



HEALTHY MILTON ROUNDTABLE



March 25, 2014
7:00 p.m. – 9:00 p.m
Tucker School

Purpose: The purpose of the Roundtables is to invite experts and others working on related efforts to participate in developing strategies for addressing key issues identified in the planning process.

Three themes emerged in the conversation with the community as needing further discussion; roundtables are being held for each (see back side of page for more details). The first is being organized around the themes of health and wellness, for Milton as a community and for Milton’s residents.

A HEALTHY MILTON

According to the World Health Organization, health is “a state of complete physical, mental, and social well-being and not merely the absence of infirmity.” *A healthy community* as described by the U.S. Department of Health and Human Services Healthy People 2010 report is one that “continually creates and improves both its physical and social environments, helping people to support one another in aspects of daily life and to develop to their fullest potential.

Healthy places are those designed and built to improve the quality of life for all people who live, work, worship, learn, and play within their borders. They also provide easy access and connectivity to other communities – places where every person is free to make choices amid a variety of healthy, available, accessible, and affordable options.”¹



A healthy community is one that promotes the well being of its residents by providing opportunities for physical fitness as well as for community gathering, which in turn fosters social cohesion, and does both in an equitable manner. Promoting healthy living is a growing priority for many communities.

Municipalities can help to support, promote and encourage us to return to a more physically active and healthier life. Additional benefits of getting out doors and out of cars include opportunities for interacting with neighbors as well as reducing the consumption of fuel and its negative impacts on the environment.



Please join us in this important discussion, the main objective being to develop strategies to make Milton a healthier community both as a town and for its residents as individuals.

¹ <http://www.cdc.gov/healthyplaces/about.htm>



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Milton is proud of its open space and rural characteristics and visitors are often surprised at the natural beauty of the area so close to a major city. At the same time automobile oriented development in the last fifty years and other factors have often worked against walking and biking and resulted in fewer opportunities for everyday exercise. Identifying opportunities for healthy living and making reasonable accommodations will result in a safer and more comfortable life style for everyone. Often those most affected are senior citizens, residents with physical disabilities, and teenagers.

Public Forum Priorities

On March 1, 2014 approximately 125 Milton residents gathered to discuss ways of achieving the evolving common vision for the future. The following emerged as the **participants' top 10 priorities**:

- Bicycle and pedestrian improvements
- Affordable and mixed use housing supported by impact assessment & needed infrastructure, including aesthetic conversion of historic structures into multi-family units
- Community/senior/youth center
- Pass the Community Preservation Act
- Neighborhood-oriented services (small convenience shops, café, small grocer, etc.)
- Traffic calming
- Mixed use districts
- Better integrate MDC and DCR land
- Continue to maintain recently renovated school facilities

When asked “What Makes Milton Unique?” residents said:

“a little bit of country only minutes away from the rock and roll of Boston”

“community gardens, open space, farm, skiing”

“access to Blue Hills, Neponset River, ocean and semi-rural feeling”

TOPIC	DISCUSSION POINTS	DATE	LOCATION
Healthy Milton	<ul style="list-style-type: none"> • Walking/biking • Recreation • Community Gathering • Community/Youth Center • Healthy lifestyle choices • Aging in place • Youth activities • Sustainability 	March 25, 2014 7:00 p.m. – 9:00 p.m.	Tucker School
Housing & Neighborhoods	<ul style="list-style-type: none"> • Housing for a multi-generational Milton • Affordable housing • 40 B • Preserving town character and new housing • Neighborhood-oriented retail and services 	Date: TBA 7:00 p.m. – 9:00 p.m.	Location: TBA
Vibrant Mixed Use Districts	<ul style="list-style-type: none"> • Commercial districts • Housing upper stories • Preserving town character • Pedestrian/bike improvements • Parking • Tax base, permitting 	April 10, 2014 7:00 p.m. – 9:00 p.m.	Cunningham Hall