



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

Volume Three, Number Three March 2007

Steps Leadership Team: Chair - Laird Harris, Vice Chair - Devon Love, Treasurer - Barbara Bruemmer
Staff: Co-directors - Jim Krieger and Dan Lessler, Program Manager - Lorrie Alfonsi, Policy - Gail Tanaka, Integration - Diana Vinh

Rainier Beach to Get "In Motion"

The Rainier Valley Health Coalition is partnering with King County Transit to bring the "In Motion" program to Rainier Beach.



This alternative commute program aims to get people to leave their cars behind and get out walking, biking or taking the bus. Working through local businesses, community members can pledge to reduce their number of car trips and receive bus tokens and certificates to encourage them to make healthier commuting choices.

For more information please contact Diana Vinh at diana.vinh@metrokc.gov or check out the "In Motion" web site at: www.metrokc.gov/kcdot/transit/inmotion/

Free Swim Lessons for Seattle 3rd and 4th Graders



This levy supported program provides a free set of swim lessons and if needed, a free swim suit for all 3rd and 4th graders. Following a presentation at school individual vouchers are mailed to each child's home. This is a great opportunity for kids to learn to swim, improve their skills or join a swim team.

For more information please contact D'Juan Brown at D'Juan.Brown@seattle.gov or at 206-684-7249 or go to www.seattle.gov/parks/Aquatics/learntoswim.htm.

Steps Issues in the News

- Maybe you don't even need a gym to get in shape
http://seattletimes.nwsourc.com/html/health/2003585913_gym25.html
- State teenagers part of obesity epidemic
http://seattletimes.nwsourc.com/html/health/2003585196_obesekids23m.html
- Family workouts
http://seattletimes.nwsourc.com/html/health/2003575904_familyex17.html
- Unhappy meals
www.nytimes.com/2007/01/28/magazine/28nutritionism.t.html?ex=1173416400&en=9e301e51eedd6929&ei=5070
- State health facts
www.statehealthfacts.kff.org/cgi-bin/healthfacts.cgi



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Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948

Policy Issues by Gail Tanaka

- State Legislature - The House passed E2SHB 1825, which dedicates funding for public health. The Senate will consider the bill and funding level needs to be determined. The Joint Committee recommended \$100 M for the biennium.
- Rep. Schual-Berke is sponsoring a budget proviso to provide home visits from community health workers for children with asthma who are covered by Medicaid. Let members of the appropriations committee know your opinions on the benefit of this service.
- King County Board of Health - The Board will consider a resolution supporting policies to promote healthy eating and active living in King County at the March 15th meeting. One of the items in the resolution is support for school health coordinators. You may call the Council Chambers to listen to live meeting proceedings by phone at 206-205-5900.

Healthy Tip

Do you forget to take a break at work? Schedule it in by putting in stretch breaks on your Outlook calendar!

Sound Steps "Walk with the Mariners"!

Don't miss this chance to walk in one of Seattle's favorite sports venues! Safeco Field wants to support Sound Steps walkers with this fun kick-off to a healthy summer. Event includes a funwalk around the baseball field, music, prizes, health screenings and light refreshments---all free! Walkers and wheelchairs are welcome. Free parking in the stadium parking garage on Edgar Martinez St, enter at Home Plate Entrance on 1st Ave S. Keep your eyes out for an appearance by the Mariner's Moose mascot!

Reserve your spot by calling Mari Becker by Wed, April 25: (206) 684-4664.

Dates: Mon, May 7, 2007

Location: Safeco Field, 1250 1st Ave S

Age: 50+

Time: 10 a.m.-12 p.m. **Fees:** free



Mediterranean Baked Fish - 4 Servings

Ingredients:

2 tsp. olive oil, 1 large onion, sliced, 1 can (16 oz) whole tomatoes, drained (reserve juice) and coarsely chopped 1 bay leaf, 1 clove garlic, minced, 1 cup dry white wine ½ cup reserved tomato juice, from canned tomatoes ¼ cup lemon juice, ¼ cup orange juice, 1 Tbsp. fresh orange peel, grated, 1 tsp. fennel seeds, crushed, ½ tsp. dried oregano, crushed, ½ tsp. dried thyme, crushed, ½ tsp. dried basil, crushed, black pepper, to taste, 1 lb. fish fillets (sole, flounder, salmon, or sea perch)

Directions:

Heat oil in large non-stick skillet. Add onion and saute over moderate heat 5 minutes or until soft.

1. Add all remaining ingredients except fish.
2. Stir well and simmer 30 minutes, uncovered.
3. Arrange fish in a 10- by 6-inch baking dish; cover with sauce.
4. Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily.

Upcoming Events

- Austin Foundation Breakfast - April 17th, 7:30am to 9, events@youthandfitness.org
- Rainier Valley Health Coalition meetings - 1 to 2:30pm third Wednesday of the month at the Rainier Community Center, for more information contact: diana.vinh@metrokc.gov, 206-205-1589
- Bike Works Auction and Dinner, Friday March 16th, 6pm, Gould Hall, UW, auction @ bikeworks.org

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.