



King County

KING COUNTY

Signature Report

March 20, 2007

1200 King County Courthouse
516 Third Avenue
Seattle, WA 98104

Resolution

Proposed No. 07-03.2

1 A RESOLUTION supporting policies to promote healthy
2 eating and active living in King County.
3
4

5 WHEREAS, the Board of Health recognizes the severity and consequences of the
6 obesity epidemic, and adopted Resolution 05-08 in October 2005 that directed the King
7 County Overweight Prevention Initiative to work on a 10-point plan and report progress
8 back to the King County Board of Health in one year, and;

9 WHEREAS, the King County Overweight Prevention Initiative reported progress
10 to the Board of Health in October 2006 and requested further direction from the Board on
11 specific policy issues, and;

12 WHEREAS, school districts are under pressure from government and
13 communities to improve nutrition and physical activity programs, and;

14 WHEREAS, although the Center for Disease Control and Prevention promotes
15 breastfeeding as a strategy to reduce childhood obesity and related chronic diseases, in
16 2005, 82% of women in King County initiated breast feeding, but only 56% were still
17 breastfeeding when their infant was six months of age, and;

Resolution

18 WHEREAS, lack of physical activity continues to be a public health problem
19 affecting nearly all populations, regardless of age, gender, ethnicity, or socio-economic
20 status, and;

21 WHEREAS, certain populations (e.g. minority and youth) have unequal
22 opportunity and access to quality recreation programs, bike trails and lanes, parks and
23 open spaces, playfields, and public pools, and;

24 WHEREAS, walking and bicycling are highly functional forms of transportation
25 and sources of physical activity, but have become more difficult as the public right-of-
26 way is increasingly designed, constructed, and maintained for automobiles, and;

27 WHEREAS, the King County Overweight Prevention Initiative has been working
28 since June 2004 to promote healthy eating and active living, developing an action plan
29 using the goals and objectives of the Washington State Nutrition and Physical Activity
30 Plan, and;

31 WHEREAS, King County has the potential to implement multi-sector changes
32 that will improve the health of its residents, and is home to a broad group of talented and
33 committed people interested in promoting better nutrition and greater physical activity
34 levels;

35 NOW, THEREFORE, BE IT RESOLVED by the Board of Health of King County:

36 A. Supports School Health Coordinators as an effective model to facilitate
37 nutrition and physical activity policy and systems-level change in school districts.
38 Coordinators are able develop policies and programs, identify areas of opportunity to
39 promote health, and act as a link between schools and the community; and

Resolution

40 B. Supports programming to provide on-site consultation, education, and training
41 to child care providers to encourage breastfeeding and implement best practices. Child
42 care programs should be offered a "Breast Feeding Friendly" designation by achieving
43 certain "best practice" criteria. Additionally, on-line modules should be designed
44 providing evidence-based research to physicians and nurses, to consistently support
45 breastfeeding mothers; and


46 C. Supports investments in park and recreation programs and facilities in ways
47 that assure equitable access to opportunities for physical activity across King County; and
48 supports the development of health and physical activity objectives in parks and
49 recreation planning, including developing a standard of adequate access to quality public
50 park and recreation resources, and incorporating agreed upon measures of leisure-time
51 physical activity and active park visits into public health and recreation surveillance
52 systems; and

53 D. Recognizes the physical activity benefits of active transportation (reliance on
54 bicycling, walking, or other forms of non-motorized transportation); urges all King
55 County municipalities to prepare and implement pedestrian and bicycle master plans;
56 urges investments for active transportation throughout King County; and supports

Resolution

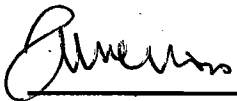
57 development of a public media campaign to promote the use of active transportation,
58 highlighting active transportation successes within King County.
59

BOARD OF HEALTH
KING COUNTY, WASHINGTON



Julia Patterson, Chair

ATTEST:



Anne Noris, Clerk of the Board

Attachments None