> No	

<i>9.a. If yes, how many minutes of physical education per week do children in the following education levels receive? (Physical education means structured physical education classes or lessons, not recess.)</i>	
	Number of minutes
Elementary	30min/wk or <input type="checkbox"/> None
Middle	1/2 yr broken up into 2 wk segments or <input type="checkbox"/> None
High School	2 credits required in 4yrs= 4 semester classes out of 8 or <input type="checkbox"/> None

<i>10. Do private schools in Mount Vernon have a written policy for the provision of daily physical education (PE) for students K-12?</i>	
<input checked="" type="checkbox"/> Yes, K-12	
<input type="checkbox"/> Yes, but not K-12	
<input checked="" type="checkbox"/> No	

<i>10.a. If yes, how many minutes of physical education per week do children in the following education levels receive? (Physical education means structured physical education classes or lessons, not recess.)</i>	
	Number of minutes
Elementary	<u>undetermined at this time</u> or <input checked="" type="checkbox"/> None
Middle	172 min/wk or <input type="checkbox"/> None
High School	2yrs required or <input type="checkbox"/> None

<i>11. Has the school district started work to implement the Health and Fitness Essential Academic Learning Requirements (EALRs) in the physical education curriculum?</i>	
<input checked="" type="checkbox"/> Yes, at all school levels (elementary, middle school, and high school)	
<input type="checkbox"/> Yes, but only elementary	
<input type="checkbox"/> Yes, but only middle school	
<input type="checkbox"/> Yes, but only high school	
<input type="checkbox"/> Yes, at 2 of the 3 but not all 3 school levels	
<input type="checkbox"/> No, not at this time	

<i>12. Have private schools started work to implement the Health and Fitness Essential Academic Learning Requirements (EALRs) in the physical education curriculum?</i>	
<input type="checkbox"/> Yes, at all school levels (elementary, middle school, and high school)	
<input type="checkbox"/> Yes, but only elementary	
<input type="checkbox"/> Yes, but only middle school	
<input type="checkbox"/> Yes, but only high school	
<input checked="" type="checkbox"/> Yes, at 2 of the 3 but not all 3 school levels	
<input checked="" type="checkbox"/> No, not at this time	

C. Active Community Environments

C.1. Pedestrian and Bike Safety

	Number of officers
1. What is the total number of police officers in the City/County Police Department?	43
2. How many police officers currently participate in the Bike Patrol Program?	6
3. How many police officers currently participate in the Foot Patrol Program?	44
4. How many police officers work to implement the Traffic Safety Program?	All officers are responsible for traffic safety education. We have one Traffic Officer
5. How many police officers work to implement the Block Watch Program?	We have a Division consisting of 1 Supervisor, Public Education Officer, Community Service Officer and over 60 volunteers.

6. Are there community oriented policing and/or block watch programs in your community?
<input checked="" type="checkbox"/> Yes
<input type="checkbox"/> No

6.a. If yes, please describe indicating the following:
i. Number of neighborhoods with community policing and/or block watch programs in your community. We have 60+ formal Block Watch neighborhoods. We have two neighborhoods where officers are specifically assigned to police. Both our middle schools have one officer assigned who addresses policing issues on or around school property.
ii. Location of neighborhoods with community policing and/or block watch programs in your community using any available mapping technology. Our police records system, Spillman, has the ability to map the entire city. We apply that to areas as needed.
iii. Requirements/process for initiating and maintaining a community policing and/or block watch program? Citizen inquiry or interest, officer encourages residents or neighborhoods and then there is a specific training component that is completed with the affected area. It also involves commitment from the neighborhood to select a Captain who acts as a liaison between the department and neighborhood group.

7. For 2003, please record the number of persons involved in bicycle and pedestrian collisions with the following characteristics.

		Bicycle	Pedestrian
Gender			
	Male		
	Female		
Age			
	0-4		
	5-9		
	10-14		
	15-19		
	20-24		
	25-34		
	35-44		
	45-54		
	55-64		
	65-69		
	70+		
Injury			
	None		
	Possible		
	Evident		
	Disabling		
	Fatal		
Vehicle Type			
	Car		
	Pickup or panel		
	Large truck		
	Transit bus		
	School bus		
	Other/not stated		
Violation			
	Driver only		
	Pedestrian only		
	Driver & pedestrian		

8. How many traffic citations were given in 2003 for driving in excess of the posted of the speed limit?
102

8.a. How many total traffic citations (including those for excess vehicular speeds) were given in 2003?
629

9. What types of traffic calming measures (speed bumps, bulb outs, traffic calming circles) are in place?

C.2. Public works supporting physical activity

1. Note number of miles of street in your community: 98

2. Note number of miles of street with sidewalk on at least 1 side: 94

3. Note the proportion of streets with sidewalk on at least 1 side: 96%

4. Note the number of miles of shared paths (bikeped) available for transportation: 12.73

5. Please note number miles of bicycle facility:

Class	Number of miles
I. Bike path separated from roadway	11.76
II. On-street bike lane (stripped)	0.97
III. 4+ foot wide shoulder with signs	0
IV. Low traffic street with signs	0

6. Does Mount Vernon have a path / trail system? Yes No

6.a. If yes, please list trails and information on accessibility (how easy are they to get to for the majority of the population) and connectivity (connections that adjoin neighborhoods, streets, bike/ped trails).

Trail	Accessibility rating	Connectivity rating
1. Continental Place Area	<input type="checkbox"/> Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor	<input type="checkbox"/> Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor
2. Skagit Playfields Area	<input type="checkbox"/> Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor	<input type="checkbox"/> Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor
3. East College Way Area	<input type="checkbox"/> Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input checked="" type="checkbox"/> Fair <input type="checkbox"/> Poor
4. Kulshan Trail Area	<input checked="" type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor	<input checked="" type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor
5. Edgewater Park Area	<input type="checkbox"/> Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input checked="" type="checkbox"/> Fair <input type="checkbox"/> Poor
6. Trumpeter Trail Area	<input checked="" type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor	<input checked="" type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor
7. South Mount Vernon Area	<input type="checkbox"/> Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor	<input type="checkbox"/> Excellent <input checked="" type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor
8. Little Mountain Area	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input checked="" type="checkbox"/> Fair <input type="checkbox"/> Poor	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input checked="" type="checkbox"/> Fair <input type="checkbox"/> Poor

C.3. Transportation Policy

1. What are new subdivisions in your community required to install in the way of sidewalks, streetscape/frontage improvements, bicycle facilities?

2. Does the community/county/city in its Comprehensive (or other Master) Plan have goals and policies for bicycle and pedestrian-oriented transportation systems (bicycling, walking, transit, etc.)? If yes, describe.

Yes, County-wide non-motorized plan. City has a Recreation Plan, and Transportation plan elements that address these policy goals.

3. Does the community/city have a comprehensive recreation plan? If yes, please describe.

Yes, The City of Mount Vernon has an element of the comprehensive plan that addresses recreation. Please see attached.

Walkability

Using a tool developed in a coordinated effort between the Partnership for a Walkable America, the Pedestrian and Bicycle Information Center, and the U.S. Department of Transportation, neighborhoods within Mount Vernon can identify walkable routes to places of interest (e.g. store, park, etc). The walkability tool gathers information on the following and provides an overall score based on individual scales of '1 awful' to '6 excellent' and a maximum overall score of 30:

- Sidewalks
- Street Crossings
- Traffic and Driver Behavior
- Safety
- Appeal

Scale: 26-30 Celebrate! You have a great neighborhood for walking.
21-25 Celebrate a little. Your neighborhood is pretty good.
 16-20 Okay, but needs work.
 11-15 It needs lots of work. You deserve better than that.
 5-10 Call out the National Guard before you walk. It's a disaster area.

Section	Number of Walks	Room to Walk	Easy to Cross	Driver Behavior	Ease of Safety Rules	Walk Pleasant	Overall Rating
Central Hill	4	4	5	5	6	5	24
Central South	7	4	4	5	5	5	22
Downtown	3	4	4	4	4	4	21
Hilltop	3	4	4	4	4	5	22
Maddox Creek	9	3	4	4	3	4	19
Madison	13	5	6	6	5	5	27
Old Thunderbird	2	5	5	5	5	5	23
S Mount Vernon	6	3	3	3	3	3	16
Trumpeter	1	5	6	6	6	6	29
Walmart	3	5	5	5	5	5	25
Westside	3	5	6	5	6	5	26
Average/Total	54.0	4.3	4.7	4.7	4.7	4.7	23.1

Bikeability

Using a tool developed in a coordinated effort between the National Highway Traffic Safety Administration, the Pedestrian and Bicycle Information Center, and the U.S. Department of Transportation, neighborhoods within Mount Vernon can identify bikeable routes to places of interest (e.g. store, park, etc).

Section	Number of Rides	Safety	Surface	Intersection	Driver Behavior	Ease	Overall
Central	2	3	4	4	4	4	18
Central South	4	4	4	3	5	5	20
Downtown	1	3	3	4	4	5	19
Maddox Creek	1	3	3	3	3	3	15
Old Thunderbird	1	3	3	3	3	3	15
S Mount Vernon	3	4	4	4	4	5	21
Trumpeter	3	3	3	6	2	3	17
Westside	1	3	3	6	2	3	17
Average/Total	16	3.3	3.4	4.1	3.4	3.9	17.8

The bikeability checklist gathers information on the following and provides an overall score based on individual scales of '1 awful' to '6 excellent' and a maximum overall score of 30:

- Safety
- Surface

- Intersections
- Drivers
- Overall ease

Scale: 26-30 Celebrate! You live in a bicycle-friendly community.
 21-25 Your community is pretty good, but there's always room for improvement.
16-20 Conditions for riding are okay, but not ideal. Plenty of opportunity for improvements.
 11-15 Conditions are poor and you deserve better than this! Call the mayor and the newspaper right away!
 5-10 Oh dear. Consider wearing body armor and Christmas tree lights before venturing out again.

C.4. Zoning, permitting, land use which encourages physical activity

1. Is smart-type coding (coding encouraging activity friendly communities; mixed-used communities where zoning codes encourage the location of shops, schools, churches, and housing in close proximity to one another) in zoning and permitting used in your community?

- Yes
 No

2. Identify the housing distribution in your community, year 2003.

	Units	% of total
Single family	6129	59%
Multiple family (apartment, condominium)	3287	32%
Manufactured Homes / Trailers	922	9%
TOTAL households	10,338	100%

3. Identify existing land use in your community

	Acres	% of area
Agriculture	213	2%
Commercial	644	6%
Industrial	617	6%
Housing	4276	40%
Port District	0	0
Public	2459	23%
Vacant	2245	21%
TOTAL	10,692	100%

Section III. General Information

Demographics

1. Population (percentage), county and city.			
	1990	2000	% change
County	79,545	102,979	29.5
City	17,647	26,297	48.6

2. Race (percentage), County.		
	1990	2000
American Indian & Alaskan	2.1%	1.9%
Asian	1.0%	1.5%
Black	0.4%	0.4%
Hawaiian & Pacific Islander	1.0%	0.2%
White	92.2%	86.5%
Some other race alone	3.3%	7.2%
2 or more races		2.4%
TOTAL	100.0%	100.0%

3. Ethnicity (percentage), County and City.				
	Skagit County		Mount Vernon	
	1990	2000	1990	2000
Hispanic	5.6%	11.2%	11.0%	25.0%
Non-Hispanic	94.4%	88.8%	89.0%	75.0%

4. Age Group, Washington State, County and City.						
	WA State		Skagit County		Mount Vernon	
		2000		2000		2000
0-17		1,258,460		26,972		7,562
18-64		3,030,259		61,03		15,461
65+		575,573		15,004		3,274
TOTAL		4,866,692		102,979		26,297

5. Median Age, Washington State, County and City.						
	WA State		Skagit County		Mount Vernon	
		2000		2000		2000
Total Population		5,894,121		102,979		26,972
Hispanic Population		331,509		11,586		6,606

6. Population by Sex, Washington State, County and City.						
	WA State		Skagit County		Mount Vernon	
		2000		2000		2000
Male		2,930,661		50,684		12,845
Female		2,963,460		52,295		13,452

Community Resources

- City of Mount Vernon: <http://www.ci.mount-vernon.wa.us/>
- School District: <http://164.116.116.9/default.asp/>
- Chamber of Commerce: <http://www.mountvernonchamber.com/>
- Skagit County Profile: <http://www.wa.gov/esd/lmea/pubs/profiles/skagit.pdf/>
- Skagit County Government: <http://www.skagitcounty.net/>
- Skagit Valley Hospital: <http://www.skagitvalleyhospital.org/>