

# Steps Newsletter

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

## Steps to Health King County Washington

### Small Steps to Health Pilot Learning Collaborative on Pediatric Overweight

The kickoff for this learning collaborative was held on December 8, 2005. Interested clinics joined together to use key elements of the chronic care model to promote system change and improve care related to the prevention, identification and management of pediatric overweight. Mo Pomietto, MN, RN, Lenna Liu, MD, and Alicia Dixon-Docter, MS, RD, of the Children's Hospital Obesity Action Team (COAT) planned this collaborative process and through partnership with the clinic champions will provide oversight and technical assistance for improvement activities.

Participating community clin-

ics are Harborview Children and Teen Clinic, Odessa Brown Children's Clinic and Roxbury Clinic. Three to four invested staff members (one of whom is an MD/Nurse Practitioner) from each practice form a multidisciplinary QI team that champion and implement this quality improvement initiative. Throughout this nine-month project, these practice teams will attend three learning sessions and participate in site visits and monthly conference calls to share learnings, expertise and problem solve.

Specific aims and goals for improving care for youth at risk of overweight or who are overweight have been established by each site, tests of change will occur and then successful changes will be integrated into ongoing care.

Key outcome measures (process/outcome) have been established for use across sites, along with a few site-specific measures.

Throughout this collaborative, expert consultants will be used including local National Initiative for Children's Health Care Quality (NICHQ) experts.



For more information please contact Mo Pomietto, MN, RN

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### Steps Book Review Fat Land: How Americans Became the Fattest People in the World

by Greg Critser

This book reviews the social, political and nutritional movements that have come together to make Americans the fattest people in the world.



## Steps Issues in the News

### Breaking the sugar cycle

[seattletimes.nwsourc.com/html/living/2002797382\\_healthyParty11.html](http://seattletimes.nwsourc.com/html/living/2002797382_healthyParty11.html)

### School ban can't quench craving for sugar, caffeine

[seattletimes.nwsourc.com/html/health/2002770872\\_junkfood30.html](http://seattletimes.nwsourc.com/html/health/2002770872_junkfood30.html)

### Living off the land of the fat

[seattletimes.nwsourc.com/html/health/2002769177\\_fatecon29.html](http://seattletimes.nwsourc.com/html/health/2002769177_fatecon29.html)

### 2 studies urban sprawl adds pounds, pollution

[seattletimes.nwsourc.com/html/health/2002760245\\_sprawlFat24m.html](http://seattletimes.nwsourc.com/html/health/2002760245_sprawlFat24m.html)

### Exercise promotes memory and health

[seattletimes.nwsourc.com/html/health/2002744244\\_exercise17m.html](http://seattletimes.nwsourc.com/html/health/2002744244_exercise17m.html)

### Inside this issue:

- Clinics fight obesity • 1
- Steps in the news • 1
- Steps book review • 1
- 2-1-1 line goes live • 2
- Extranet resources • 2

# Program Updates

## Columbia City Walks!

Coming to Columbia City on Saturday, May 13, 10:00-1:00



A health and fitness experience and a great way to start your summer!

Walk with your neighbors, experience different exercise demonstrations, and learn about good and creative nutrition and positive health practices.

Prizes, entertainment, food samples from local restaurants and fun.

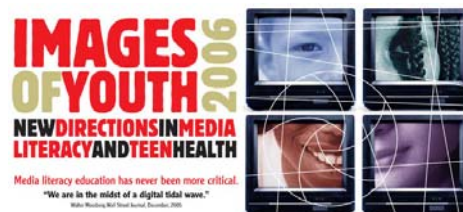
All this and the Orca Plant Sale too!!

For more information contact Ruth Eggers at: [eggerr@u.washington.edu](mailto:eggerr@u.washington.edu)

## Images of Youth: New Directions in Media Literacy and Teen Health March 20 and 21st

An area of major focus at this Seattle conference will be **nutrition, physical activity, and the issue of childhood obesity** from a media literacy education perspective.

For registration information and more details about the conference, visit: [www.nwmedialiteracy.org](http://www.nwmedialiteracy.org).



# Upcoming Events

- **Steps Policy Committee** 3/2/06 from 9 -10:30 ([gail.tanaka@metrokc.gov](mailto:gail.tanaka@metrokc.gov))
- **Steps Integration Committee** 3/2/06 from 10:30 to 11:30 ([diana.vinh@metrokc.gov](mailto:diana.vinh@metrokc.gov))
- **STEPS Asthma Training** 3/15/06, 8:30 - noon ([diana.vinh@metrokc.gov](mailto:diana.vinh@metrokc.gov))
- **Asthma Educator Training** 4/24 and 4/25 ([costerhaus@alaw.org](mailto:costerhaus@alaw.org))
- **Climate Change: Is Our Health at Stake?** 3/9/06 Town Hall, Seattle from 7-8:30
- **The High Cost of Free Parking** 3/2/06, Donald Shoup, 6:30-8:30pm UW Architecture Hall, Rm 147

## 2-1-1 Is Coming to King County

Kathleen Southwick, Crisis Clinic Executive Director

After more than five years of planning, Crisis Clinic will make the dialing code "2-1-1" available as a way for people to directly connect to our Community Information Line. It's the same service with the same staff, just an easier way to reach us!

Thanks to United Way of King County, the City of Seattle and King County, Crisis Clinic's 2-1-1 service will be available seven days a week from 8 a.m. to 8 p.m. Hopefully, funding from the state of Washington will enable us to offer service 24 hours a day later in 2006.

[www.crisisclinic.org](http://www.crisisclinic.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](http://www.kcsteps.org)

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



To comment on or submit articles to the Steps newsletter please contact Diana Vinh at [Diana.vinh@metrokc.gov](mailto:Diana.vinh@metrokc.gov) Please submit articles by the first of each month to be included in that month's newsletter.