

Steps Newsletter

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

Steps to Health King County, Washington

Community Health Specialists



Volume One, Number Two

December 2005

Special points of interest:

- Success stories
- Links to articles about Steps
- Latest on Steps programs
- Events not to be missed
- How to access the Steps extranet and why

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Asthma Outreach Services

Steps to Health community health specialists help people with asthma stay healthy. They provide home visits to support children and adults in reducing exposure to triggers and improving their asthma self management.

They provide people in the program with the following:

- ♥ A home environment assessment to identify triggers and develop a plan for eliminating them.
- ♥ Individualized education and support
- ♥ Resources such as allergen control mat-

tress covers and "green" cleaning kits.

- ♥ Advocacy and assistance coordinating medical and social services related to asthma management.

These free services are available to English, Spanish or Vietnamese speaking people diagnosed with asthma living in south King County at or below 250% level of poverty.

We look forward to hearing from you.

Here is a recent Seattle PI article on asthma and outreach services:
seattlepi.nwsource.com/local/249029_asthma19.html



Carmen Olvera shows a client how to use a special vacuum cleaner.

For more information or to make a referral contact Carmen at 206-296-4571 or at carmen.olvera@metrokc.gov

Steps Issues in the News

- **Frequent eating out results in higher obesity rates in children**
seattletimes.nwsource.com/html/health/2002624322_eatout15.html
- **Exercise prolongs life**
seattletimes.nwsource.com/html/health/2002624323_exercise15.html
- **Kids put nutrition in picture with bus ads touting healthy foods**
seattlepi.nwsource.com/local/249422_ncenter23.html
- **Soft Drink Sales in Schools Slump**
www.cnn.com/2005/EDUCATION/12/02/school.soda.ap/index.html
- **Obesity in schools**
www.healthinschools.org/sh/obesityfs.asp
- **Girls on Run does a Diva Dash**
seattletimes.nwsource.com/html/health/2002663400_diva04m.html
- **Institute of Medicine report on food marketing to children**
www.iom.edu/report.asp?id=31330



Program Updates

Community Resources at the Click of a Mouse

Community Resources Online (CRO) is the most up-to-date and comprehensive database of health and human services in King County. With over 8,000 services and 3,000 agencies listed, it is the most effective way to find assistance with such needs as diabetes support groups, community based asthma training, rental assistance and other community resources. Look for 2-1-1 information and referral line starting February 2006!

www.crisisclinic.org
or (206)461-3200, 1-800-621-4636



Upcoming Events

- **Pedestrian Safety Summit**
1/19/06 9am-3pm RSVP Lisa Watson
206-205-3917 lisa.watson@metrokc.gov
- **Steps Policy Committee**
1/5/06 from 9am-10:30pm
gail.tanaka@metrokc.gov
- **Steps Integration Committee**
1/5/06 from 10:30am to 11:30pm
diana.vinh@metrokc.gov
- **Cascade Bicycle Club "Chilly Hilly"**
February 26th, 2006
- **Open Space Seattle 2100: Designing Seattle's Green Network**
2/3/06, 2/4/06 more information at:
depts.washington.edu/open2100
- **Asthma Training**
3/16/06, 8:30am-noon
diana.vinh@metrokc.gov
- **Bicycle Alliance Open House 1/5/06**
during Pioneer Square's "First Thursday"
www.bicyclealliance.org



Extranet Net Resources

The Steps extranet has great resources!

- Program brochures
- Program web sites
- Funding opportunities
- Reports
- Events

To access the extranet site
www.kcsteps.org

send an e-mail to Jeff Ing at:
Jeff.ing@metrokc.gov and he will give you a password for the site.



Cascade Bicycle Club in the Schools

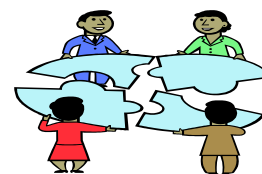
Cascade Bicycle Club Education Foundation has been working with STEPS-area elementary schools to provide a bicycle safety curriculum in PE classes. In 2005 Cascade served more than 2000 students in STEPS elementary schools with the Basics of Bicycling program. Here's what some of the students had to say about the program:

- "Cascade Bicycle Club you are the greatest people on EARTH!"
-Anamarie (Dunlap Elementary)
- "Thank you for letting our school use your bikes.... I got to make tricks with the bike."
-Ema (Dunlap Elementary)
- "Thank you for the wonderful bikes you gave us, and if it wasn't for you we wouldn't have them. And thank you for everything you have done for us."
-Ja'coya (Dunlap Elementary)

Harris and Smith Offering Two Great Communications Trainings

January 11: Media Training 8:30am - 11:30am

Harris & Smith is offering hands on media training focused on: identifying good stories and developing them for the media; pitching your story; how to talk the media about Steps; and working with reporters. Materials will be distributed. Steps members who have previously attended are already successfully getting news coverage!!



January 20: Communications Planning 8:30am-2:30pm

Laird Harris will conduct a six-hour communication planning training session. Outcomes will include: ability to conduct a situation analysis; ability to identify internal and external audiences; skill in developing and testing messages for key audiences; knowledge about communication tactics needed for effective communication; information about using outside communication services; and understanding of budgeting for communication activities.

Training location: 2nd floor conference room, 600 Stewart Street, Seattle, WA 98101. RSVP to Cynara Lilly at 206-343-0250 or cynara@harrisandsmith.com.



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.