

STEPS Newsletter

HEALTH
King County

Strong communities where all people are active, healthy and free of the burden of chronic disease.

Steps to Health King County, Washington

Volume Three, Number Four April 2007

Steps Leadership Team: Chair - Laird Harris, Vice Chair - Devon Love, Treasurer - Barbara Bruemmer, Staff: Co-directors - Jim Krieger and Dan Lessler, Program Manager - Lorrie Alfonsi, Policy - Gail Tanaka, Integration - Diana Vinh

Seattle Public School's "Boardwalk" a Success!



On March 24th students, staff and friends braved rain and cold to participate in the second annual Boardwalk 5K run or walk. This event took place at UW's Husky Stadium and raised money to support and expand equipment for the Physical Education Equipment Resource Center. This year 420 people participated in the 5k, 25 schools were in the "Walk of Champions" and \$13,000 dollars was raised!

Feet First and "Building a Healthier Tomorrow"

As part of the Promoting Healthy Built Environments project, Feet First developed a new publication called "Building a Healthier Tomorrow." The publication gives concrete ideas for "what you can do today" to build health into projects and plans, while addressing everyone from elected officials and developers to community members and health professionals. It also includes descriptions of built environment elements, policies, and designs that make a community walkable, presents King County success stories, and provides a list of resources for making healthier design decisions. More than 1,000 copies have already been distributed, mostly in King County but making its way as far as Washington D.C. and Los Angeles. To request your copy, contact Maggie McGehee at 206.652.2310 or maggie@feetfirst.info. For an electronic version of "Building a Healthier Tomorrow," see: www.feetfirst.info/phbe

Steps Issues in the News



- **Ten ways to get healthy foods into low income neighborhoods**
www.iatp.org/iatp/publications.cfm?accountID=258&refID=97319
- **Northwest gardening calendar**
seattlepi.nwsourc.com/nwgardens/306497_garcal10_copy.html
- **You are what you drink**
www.nytimes.com/2007/03/27/health/27brody.html?_r=1&ref=health&oref=slogin
- **Study says junk food still dominates youth tv**
www.nytimes.com/2007/03/29/business/media/29adco.html?ref=health

Inside this issue:

Seattle Public School's Boardwalk	• 1
Feet First	• 1
Steps Issues in the News	• 1
Policy	• 2
Upcoming Events	• 2
Walk at Safeco Field	• 2

"A person too busy to take care of their health is like a mechanic too busy to take care of their tools." Spanish proverb

Policy Issues by Gail Tanaka

King County Board of Health

At its March meeting, the King County Board of Health formally endorsed a resolution to address the increasing problem of obesity in King County. Specifically, the Board would support school-based nutrition and physical activity programs, breastfeeding, access to parks and recreation, and active transportation.

Federal

Steps to Health King County signed on to the Farm and Food Policy Project and their advocacy efforts on the renewal of the US Farm Bill. For additional information see www.farmandfoodproject.org.

State Legislature

- SSHB 1825, Public Health Funding was passed and both the House and Senate budgets provide \$20 M of new funding for the biennium.
- Senator Kohl-Welles successfully added an amendment to the Senate budget for a pilot project for home visits for children with asthma on Medicaid. Send thank you messages to kohl-welles.jeanne@leg.wa.gov.

New Class Series Starting at the Austin Foundation Now Fitness Center

For more information about Austin Foundation programming such as weight training, after school programs and other great events please contact:

Vanisha Duggal - by [email](mailto:vanisha.duggal@seattle.gov) or call 206.381.1841



Spring into Gardening

Gardening is a great way to get some exercise (272 calories burned per hour) meet your neighbors and raise some healthy food. If lack of space is an issue, then try raised beds on your parking strip.

Web Sites:

- **A good local site can be found at:** www.seattletilth.org/
- **If you're interested in a P-patch:** www.seattle.gov/neighborhoods/ppatch/
- **For a month to month to do list:** gardening.wsu.edu/text/calmar.htm
- **Tales of the self sufficient city:** <http://www.worldchanging.com/archives/005961.html>
- **Traffic taming tools through gardening:** www.creative-communities.com
- **King County yard and garden topics:** dnr.metrokc.gov/topics/yard-and-garden/



Walk with Sound Steps at Safeco Field!

Come out and support seniors walking with Sound Steps around the edge of the diamond at Safeco Field. Visit with the Mariner Moose, win prizes, meet new people and get some exercise.

Monday, May 7th, 2007 from 9:45am to noon

For advance registration and more information please contact Mari Becker at (206)684-4664 or sound.steps@seattle.gov.



Upcoming Events

- Rainier Valley Health Coalition meetings: 1-2:30 p.m. third Wednesday of the month at the Rainier Community Center, for more information contact: diana.vinh@metrokc.gov, 206-205-1589.

To comment on or submit articles to the Steps newsletter, please contact Diana Vinh at Diana.Vinh@metrokc.gov
Please submit articles by the first of each month to be included in that month's newsletter.