




Director Approval - Original Approval Date: 12/31/2018
Update Approval Date: 12/31/2021
Signature: 

PARKS & RECREATION

Date: 12/31/2018 **Updated:** 12/31/2021 **Date To Be Reviewed:** Three years -12/31/2024

Title of Document: 6.4.1 – Community Health and Wellness Education and Promotion

Background:

Lake Oswego Parks and Recreation Department (LOPR) promotes community health and wellness education through the health and wellness initiative, Living Well in LO Powered by Parks & Recreation. This initiative drives the mission to offer a variety of recreation, education, and human services programs that contribute to healthy and active lifestyles with physical activity, healthy food choices, nutrition education and substance abuse prevention for the Lake Oswego community. Living Well in LO is based on focused programming and partnerships actions that address the six elements of wellness: Physical, Intellectual, Spiritual, Environmental, Social, and Emotional. LOPR delivers these programs through the “GETS”:

GET ACQUAINTED – Information about Parks, Recreation and Natural Resources Advisor Board (Parks Board) LOPR staff, City Departments involved in health and wellness provision, LOPR instructors, scholarships, partners such as contracted service providers and sponsors.

GET CREATIVE – Activated artistic program endeavors such as dance, art, writing, theater

GET EXCITED –Emphasis on new parks projects, facilities, playgrounds, Fit Spots, sport courts, skateparks, natural area parks and trails.

GET HEALTHY –Activities and classes centering on nutrition education and promoting organic, sustainable gardening practices at Luscher Farm. LOPR promotes healthy lifestyles through partnerships like New Seasons Market, Subway Sandwiches, January is Healthy Eating & Active Living month. LOPR offers healthy snacks for kids at camps, and promoting the campaign for tobacco free kids <http://www.tobaccofreekids.org> further supporting the "no smoking in LO parks" initiative launched in 2012.

GET HELP – The Adult Community Center provides Human Services support for the community with offerings such as Respite, Congregate meals, caregiver training, medical and shopping rides, disease prevention, health and wellness information classes, support groups and LO Meals on Wheels. For younger ages, LOPR has an inclusion companion program to assist activity participants succeed in group settings.

GET INTERESTED – LOPR provides the Teen Lounge and out-of-school activities with clubs, games, field trips, and get togethers. Adults learn new hobbies and activities that include foreign languages, social group activities such as bridge, book clubs, knitting, scrabble, mah jongg, and the Living Well lecture series.



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GET INVOLVED – Volunteer opportunities with Parks & Recreation, Parks Friends Groups, Stewardship work parties in the natural areas. Stewardship community education gnomes, Ivy, Blossom and Greenie.

GET MOVING –LOPR offers fitness classes including balance, dance, Nia, strength training, Tai Chi, Yoga, Zumba, Meditation and sports such as fencing, basketball, soccer, softball, kids’ sports camps, social sports such as tennis, golf, cornhole and pickleball.

GET OUTDOORS –LOPR promotes opportunities to enjoy nature, Hikes and Rambles, environmental education, outdoor camps and adventure experiences for all ages and abilities

GET PREPARED – Health & Safety activities offered by Parks & Recreation include American Red Cross classes, Safety Town, disaster and seasonal weather preparedness

GET TOGETHER –Community Events offered such as Living Well and Parent/Child Dances, Farmers' Market, 4th of July Parade & Laser Light Show Celebration, Summer Concerts, Movies in the Park, Reunion Market, Tree Lighting, Cultural Xchange, and special holiday focused events.

Since 2016, LOPR programming staff have planned health and wellness programs as needed to address community health and wellness. Yearly tracking is done through calendaring and monitoring activities and events throughout the City.

Links to Sources for examples of Health and Wellness programs:

Living Well in Lake Oswego (LWILO) - [Living Well in LO: Powered by Parks & Recreation | City of Lake Oswego](#)

Latest Activity Guide: [Winter Spring 2023 Activities Guide](#)

Fit Spot - <http://www.ci.oswego.or.us/parksrec/waluga-park-west>

Tobacco use in the parks, #29 <http://www.ci.oswego.or.us/parksrec/parks-rules>

29. Use of Tobacco Products. It is prohibited for any person to use a tobacco product within any Park Property, except for the Lake Oswego Municipal Golf Course. "Tobacco product" includes any tobacco cigarette or cigar, pipe tobacco, smokeless tobacco, chewing tobacco, or any other form of tobacco that may be utilized for smoking, chewing, inhalation, or other means of ingestion.

Support Groups - <http://www.ci.oswego.or.us/acc/support-groups>

Responsibility/Contacts: Director of Parks and Recreation, Deputy Director, Recreation Manager and Supervisors