

Steps Newsletter

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



Steps to Health King County, Washington

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Steps Leadership Team: Chair - Laird Harris, Vice Chair - Devon Love, Treasurer - Penny Nelson

Steps to a Walking Audit! By Margaret Kitchell

Saturday, August 12th was a great day for community members of Beacon Hill to join Feet First, Public Health - Seattle & King County, Seattle Department of Transportation, and Sound Transit staff, as well as Council members David Della and Tom Rasmussen on a Walking Audit of North Beacon Hill. The audit was organized to complement other events in the Health Impact Assessment, (HIA) of the Sound Transit Light Rail Station being conducted on Beacon Hill. As part of the HIA several "Community Conversations" have already been held bringing together interested neighbors to talk about health and their community.

This audit started at the local business *Java Love* on Beacon Avenue, where people gave feedback on the draft walking map of Beacon Hill. From there, the group began the route down Beacon Avenue, west on South Stevens, then back along 15th Avenue South, just short of a mile. Along the way the group stopped at locations to discuss different topics. At the corner of Beacon Ave and 15th Avenue, everyone discussed the complex intersection and how it might be improved for pedestrians, as well as topics such as the effect of building design on the liveliness of the neighborhood. At the construction site of the light rail station the proposed "Plaza de la Raza," a pedestrian oriented plaza, was discussed. At Beacon Avenue and South McClellan the group discussed challenges with the timing of the traffic signals, as well as the efforts to have "Beacons" as art to serve as a unique gateway designations. The local library was the site of discussions about hazards for pedestrians at various crossing locations. Finally, along 15th Avenue South, the group discussed challenges with traffic volume and speed and what might be done to address this.

Overall, the walking audit was a great success because of the diverse and highly engaged group of participants! A report about the walk, including pictures, recommendations, and suggestions, will be put together and available online. The information and ideas collected will be incorporated into the HIA and the project team will follow-up on the recommendations with SDOT and Sound Transit.

For more information please contact: julie.west@metrokc.gov

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

Steps Issues in the News

New path to fitness, have a ball at work

seattletimes.nwsourc.com/html/health/2003178282_chairball06.html

Faith in each other

seattletimes.nwsourc.com/html/health/2003206273_pacificpfit20.html

Food labels: we read 'em but don't heed 'em

seattletimes.nwsourc.com/html/health/2003101302_labels03.html

Experts debate whether children should be called obese

seattletimes.nwsourc.com/html/health/2003101312_obese03.html

Eat your cake and diet too

seattletimes.nwsourc.com/html/health/2003124951_healthcheatdays16.html

New health benefit plan promotes workers to diet and head for the gym

seattletimes.nwsourc.com/html/health/2003144179_kingcountyhealth22m.html

Obesity related diabetes riskier for children study says

seattletimes.nwsourc.com/html/health/2003152340_diabetes26.html

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Cascade Bicycle Club Education Foundation Bike to School Day a Big Hit!

Cascade hosted a first-ever Bike to School Month this year, with the number of 268 participating kids far exceeding our expectations! Only one of these schools was a STEPS school, but we got lots of good feedback from participants and have some ideas for next year about how to get more STEPS schools involved. Bike to School Day participants included 1680 kids from Seattle, Lynnwood, Redmond, Bellevue, Vashon, and Bainbridge. The Bike-to-School Month was a program designed for kids to compete individually for prizes.

Bike to School Month brought out the best in people – with several kids learning to ride or realizing that they could ride, and many students continuing to ride after the month was over. A father of two elementary school students at West Woodland decided to start biking to work after the kids started biking to school.

Stay tuned for events coming up this school year!

For more information please contact Julie Salathe at: julies@cascadebicycleclub.org

Seattle Public School's Healthy Snacks Calculator

Are you wondering if your snack falls within healthy guidelines?

For a quick and easy answer try out Nutrition Services snacks calculator on line at: www.seattleschools.org/area/nutrition-svc/calculator/calculator.dxml

For more information contact Kirsten Frandsen at: kifrandsen@seattleschools.org



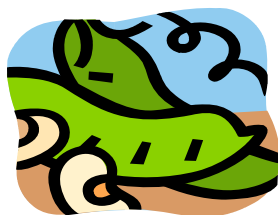
Center for Health Improvement - Health Policy Guide

Evidence Based Policies to Improve the Public's Health

This guide presents prevention-focused policies in the form of "profiles" with references, examples of effectiveness and contact information. All policies have been reviewed by a panel of recognized health experts with local, state and national knowledge and experience.

For more information visit the site at: www.healthpolicyguide.org/about.asp?id=6828

Center for Science in the Public Interest Health, Nutrition and Diet Information



Information, healthy food lists and nutritional campaigns - this site has it all!

www.cspinet.org/nutrition/index.html#campaigns

Puget Sound Fresh

- Harvest schedule
- Farmer's markets
- Find a farm
- Farm favorite recipes

www.pugetsoundfresh.org



Upcoming Events

- **Policy Team meeting** - 9/7/06 from 9-11 at Airport Way office
contact Gail Tanaka at gail.tanaka@metrokc.gov
- **Diabetes Training** - REACH, STEPS and HMC are doing a half day diabetes training 10/31/06
contact Diana Vinh at diana.vinh@metrokc.gov

Steps Extranet site

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.



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. The next letter will come out 8/15/06.