

# Pekin Park District Health and Wellness Policy

## Purpose

In accordance with our mission to improve quality of life for the district's residents, this policy makes official the Pekin Park District's continued dedication to the health and wellness of our employees, communities, and environment. The majority of our Tri-County residents do not get the recommended amounts of fruits, vegetables or physical activity, and have overweight or obesity challenges [[2019 CHNA Summary\\*](#)]. As such, the Pekin Park District will ensure our programs and services provide the foods, opportunities for physical activity, and education our residents need to support their health. Further, the Pekin Park District is committed to using our purchasing power to support our local economy and doing our part to protect our environment.

\*The Community Health-Needs Assessment (CHNA) is a process by which local health departments gather health-related information from the communities they serve to inform future health improvement initiatives. The 2019 CHNA referenced in this policy was conducted collaboratively by The Partnership for a Healthy Community for the Tri-County region.

## Scope

This policy applies to all Pekin Park District Departments' programs and services. This includes, but is not limited to, Parkside Fitness, the Recreation Department, the Miller Center, the Golf Department, and the Special Recreation Association. Each Park District Department will develop a customized document outlining how they will implement this policy, including their goals, standards, and procedures.

## Nutrition

- The Pekin Park District Departments will strive to identify opportunities to adjust the foods they serve to better align with the current version of the [Dietary Guidelines for Americans](#) and/or the [Food Service Guidelines for Federal Facilities](#).
- Conduct an annual review of nutrition policies to assess effectiveness and identify areas for improvement.

## Physical Activity

- The Pekin Park District will ensure there are ample opportunities for employees and community members to meet the physical activity recommendations as described in the current version of the [Physical Activity Guidelines for Americans](#) year-round.
- Any internal Pekin Park District meeting that is 60-minutes or longer will include a 5-minute physical activity and/or stretch break.
- Conduct an annual review of physical activity policies to assess effectiveness and identify areas for improvement.

## Local Purchasing

- The Pekin Park District Departments will strive to identify opportunities to adjust what they purchase to better support local businesses in the Tri-County Region (e.g., locally grown foods, locally made products, locally solicited services, etc.).
- The Pekin Park District will monitor local purchasing efforts in the region, such as the [Good Food Purchasing Program](#), and strive to align our purchasing practices with those efforts.
- Conduct an annual review of local purchasing policies to assess effectiveness and identify areas for improvement.

## Sustainability

- In order to provide a healthy and sustainable community, the Pekin Park District aims to improve the environment through the following, but not limited to, green initiatives:
  - The Pekin Park District will strive to improve recycling practices at all park district facilities.
  - When lighting and water fixtures need replacement, the Pekin Park District will replace them with energy-efficient alternatives.



- The Pekin Park District will explore the opportunity to establish a composting partnership to divert organic waste.
- The Pekin Park District will explore the opportunity to establish a food recovery relationship to divert unused food to feeding assistance programs.
- The Pekin Park District will be mindful of where the heating and air condition is set to not use excessive energy.
- To reduce the amount we print, the Pekin Park District will provide documents electronically whenever possible.
- The Pekin Park District will encourage employees to bring their own water and reusable dishware to reduce the need for disposable options.
- The Pekin Park District will continue to expand the use of the educational garden at the Veterans Memorial Arena to give camp/program participants a better understanding of vegetable gardening and native landscapes.
- Conduct an annual review of sustainability policies to assess effectiveness and identify areas for improvement.

### **Education**

- The Pekin Park District will make high-quality, evidence-based information on healthy living and wellness habits available to our residents.
- The Pekin Park District, across our Departments, will offer healthy living programs and services to our participants.
- The Pekin Park District will post high-quality, evidence-based information on healthy living and wellness habits on our platforms, such as social media, the Play Guide, etc.
- Conduct an annual review of education policies to assess effectiveness and identify areas for improvement.

### **Monitoring**

The Executive Director’s Office is responsible for monitoring and enforcing this policy. This policy will be reviewed by administrative staff annually, with at least one opportunity for other key staff to provide input in a staff meeting, and updates will be made as needed.

### **Communications**

The Pekin Park District will ensure key audiences are made aware of this policy through, at a minimum, the strategies outlined below:

- Visibly display this policy at facilities for residents and employees.
- Incorporate employee training for this policy into onboarding procedures and existing annual training.
- Inform community members about this policy through our platforms, such as social media, the Play Guide, etc. and will seek to share key updates as needed.
- Share the relevant Department Guidelines with partners providing food or conducting programming in conjunction with the Park District.
- Conduct an annual review of communication policies to assess effectiveness and identify areas for improvement

*Adopted by the Pekin Park District Board of Commissioners on April 8th, 2021.*



**PEKIN PARK  
DISTRICT**