

## Live Well

On July 21, 2014, the Mayor and Council adopted a Healthy Eating Active Living (HEAL) Resolution, articulating the city's commitment to advancing healthy eating and active lifestyles in Rockville (which has similar program elements to the Let's Move Initiative). HEAL recognizes the City of Rockville as a Platinum Level city. Goals of the HEAL resolution include:

- 1). 2017 Bikeway Master Plan. The plan proposes 21.9 miles of new dedicated bikeway facilities and 19.1 miles of newly shared roadway designations. Other biking initiatives including bikeshare, dock-less bikeshare, staff bike, Bike Rack Grant Program, National Recreational Trails Grant, Transportation Alternatives Program, and 2017 Mobility Enhancement Program.
- 2). Ensure that at least 80% of the youth programs listed in the City of Rockville's Recreation Guide include physical activity by design. Youth programs offered during the summer and fall seasons missed this campaign's 80% physical activity goal, reaching 76% in the summer and fall of 2020. With the onset of COVID-19 in March 2020, programming moved to online classes. Staff is exploring ideas on how to include physical activity in the new programming format. Youth virtual programming ideas include martial arts, ballet, dance, and sports instruction. With more outdoor programming being allowed this upcoming spring and summer, staff plan to increase their efforts to get the youth of the City of Rockville outside and active.
- 3). Maintaining and enhancing workplace wellness programs that support health choices for physical activity and nutrition for staff. These include exercise classes, lifestyle challenges, and special programs aimed at improving staffs lifestyle.
- 4). Providing nutritious options in all programs that offer snacks to participants.
- 5). Promoting the farmer's market and providing access to customer's that utilize nutrition benefits including the Supplemental Nutrition Program (SNAP) and the Farmers market Nutrition Program (FMNP-WIC).
- 6). Providing Access to Community Gardens.
- 7). Coordinating with local water utilities and businesses to provide the public access to free refills of healthy, sustainable tap water.

Resolution No. 09-14 RESOLUTION: Approval of the HEAL Cities & Towns Campaign to shape our community into a place where residents and employees can make healthy choices about food and physical activity.

WHEREAS, in January 2013, the Maryland Municipal League entered into a memorandum of understanding with the Institute for Public Health Innovation to work collaboratively on the Healthy Eating Active Living (HEAL) Cities & Towns Campaign; and

WHEREAS in April 2014 the Board of Directors of the Maryland Municipal League unanimously adopted a resolution supporting the HEAL Cities & Towns Campaign and encouraging all interested municipalities to participate; and

WHEREAS, the City of Rockville has the ability to positively affect the health of its residents and has demonstrated commitment to this by providing safe drinking water, maintaining 1,199 acres of public parkland, inclusion of pedestrian and bicycle networks in Neighborhood Plans, and offering high quality recreation programs and services to all residents; and

WHEREAS, planning and constructing an environment that encourages walking, biking, and other forms of physical activity can promote good health; and

WHEREAS, high rates of costly chronic disease among both children and adults have a direct correlation to environments with few or no options for healthy eating and active living; and

WHEREAS, an increasing number of children are being diagnosed with diseases linked to being overweight and obese that were previously seen only in adults, such as Type 2 diabetes and heart disease; and

WHEREAS, obesity takes a tremendous toll on the health and productivity of all Marylanders; and

WHEREAS, supporting the health of residents, the City workforce and the local workforce would decrease chronic disease and health care costs and increase productivity; and

WHEREAS, obesity is a serious threat to the health and wellbeing of adults, children and families in Rockville and a commitment is needed to put healthy choices within reach of all residents; and

WHEREAS, while individual lifestyle changes are necessary, individual effort alone is insufficient to combat the obesity epidemic. Significant societal and environmental changes are needed to support individual efforts to make healthier choices; and

WHEREAS, there are many current activities and programs established to promote healthy eating and active living in Rockville, such as: availability of garden plots to City residents, offering a bike share program, production and distribution of safe drinking water, implementation of a "Complete Streets" initiative that supports walking and biking safely, providing financial assistance to eligible youth and seniors to enable participation in recreation programs and activities; and

NOW, THEREFORE BE IT RESOLVED that the Mayor and Council of Rockville hereby adopt the HEAL Cities & Towns Campaign to shape our community into a place where residents and employees can make healthy choices about food and physical activity; and

BE IT FURTHER RESOLVED that the City of Rockville supports health and fitness by maintaining a safe, accessible network for non-motorized transportation around Rockville by:

- Updating the City's Bikeway Master Plan; and

BE IT FURTHER RESOLVED that the Rockville Recreation and Parks Department offers high quality recreation programs in Rockville with opportunities for physical activity by:

- Ensuring that at least 80% of the youth programs offered seasonally include physical activity and are designated so in the Recreation Guide; and

BE IT FURTHER RESOLVED that to the City of Rockville promotes wellness among City of Rockville employees, and sets an example for other businesses by:

- Maintaining and enhancing workplace wellness programs that support healthy choices for physical activity and nutrition for staff; and

BE IT FURTHER RESOLVED that in order to provide access to affordable nutritious food and set an example for other businesses, Rockville pledges to make healthy foods and safe drinking water available by:

- Providing nutritious options in all programs that offer snacks to participants
- Promoting farmers markets and provide access to food stamp (EBT) participants
- Providing access to community gardens
- Coordinating with local water utilities and businesses to provide the public access to free refills of healthy, sustainable tap water.

BE IT FURTHER RESOLVED that the City should assess annually the steps taken to implement the Resolution and additional steps planned to further the HEAL goals, with accomplishments and objectives reflected in the annual Operating Budget; and

BE IT FURTHER RESOLVED that Rockville staff shall work with HEAL Cities & Towns Campaign staff to explore HEAL policies and to identify those policies that are suitable for the City's unique local circumstances.

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I hereby certify that the foregoing is a true and correct copy of a Resolution adopted by the Mayor and Council at its meeting of July 21, 2014.

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Douglass A. Barber, City Clerk

## LiveWell 2021

The City of Rockville's Employee Health and Wellness Program, LiveWell, has helped employees maintain or improve their health through health promotion programs, health education, screenings, and other services since 1987. Since its inception, the program has focused on identifying the health risks and needs of the employee population through health assessments, aggregate insurance reporting, and employee input surveys, and then developing programs to address the identified health priorities. Over the last 30 years, the program has offered health fairs, screenings, counseling, healthy lifestyle programs, exercise programs, and incentives to increase health awareness, provide education, and foster behavior change.

The program is run by a full time Health and Wellness Program Manager in the Human Resources Department. The attached LiveWell Employee Wellness Program provides examples of the programs, events and activities provided for employees. The attached Virtual Health and Wellbeing Expo summary provides information on the vendors from our new virtual health fair format in May 2021. The attached Health Assessment Info provides details of our most recent health assessment campaign in 2020.

Currently, approximately 69% of the eligible population participates in at least one wellness activity or event per year. In 2018, the city started a contract with a new third party wellness vendor, WellRight, to provide a customized wellness portal for employees and their families. The portal includes opportunities to take a health assessment, choose from over 200 personal challenges, participate in quarterly City-wide challenges, watch educational videos, and view earned points to cash in for electronic gift cards. The program connects with fitness tracking devices, such as an Apple Watch or a FitBit so that it records physical activity easily.

Through the portal, we offer employees and families an opportunity to participate in an annual physical and health assessment campaign to earn discounts on their health insurance (or other financial incentives if the employee does not participate with the city's insurance plans). Aggregate reporting of the health assessments since 2018 tracks a variety of health behaviors. Some of the most significant changes in health outcomes since 2018 are outlined below:

|                                             | <b>2018</b> | <b>2020</b> |
|---------------------------------------------|-------------|-------------|
| Achieved a low risk for high cholesterol    | 71.83%      | 76.7%       |
| Population has mastered physical wellness   | 76.63%      | 84.62%      |
| Populations has mastered financial wellness | 70.12%      | 78.12%      |
| Increased sleep                             | 48.37%      | 54.77%      |

The City's transition to a more comprehensive, strategic wellness program design has helped Rockville earn a spot on the "Washington Business Journal's" list of "Greater Washington's Healthiest Employers" for many years. LiveWell is promoted through employee emails (weekly newsletters and event reminders), posters in City facilities, home mailings, the Livewell page on the City's intranet, and the WellRight app/website portal, including a new text message reminder features.

# Farmers Market, Eat Fresh Rockville SNAP/EBT FMNP-WIC, and Community Gardens

[About Rockville](#) > [Special Events](#) > Farmers Market

## FARMERS MARKET

Every week the Farmers Market transforms itself as different fruits and vegetables become available throughout the season. Your pick of farm-fresh fruits and vegetables, bedding plants, cut flowers, preserves, honey, herbs, baked goods, and more. All items offered are picked fresh daily and available as supplies last.

### 2021 Season Dates

Saturdays, May 15 - November 20  
9 a.m. - 1 p.m.  
Jury parking Lot  
Corner of Rt. 28 and Monroe St.

Still have questions? Contact:

### SPECIAL EVENTS



240-314-8620



[specialevents@rockvillemd.gov](mailto:specialevents@rockvillemd.gov)



111 Maryland Ave.  
Rockville, MD 20850



Monday - Friday  
8:30 a.m. - 5 p.m.



## EAT FRESH ROCKVILLE SNAP/EBT FMNP-WIC

### Program Information

As part of Eat Fresh Rockville and Maryland Market Money Program, the market provides a weekly match of up to \$10 for customers who utilize their federal nutrition benefits at the market. Customers can use their SNAP/EBT, P-EBT, and Farmers Market Nutrition Program (FMNP)-Women, Infant, and Child (WIC) checks to purchase locally grown fruit, vegetables, meat, cheese and dairy at the market.

Step by step directions are below. For more information, customers can stop by the Market Info tent located near the market entrance. [Download the program brochure.](#)

### How to use your SNAP/EBT and P-EBT, and get Maryland Market Money (MMM)

Como usar sus beneficios de SNAP/EBT y P-EBT y obtener Maryland Market Money (MMM)

1

- Grab your SNAP/EBT or P-EBT Card and head to the Rockville Farmers Market.
- Tome su tarjeta SNAP/EBT o P-EBT y vaya al Mercado de Agricultores de Rockville.

2

- Look for the information tent at the market entrance and tell staff you want to use your SNAP/EBT or P-EBT Card.
- Busque la carpa de información a la entrada del mercado y dígame al personal que quiere usar su tarjeta SNAP/EBT o P-EBT.

3

- Get SNAP tokens using your SNAP/EBT or P-EBT card and receive \$10 in FREE matching MMM tokens
- Obtenga fichas SNAP usando su tarjeta SNAP/EBT o P-EBT y reciba \$10 en fichas GRATIS de MMM correspondientes.

4

- Use tokens to buy foods and come back next week.
- Use las fichas para comprar alimentos y regrese la próxima semana.

#### How to use your FMNP-WIC Benefits and Get Maryland Market Money (MMM)

Como usar sus beneficios de FMNP y WIC y obtener Maryland Market Money (MMM)

1

- Grab your FMNP-WIC check and head to the Rockville Farmers Market.
- Tome su cheque de FMNP-WIC y vaya al Mercado de Agricultores de Rockville

2

- Use FMNP-WIC checks to buy produce and get a receipt from the vendor.
- Use los cheques FMNP-WIC para comprar productos agrícolas y obtenga un recibo del vendedor.

3

- Take the receipt to the information tent located at the market entrance and ask staff and receive FREE matching MMM tokens.
- Lleve el recibo a la carpa de información situada a la entrada del mercado y pídale al personal que le den fichas de MMM GRATIS correspondientes.

4

- Exchange receipt for FREE matching MMM tokens to spend at the market.
- Cambie su recibo por fichas de MMM correspondientes para gastar en el mercado.

## Community Gardens

### GARDEN PLOTS

#### GARDEN PLOTS ARE SOLD OUT.

If you would like to be added to the waitlist, please email [woottonsmill@rockvillemd.gov](mailto:woottonsmill@rockvillemd.gov) directly letting us know that you are interested.

The City of Rockville has 159 garden plots, approximately 25-by-25 feet, available to rent at Woottons Mill Park. This provides an opportunity for local residents to grow their own food and other plants.

**The cost is \$70 for Rockville residents, \$80 for nonresidents.**

#### Availability

April 1 - November 14.

#### Garden Features:

- Water access
- Mulch

Gardeners provide their own supplies such as fencing, weed barrier, hoses, tools, plants and other items.

#### Still have questions? Contact:

#### RECREATION AND PARKS



240-314-8660



[woottonsmill@rockvillemd.gov](mailto:woottonsmill@rockvillemd.gov)



Glenview Mansion  
603 Edmonston Drive  
Rockville MD 20851



Monday - Friday  
8:30 a.m. - 4:30 p.m.



## MEMORANDUM

February 5, 2021

TO: Mayor and Council  
FROM: Chris Henry, Acting Director of Recreation and Parks  
VIA: Rob DiSpirito, City Manager  
SUBJECT: HEAL Cities and Towns Campaign Bi-Annual Report

On July 21, 2014, the Mayor and Council adopted a Healthy Eating Active Living (HEAL) Resolution, articulating the city's commitment to advancing healthy eating and active lifestyles in Rockville. HEAL recognizes the City of Rockville as a Platinum Level city.

This memorandum updates the Mayor and Council on the progress towards the goals established in this resolution:

1) **2017 Bikeway Master Plan**

The Mayor and Council adopted the 2017 Bikeway Master Plan (Plan) on April 3, 2017. This plan is a component of the City's Comprehensive Master Plan and provides a vision for a safe and efficient multimodal transportation system within the City of Rockville.

First adopted in 1981, the plan was updated in 1998 and again in 2004 to reflect new opportunities for network expansion and program development.

The plan proposes 21.9 miles of new dedicated bikeway facilities and 19.1 miles of newly shared roadway designations in the City of Rockville within the next ten years. These proposals mark an increase to the current 34.3 miles of separated bikeway facilities and 33.5 miles of shared roadway designations throughout the city. Fully implemented, this plan should help to provide a safe, practical, and efficient bikeway network that connects with commercial, cultural, recreation, residential, and employment destinations throughout the City of Rockville.

Staff is continuing to work on the planning and implementation of bicycle facilities recommended in the plan. Focus will be on installing 50% of the shared roadway facilities listed in the Bikeway Masterplan in FY21.

#### Other biking initiatives:

##### Bikeshare

- The City of Rockville launched its participation in the Capital Bikeshare program in October 2013. There are currently 15 stations within the city limits of Rockville and a total of 28 stations in the Rockville/Shady Grove/Twinbrook/White Flint network area.
- Rockville's two newest 15-dock stations were installed in April 2018 in the Twinbrook neighborhood. One on the west side of the Twinbrook Metro station, near the Kiss & Ride lot, and another at the intersection of Congressional Lane and East Jefferson Street. Both stations utilized a \$100,000 grant from the Maryland Bikeways Program (Maryland DOT). The operation of these stations was launched in partnership with Montgomery County as part of a nine-station network in the Twinbrook/White Flint area. The reimbursement request was processed and approved by MDOT in July 2019.
- Due to limited funding in FY 2021, Montgomery County plans to remove four stations within the Rockville/Shady Grove/Twinbrook/White Flint network area, one of which is within city limits.

##### Dock-less Bikeshare

- On June 1, 2019 Montgomery County's dock-less bicycle and scooter 6-month pilot program expanded into the City of Rockville (as well as into other areas of the County, such as North Bethesda, City of Gaithersburg, and Takoma Park).
- Currently, approximately 500 pedal bicycles, e-assist bicycles, and electric scooter rentals are provided through the program by Lime Bike. It is anticipated that another vendor, Bird, will soon begin operating approximately 500 vehicles in the West County Pilot Program Service Area, which encompasses the City of Rockville.
- During the first month of the pilot program, over 13,000 rides were taken on bikes and scooters in the entire pilot program area. The dock-less vehicles were ridden for over 14,000 miles, with approximately 900 rides per day utilizing approximately 250 to 350 vehicles.
- While the County and City continue to collect and analyze the ridership data from dock-less vendors, a recent survey of scooter riders in Portland, Oregon showed that 14% of users would have used a personal vehicle if scooters were not available, while 34% would have taken a taxi, Uber, or Lyft. The percentages might not be that high for Rockville, but dock-less scooters and bikes likely have the potential for taking some significant number of cars off our roadways.

##### Staff Bike

- In the summer of 2013, the city purchased a folding bicycle to be used by staff for work or personal trips, to encourage more physical activity during the workday.
- The bike has been used 146 times since June 2013.

##### Bike Rack Grant Program

- The Traffic and Transportation Division instituted a program to install free bike racks near area businesses developed before our Zoning Ordinance required bicycle parking. The Traffic and Transportation Division purchased six racks as a pilot program. Three

have already been installed at the following locations:

- 107 W Edmonston Drive (Ecobeco - Edmonston Crossing - one rack)
- 1200 Rockville Pike (Best Buy – two racks)
- The Traffic and Transportation Division purchased ten additional racks in August 2017. Staff worked to install these racks in the following parks throughout the City in order to broaden the network of bicycle parking and enhancing parks near bicycle facilities.
  - Woottons Mill Park (1 rack)
  - RedGate Park (2 racks)
  - Rockcrest Park (1 rack)
  - Hillcrest Park (1 rack)
  - Welsh Park (1 rack)
  - Woodley Gardens Park (1 rack)
  - Dogwood Park (1 rack)
  - Elwood Smith Park (1 rack)
  - Potomac Woods Park (1 rack)

#### **Grant/Awards:**

##### National Recreational Trails Grant

In November of 2014, the State Highway Administration awarded the City of Rockville a grant of \$30,000 for various Millennium Trail improvements. Staff is currently working on completing the last task - installation of three information kiosks with the city's bike map at strategic locations along the trail.

##### Transportation Alternatives Program

In September 2015, the State Highway Administration awarded the City of Rockville a grant for \$99,703 to install a shared-use path along Falls Road. This path will connect existing pathways to the County line and be available when the County is ready to link to it. Construction began the week of November 27, 2017. The project was completed in the Fall of 2018 and the reimbursement request was processed and approved by the State Highway Administration in July 2019.

In July 2018, the City of Rockville was awarded a grant for \$60,000 to study the feasibility of a shared-use path on Scott Drive/Veirs Drive (proposed in the Bikeway Master Plan) through the Transportation Alternatives Program. Staff is currently working on developing cost estimates and a Request for Proposals to hire a consultant to conduct the feasibility study.

##### 2017 Mobility Enhancement Program

In November of 2017, the city applied for a Federal Transit Administration (FTA) grant to construct missing sidewalk segments along Potomac Valley Road and improve accessibility and amenities at 78 bus stops throughout the city. The goal of the project is to increase usage of alternative modes of transportation by seniors and persons with disabilities, as well as the general public. In January of 2018, the city was awarded a \$396,000 grant for implementation of the proposed improvements. The staff has received the fully executed contract from the Metropolitan Washington

Council of Governments and is currently developing cost estimates and construction documents.

**2) Ensure that at least 80% of the youth programs listed in the City of Rockville's Recreation Guide include physical activity by design.**

Youth programs offered during the summer and fall seasons missed this campaign's 80% physical activity goal, reaching 76% in the summer and fall of 2020. With the onset of COVID-19 in March 2020, programming moved to online classes. Staff is exploring ideas on how to include physical activity in the new programming format. Youth virtual programming ideas include martial arts, ballet, dance, and sports instruction. With more outdoor programming being allowed this upcoming spring, staff plan to increase their efforts to get the youth of the City of Rockville outside and active.

Under normal operations, the Recreation Division plays a significant role in Active Living by offering programs for ages four years old and up. Programs that are traditionally provided by the Recreation Division that encourage and promote active lifestyles include:

**Adult Sports**

- Men's Softball, Men's Basketball, Women's Volleyball, Co-Rec Volleyball, Co-Rec Sand Volleyball, Co-Rec Softball, Co-Rec Soccer, Adult Pickleball, 10K/5K race, 5K Adult Walk/Run Winter Program and the Rockville Suds and Soles Run.

**Adult, Children, Teen and Preschool, Instructional Programs**

- Ballet, Basketball, Fitness, Zumba, Yoga, Cheer, Gymnastics, Lacrosse, Martial Arts, Skateboarding, Soccer, T-ball, Volleyball, Pickleball, and Tennis.

**Youth Sports Leagues**

- Soccer (fall and spring), Basketball, Wrestling, Football through a partnership with RFL, baseball through a collaboration with RBBA, T-ball, Coach Pitch Baseball, Track and Field, Cross Country, and Kids One Mile Fun Run within the 10K/5K race.

**Aquatics**

- Infant, Children, Teen, Adult, and Senior swim lessons, Water Fitness, and Swim Teams.

**Twinbrook Afterschool Club**

- At least 30 minutes per day is devoted to physical activity.

**Montrose Discovery Childcare Program**

- At least 30 minutes per day is devoted to physical activity.

**Twinbrook Community Recreation Center Early Birds before school program**

- At least 30 minutes per day is devoted to physical activity.

**Twinbrook Community Recreation Center Afterschool Adventure**

- At least 30 minutes per day is devoted to physical activity.

**Twinbrook Community Recreation Center Teen Scene**

- At least 30 minutes per day is devoted to physical activity.

**Lincoln Park Community Center Afterschool Program**

- At least 30 minutes per day is devoted to physical activity.

**Thomas Farm Community Center Afterschool program**

- At least 30 minutes per day is devoted to physical activity.

The Recreation Division continuously reviews programs with the intent of maximizing the opportunities for maintaining an active lifestyle. Due to Covid-19 most indoor activities have been suspended and will resume once the recreation centers reopen to general public.

**3) Maintaining and enhancing workplace wellness programs that support healthy choices for physical activity and nutrition for staff**

Below are some of the City of Rockville's LiveWell wellness programs that specifically address physical activity and nutrition. In the spring of 2019, the American Heart Association recognized LiveWell with a "Workplace Health Achievement" Award- bronze level.

**Events**

- Health Fair (not held in 2020; a virtual health fair is planned for Spring 2021)
  - This all-employee event provides health and wellness information, free health screenings, and services from local health professionals, doctors, and vendors.
  - Nutritionists held food demonstrations and lectures.
  - Certified fitness professionals held demonstrations and provided information.
    - In April 2019, we held the health fair again on National Take Your Sons and Daughters to Work Day and invited employees to bring their families to the event.
    - Over 40 vendors were in attendance.
    - More than 275 employees and family members attended the fair.
- Jingle Bell Walk
  - Annual wellness program-sponsored walk to the City's Annual Employee Awards Ceremony in December. More than 65 employees walked from either City Hall or the Maintenance Facility, carrying canned goods as "hand weights", about two miles to the F. Scott Fitzgerald Social Hall.
  - For 2020, we held a virtual Turkey Trot event and had 16 participants

**Exercise Classes**

- When we are in the office, they are offered daily at a discounted rate to employees during lunchtime and after-work, including circuit training, cardio fit, and yoga.
- An average of 30 employees participates on an ongoing basis.
- During the pandemic, LiveWell started offering yoga and circuit training classes to employees virtually- currently 14 employees participate on an ongoing basis.

**Lifestyle Challenges**

- Challenge topics change quarterly. Online/mobile challenges through our third-party portal, WellRight, address these topics in fun and engaging ways that include tracking progress and earning points. Then LiveWell hosts onsite events to complement these challenges. In 2020, our challenges centered around mental and emotional health, nutrition, and fitness. The coronavirus pandemic brought new challenges for employees mentally and emotionally. To

help, we have added nine new self-care challenges specific to the pandemic (connecting with loved ones, getting 20 minutes of fresh air a day, etc.) to keep employees engaged, focused on their health, and connected.

- A sampling of the virtual challenges: Maintain Don't Gain (54 participants), 12 Days of Fitness (28 participants), Hello Sunshine (40 participants), Right Weigh (99 participants), Move It (78 participants)
- Since the pandemic in March, LiveWell also sends out a weekly newsletter with relevant topics related to working from home, being an essential employee, home and personal care, nutrition tips, fitness ideas, etc.

#### **Ongoing Programs**

- **Health Assessment**
  - The city provides employees with the opportunity to take a health assessment to understand their health status better. The online survey asks questions about their health behaviors and then provides immediate feedback about their health, including areas they are doing well in and areas for improvement. Doing so gives employees the lowest rate on their health insurance for the following year.
  - In the Spring of 2018, we launched a new, customized wellness website and app for employees and their spouses, giving them access to health resources, healthy lifestyle challenges, and an incentive program. The site also includes a new health assessment. We encourage employees to visit their doctors for an annual physical and blood test. Establishing a relationship with their physician allows for immediate assistance if their blood work indicates any interventions are needed. With this new portal, employees and their spouses/dependents can take the health assessment and earn rewards, including saving \$416 on their health insurance or \$516 if at least one dependent participates in the requirements as well, and a variety of cash prizes. In 2020, we had 318 participants: 244 employees, and 74 dependents.
- **Weight Watchers at Work**
  - Since the summer of 2015, Weight Watchers meetings have been held weekly onsite. The popularity of the program ebbs and flows, with at least 15-20 members at a time, and about 15 employees reaching their "goal weight" and successfully keeping it off over time. With the pandemic, we switched to a virtual model and have 8 participants.
- **Body Composition Analysis Screenings**
  - We conducted onsite each month at both City Hall and the Maintenance Facility by the Health and Wellness Program Manager.
  - Approximately 300 screenings conducted annually, about 25 each month, often of the same participants attending monthly to track their weight, body fat percentage, hydration level, and more.
  - Currently these screenings are on hold.
- **Blood Pressure Screenings**
  - We conducted onsite each month at both City Hall and the Maintenance Facility by the Health and Wellness Program Manager.

- Approximately 400 screenings conducted annually, about 30-35 each month, often with the same participants attending monthly to track their blood pressure over time.
- Currently these screenings are on hold.

#### **4) Providing nutritious options in all programs that offer snacks to participants**

The city supports nutritious snack options when offered to participants, especially in our child-centered programs. This program has been suspended since March 2020 due to COVID-19 and will resume when children return to public schools. Once students return to schools, City staff uses Montgomery County Public Schools (MCPS) and non-profit groups to provide access to healthy options. The City's Lincoln Park and Twinbrook Community Center programs continue to participate in several programs to encourage healthy eating:

- Lincoln Park Community Center Clubhouse Afterschool Program received 40 snacks daily from MCPS.
- Twinbrook Community Center Afterschool Adventure Program received 40 snacks daily from MCPS.
- Twinbrook Teen Scene Afterschool Program (held at Twinbrook CC) received 20 snacks daily from MCPS.
- Twinbrook Afterschool Club (at Twinbrook Elementary) received 27 snacks daily from MCPS.
- Thomas Farm Community Center Beyond the Bell Afterschool Program funds healthy snacks for 17 program participants each day.

The snacks provide children with a drink and healthy snack options such as yogurt, cheese sticks, or baked chips.

#### **5) Promoting the farmer's market and providing access to customers that utilize nutrition benefits including the Supplemental Nutrition Program (SNAP) and the Farmers Market Nutrition Program (FMNP-WIC)**

The City of Rockville's farmers market runs from early May to late November. The market provides easy and convenient access for purchasing fresh produce for over six months of each year.

- 1138 Eat Fresh Rockville transactions were conducted for customers utilizing their nutrition benefits.
- \$16,407 in Eat Fresh Rockville matching funds were distributed to customers to help fight food insecurity.

#### **6) Providing Access to Community Gardens**

The City of Rockville offers the use of community garden plots to residents who are interested in growing fresh produce at the following sites:

**Woottons Mill Park Community Garden**  
 159 garden plots available  
 129 garden plots used in 2020

#### **Senior Center Community Garden**

77 garden plots available

74 garden plots used in 2020

The greenhouse is used year-round by volunteers.

The garden plot program at Woottons Mill Park started April 2, regardless of Covid-19. However, the program is running with minimal City services such as mulch replacement and trimming unused plots. We continue to offer plots for rent at this time.

The seniors have been coming regularly to the Senior Center Community Garden to maintain their gardens even though the building is closed due to COVID-19. The water, tools, and compost area have still been available for use.

Twinbrook Community Recreation Center, along with the Twinbrook Villages, provides a garden program for participants in the afterschool programs. Lincoln Park Community Center afterschool program and drop-in teens participate in growing and maintaining three raised garden beds each year. These two programs have been suspended due to COVID-19.

Community Gardens are also available on City property to residents in the Fallsgrove and King Farm communities through their respective Homeowner Associations.

#### **7) Coordinating with local water utilities and businesses to provide the public access to free refills of healthy, sustainable tap water**

The City of Rockville participated in the Metropolitan Washington Council of Governments (COG) TapIt program that encouraged individuals to drink water, and businesses to offer free fill-ups of water bottles. This program has been suspended while the COG focuses their efforts on other outreach campaigns. COVID-19 has significantly impacted restaurants and businesses who had partnered in the TapIt program.

#### **HEAL Committee Members:**

Andy Lett, Recreation and Parks Department

Alyssa Roff, Public Works Department

Derrick Thompson, Recreation and Parks Department

Mike Coppersmith, Recreation and Parks Department

Hillary Hurlbutt, Human Resources Department

Erica Shingara, Public Works Department, Environment

Yvette Yeboah-Schools, Recreation and Parks Department