

Steps Newsletter

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

Steps to Health King County Washington Volume Two Number Three March 2006



What is the Current Health of King County?



getting better and what's getting worse?

The Health of King County report can answer these questions and many others.

To view the report go to: www.metrokc.gov/health/hokc/index.htm

To view the Communities County report go to: www.communitiescount.org/

To view the King County Core Indicator report go to: www.metrokc.gov/health/reports/CoreIndicators/index.htm

What are the rates of diabetes, obesity and asthma in the area of King County that my program serves?

What diseases are the largest contributors to ill-health?

Since 1998, the time of the last report, what's

Sound Steps Senior Walking Program

Neither rain, nor sleet, nor snow can keep the postman—or Sound Steps walkers—from their goal! Over the past four months, Sound Steps senior walking program has overcome one of its biggest historical challenges: winter weather. Sound Steps is meant to continue year-round, building a habit of physical fitness that helps senior citizens prevent and control obesity, type-2 diabetes and other chronic diseases. However, program participation has tended to follow the trends of temperature, with high numbers in the summer and fewer in winter. This year, Sound Steps offered indoor walking in three South Seattle community locations, including Rainier Beach Community Center, Brighton Senior Apartments, and Southcenter Mall. 45 seniors tried these 'rainy day' options, eager to maintain their

fitness without battling the weather. By the time of Columbia City Walks, our SE Seattle spring kick-off event on May 13, these seniors will be ready to motivate their peers to join new spring and summer walking groups. Congratulations to these walkers, and all other STEPS participants, for making a year-round commitment to health!



For more information contact Mari Becker at: Sound.Steps@Seattle.gov

Steps Issues in the News

Childhood obesity to rise significantly

seattletimes.nwsourc.com/html/health/2002846931_obesity06.html

FDA again finds benzene in sodas

seattletimes.nwsourc.com/html/health/2002843123_benzene04.html

Dutch researchers find more reason to eat chocolate

seattletimes.nwsourc.com/html/health/2002833274_webchocolate27.html

That low fat diet may not protect you from cancer

seattletimes.nwsourc.com/html/health/2002791479_lowfat08m.html

Healthy food on the run

seattletimes.nwsourc.com/html/health/2002790767_greenongreens08.html

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Program Updates

Community Health Specialists Start Visiting Diabetic Patients

This month Carmen, Maggie and Giang will start visiting clients with diabetes in addition to people with asthma.

Services provided in English, Spanish and Vietnamese will include:

- How to work with your provider to improve health outcomes
- Proper foot care
- Trips to local grocery stores to learn how to read labels and buy healthy food
- Linking with physical activity resources
- How to lessen complications from diabetes



Picture from Indiana State Department of Health

For more information or to make a referral contact: Carmen.olvera@metrokc.gov (206)296-4571

Cascade Bicycle Alliance and Feet First Safe Routes to Schools Program

Safe Routes to School programs integrate safety, fitness, health, traffic relief, and environmental awareness in an effort to get more children biking and walking to school. It encourages schools, communities, and local government to create a healthy lifestyle for children and a safer, cleaner environment for everyone.

Currently, only about 13% of American children bike or walk to school, yet 30 years ago, more than 66% did. Children that bike or walk to school have a sense of freedom and responsibility. It allows them to enjoy the fresh air and provides the opportunity to get to know their neighborhood while arriving at school alert and ready to start their day.

For more information contact: info@bicyclealliance.org or info@feetfirst

Center for MultiCultural Health

The Center for MultiCultural Health's Healthy Sundays program is working with Goodwill Missionary Baptist Church to host "A Healthy Living, A Healthy U" -- a community Spring Health Fair at their Medina Center located at 115 16th Avenue. This free event will be held on Saturday, April 8th from 11am-4pm and will feature activities and classes for all ages. Come out and support this event, or to find out how you can be involved, contact Devon Love at 206/461-6910, ext. 210.

Upcoming Events

- **Steps Policy Committee** 4/6/06 from 9 -10:30 (gail.tanaka@metrokc.gov)
- **Steps Integration Committee** 4/06/06 from 10:30 to 12:00 (diana.vinh@metrokc.gov)
- **ALAW Asthma Educator Training** 4/24 and 4/25 (costerhaus@alaw.org)
- **African American Kidney Health Fest** May 6, 2006 from 9:00am to 1:30pm at the African American Academy (www.northwestkidney.org)
- **ALAW Asthma Walk 4/30/06** (www.asthmawalk.org) Join the STEPS team!!!
- **Columbia City Walks and Orca Plant Sale** 5/13/06 (diana.vinh@metrokc.gov)

Extranet Net Resources

The Steps extranet has great resources!

- Program brochures
- Program web sites
- Funding opportunities
- **The Year Two STEPS Summary report is now available on the extranet!**

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.