



# 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

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**Steps Leadership Team:** Chair - Devon Love, Treasurer - Barbara Bruemmer,  
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 Integration - Diana Vinh

## Steps Grantees Meeting by Lorrie Alfonsi



David Fleming, Director of Public Health Seattle and King County, presenting an award to a community hero

Over 330 people convened in Seattle for the Steps Cooperative Agreement Program Workshop and Action Institute. This year's Workshop focused on training in the areas of "Environmental, Policy, and Organizational/Systems Change" and "Sustainability" for the communities funded by the Steps Program co-hosted by Steps to Health King County and Steps to a Healthier WA. A huge success, highlighted with keynotes by Ron Sims, who captured participant's hearts and minds with his inspiring vision, Larry Cohen, who motivated us all to work in the policy arena, Jerry Schultz, who encouraged us to keep our eye on the long term sustainability of our work, and Jim Krieger, who gave us the words and steps towards those lofty goals of sustainability.



Lorrie Alfonsi, Steps to Health Program Manager, Amy Manchester-Harris, DOH

The ever moving Heroes awards left participants with memorable impressions of the great work that is happening as a result of Steps. With tear filled eyes, I heard about the catalysts and support that has changed lives, brought enlightenment to members in their communities, and continues to spread our message of hope that chronic diseases can be prevented and lives can be saved. Just wait till next year!!!

## Steps in the News

- **Scientists urge ban on junk food in school**  
[seattletimes.nwsourc.com/html/health/2003681547\\_food26.html](http://seattletimes.nwsourc.com/html/health/2003681547_food26.html)
- **Farmer's market food costs less, study finds**  
[seattletimes.nwsourc.com/html/localnews/2003733548\\_farmers04.html](http://seattletimes.nwsourc.com/html/localnews/2003733548_farmers04.html)
- **Getting on the fitness ball right**  
[seattletimes.nwsourc.com/html/health/2003730239\\_fitball03.html](http://seattletimes.nwsourc.com/html/health/2003730239_fitball03.html)
- **A fresh look at the value of dried fruit**  
[seattletimes.nwsourc.com/html/foodwine/2003726592\\_platkin30.html](http://seattletimes.nwsourc.com/html/foodwine/2003726592_platkin30.html)
- **Clearing up the confusion over calcium**  
[seattletimes.nwsourc.com/html/health/2003676007\\_astrid22.html](http://seattletimes.nwsourc.com/html/health/2003676007_astrid22.html)
- **USDA wants school menus to follow dietary guidelines**  
[seattletimes.nwsourc.com/html/health/2003655799\\_lunch07.html](http://seattletimes.nwsourc.com/html/health/2003655799_lunch07.html)

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"Health is gold" Vietnamese proverb

## Boosting Academic Achievement through Healthier Schools

On May 22 and 23, education and health professionals from across Washington united at Washington’s first Healthy Schools Summit to discuss and analyze the intricate relationship between student health and academic success. With one day dedicated to the topic of boosting academic achievement through healthy schools and the second day focusing on building safe and active communities through safe routes to school, this conference provided school and community leaders with the tools and strategies that can make schools both healthier and more successful.

For more information contact Carolyn Kramer at: [cjkramer@seattleschools.org](mailto:cjkramer@seattleschools.org).

## CHS Led Asthma Training



Carmen and Maggie talk with Tsehay, from Harborview’s Community House Calls program, at the June 12th training.

Carmen, Maggie and Giang told stories from the field, demonstrated the use of asthma gizmos and gadgets among other topics at a training for staff from HMC, Puget Sound Neighborhood Health Center, Center for Cross Cultural Health Care and SeaMar.

## Policy Issues by Gail Tanaka

August Primary Elections: Note that the Washington State Primary Election will be held on August 21, 2007, a few weeks earlier than in the past. Remember to make voting a part of your summer plans.

On August 21, 2007 voters in King County will decide on two levies that would preserve and expand the King County Parks system. One levy would renew funds to maintain and operate the extensive parks, open spaces, and trail in unincorporated King County. The second would fund protection of open spaces and shorelines, and provide funds to cities in the county for parks and trails. For additional information see; <http://www.metrokc.gov/parks/levy.html>.

On August 21, some sections of the Seattle School District will be deciding which School Board Candidates will advance to the all-city election in November. West Seattle, northwest Seattle, north Seattle, and northeast Seattle positions are up for election this year.

## Shop Arounds



Giang Nguyen, CHS, and Enid Slivka, peer educator, with client

“You mean that little package of dried noodles is really supposed to be two servings and once you’ve eaten it that’s most of your salt for the entire day?” asked Van, a surprised-client on a recent “shop around” grocery store education tour.

Tours are every Monday and every other Thursday from 11:30 to 12:30 at the north Rainier Valley Safeway. If you work with people who’d like a tour or would like to learn how to do tours yourself, please contact Diana Vinh.

## Upcoming Events

- Healthy and Active Rainier Valley Coalition meetings : 1-2:30 p.m. third Wednesday of the month at the Rainier Community Center
- Cycling Advocacy Workshop - How to speak to your elected officials: Wednesday, June 20, 7-9 pm, Cascade Bicycle Club office, 7400 Sand Point Way NE, Seattle