

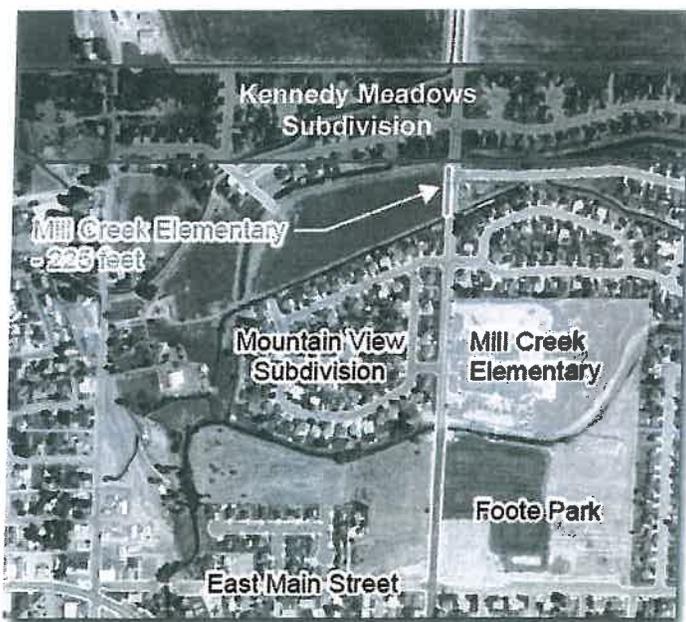


Talk with the Mayor
Tuesday December 10, 2013
10:00 a.m. and 6:30 p.m. City Hall

Middleton Awarded Safe Routes to School Sidewalk Grant

Community participation played a critical role in helping score higher on the grant application. Signatures gathered during the Middleton Connects neighborhood meetings helped secure the funding. Creating safe routes to schools is important in designing a safe, walkable City.

The City will begin constructing the 225 foot sidewalk segment in March/April 2014. Elementary students living in Kennedy Meadows are currently being bused to Heights Elementary. This new sidewalk will allow those students closer access to Mill Creek Elementary and alleviate the need for busing and some of the overcrowding at Heights Elementary.



 **I Support**

The City of Middleton is committed to spending tax dollars wisely, and finding other available funding sources to help design and build our community – generally from state and federal grants and private donations. Grants are very competitive and applications are scored in many ways. Community support is always critical.

“Community support” means signing a petition, writing a letter of support or sending an e-mail. The City is preparing the following two grant applications:

 **Safe Routes to School - Cemetery Road Community Choices of Idaho**

Connect sidewalks along the west side of Cemetery Rd. from Concord St. to West Highlands subdivision.

To support this grant send an e-mail to bcrofts@middletoncity.com, in the subject line type: “I Support Middleton’s Cemetery Road - Safe Routes to School Application” Additional comments can be included but are not necessary.

 **Walking and Biking Pathways Recreational Trails Program**

The grant application is for a walking/biking pathway to connect Roadside Park (aka Tank Park) to Middleton Place Park (aka Harmon Park) on the north side of State Highway 44. The application also includes an approx. .75 mile walking/biking loop in Middleton Place Park.

The project promotes active living within the City of Middleton by providing a way for everyone to safely walk and bike, which is the primary mode of transportation for youth between the ages of ten and fifteen.

To support this grant send an e-mail to bcrofts@middletoncity.com, in the subject line type: “I Support Walking and Biking pathways in Middleton” Additional comments can be included but are not necessary.

Renew your business license - \$25.00 - Deadline Dec. 31
Anyone conducting business in the City must have a business license.



Community Input Survey

Middleton was awarded a High Five Children's Health Collaborative grant totaling \$150,000 over three years to help prevent childhood obesity. As part of the grant, this survey is being conducted by the City and Blue Cross of Idaho Foundation.

Survey results help determine the programs that make sense in our community. Please answer each question based on the benefits to the health of children in Middleton.

Complete the survey below on-line at:
www.surveymonkey.com/s/HighFiveMiddletonSurvey
or return with your utility bill payment

1. As a concerned parent, child and/or citizen in the community, do you consider childhood obesity an important issue to be addressed in your community? (please circle)

Yes No Maybe Don't know, not sure

2. Below is a list of possible programs that might help prevent children's obesity in your community. Please rank each according to importance to yourself, your family and/or other children in Middleton. (please circle)

Program	Extremely important	Slightly important	Important	Not at all important
More community parks	4	3	2	1
Improvements to existing parks; playground equip.	4	3	2	1
More walking/biking paths in town and in parks	4	3	2	1
Designated bike lane on existing roads	4	3	2	1
Recreation center	4	3	2	1
Splash pad	4	3	2	1
Skateboard park	4	3	2	1
More fields for sports programs	4	3	2	1
Summer recreation program	4	3	2	1
Equipment for kids (bikes, skateboards, scooters)	4	3	2	1
Mobile playground -- playground that travels to different neighborhoods throughout the summer	4	3	2	1
Other (please specify): _____				

3. Below is a list of possible physical fitness programs for schools and childcare facilities. Please rank each according to its importance for preventing childhood obesity in Middleton. (please circle)

Program	Extremely important	Slightly important	Important	Not at all important
More PE classes at school	4	3	2	1
More activity in childcare facilities	4	3	2	1
After school programs to engage children in physical fitness and other learning	4	3	2	1
Other (please specify): _____				

4. Below is a list of possible programs in your community to encourage healthier eating habits among children. Please rank each according to its importance for you, your family and/or other children in Middleton. (please circle)

Program	Extremely important	Slightly important	Important	Not at all important
Mobile food trucks/facilities	4	3	2	1
Better nutritional labeling at food retailers and restaurants	4	3	2	1
Improved access to locally grown foods	4	3	2	1
Cooking classes for kids	4	3	2	1
Cooking classes for parents	4	3	2	1
Healthier options at local restaurants and concession stands	4	3	2	1
Smaller portion sizes at local restaurants	4	3	2	1
Community gardens	4	3	2	1
Farmers' market	4	3	2	1
Other (please specify): _____				

5. Below is a list of possible programs in your community to encourage healthier eating habits at schools and childcare facilities. Please rank each according to its importance in helping fight childhood obesity in Middleton. (please circle)

Program	Extremely important	Slightly important	Important	Not at all important
Nutrition education for students	4	3	2	1
Nutrition education for instructors/teachers	4	3	2	1
Healthier meals served at school & childcare facilities	4	3	2	1
More gardens at schools & childcare centers				
Other (please specify): _____				

6. Below is a list of possible health services that might help prevent childhood obesity in Middleton. How important do you feel each is? (please circle)

Program	Extremely important	Slightly important	Important	Not at all important
More education programs for chronic disease management (e.g., diabetes, obesity)	4	3	2	1
Improved health care services for children with obesity	4	3	2	1
Other (please specify): _____				

7. What statement best describes your knowledge of events/programs that promote healthy habits in your area? (select one)

- There needs to be more events and programs
- There are events and programs but I am unable to attend (due to work or family obligations)
- There are some events/programs, but there needs to be more options
- I am not aware of any programs in my area
- Don't know, not sure
- Other (please specify): _____

8. Where do you look for information about events/programs in the area (check all that apply):

- Middleton Gazette
- Local radio
- Television
- Magazine
- Middleton Parks & Recreation website
- Middleton Chamber of Commerce website
- City of Middleton website
- School publication
- School website
- Social media, such as Facebook
- Don't know, not sure
- Other: _____

9. How important would each of the following be in improving the health habits of you and/or your family? (please circle)

Program	Extremely important	Slightly important	Important	Not at all important
A daily text with fitness tips	4	3	2	1
A daily text with recipes	4	3	2	1
A daily text with nutrition information	4	3	2	1
A daily email with fitness tips	4	3	2	1
A daily email with recipes	4	3	2	1
A daily email with nutrition information	4	3	2	1

10. How often do you exercise, on average, per week? (select one)

- Less than 30 minutes
- 30-60 minutes
- 1-2 hours
- 2-3 hours
- 4-5 hours
- 5-6 hours
- 7 hours or more
- Other: _____

11. Have you tried any of the following diets? (check all that apply)

- Gluten-free
- Vegetarian
- Vegan
- Weight loss
- Other: _____

12. What is your gender?

- Male
- Female

13. What is your age?

- Under 18
- 18-24
- 25-44
- 45-54
- 55-64
- Over 65

14. What best describes your current living situation? (select one)

- I have a child/children who live at home with me
- I have a child/children, but they no longer live at home
- I have grandchildren
- I do not have any children or grandchildren
- Other (please specify): _____

15. If you have children, please specify their ages:



Join the City e-mail list!

Receive updates, reminders, electronic copies of the newsletter etc. To join, send an e-mail to citmid@middletonidaho.us and in the subject line type "Join".