

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 Five May 2006



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

Columbia City Walks! a Success



On Saturday, May 13th, about 150 people turned out in the glorious sunshine to learn how to eat well and move more.

Thirty groups had tables lining Rainier Avenue South while inside local businesses people demonstrated ways to live healthy.

“I feel energized and ready to get out there and move!” said one enthusiastic participant.

For more information or to sign up to be a walk or nutrition leader in your neighborhood contact Diana Vinh at (206)205-1589, diana.vinh@metrokc.gov.



Steps Issues in the News

Study says fast-food outlets' use of trans fats varies by country
seattletimes.nwsourc.com/html/health/2002927494_fatty13.html

Landmark health bill signed in Massachusetts
seattletimes.nwsourc.com/html/health/2002927493_insure13.html

Some are exercised by chocolate milk study
seattletimes.nwsourc.com/html/health/2002945570_healthchocolatemilk23.html

Study links diabetes and overweight teens
seattletimes.nwsourc.com/html/health/2002965970_diabeticteens02m.html

“Chew on this”, think before you eat that french fry
seattletimes.nwsourc.com/html/health/2002975060_chewonthis06.html

Food \$ense and WASL Healthy Snack Promotion
seattlepi.nwsourc.com/health/268396_condor01.html

Inside this issue:

Columbia City Walks	• 1
Steps in the News	• 1
HMC's Annual Diabetes Fair	• 2
Food for Thought	• 2
NHAC Update	• 2
Upcoming Events	• 2

Food for Thought is Ready to Go!

Action for Media Education (AME) delivered its first *Food for Thought* (FFT) training to a group of parent educators from the Puget Sound ESD Head Start and ECEAP Peer Leaders program on April 11.

Food for Thought is a 60-minute hands-on multimedia presentation delivered by parents to parents that seeks to raise awareness about the relationship between the marketing of junk food and children's preferences for unhealthy foods. In addition, *Food for Thought* provides parents with basic nutrition information and ideas for eating healthy, as well as tips for deconstructing food ads (TV, print ads, product packaging), and ideas for saying "no" to the constant request for unhealthy foods by children at the grocery store.

Action for Media Education (AME) is currently looking for centers or groups to present *Food for Thought*. If you are interested and your center is located in the STEPS prevention areas, let us know! To schedule a FFT presentation, contact Erin Fitzgerald at 206-543-9414 or erinmf@u.washington.edu.

Harborview Medical Center's Annual Diabetes Fair

The Diabetes Patient Education Team at Harborview is having our annual free fair on June 2, from 12 – 4pm at the Research & Training Building, 9th and Alder . We would like to invite you all!

We are passionate about reaching out to more of our patients and with that in mind, decided to begin a new tradition of having a keynote speaker each year. This year we're delighted to have Ron Sims, King County Executive, serve as the first keynote. The physician presenter is Dace Trence, MD, assistant professor at the U of WA and director of the Diabetes Care Center at UWMC, who will talk on 'Diabetes – What's New and What's News'. Our diabetes CNS, Kathleen Givan, RN, CNS, CDE will speak to us about 'Feeling Good with Diabetes.' Other speakers include Jody Stanislaw, 'a type 1 since 1980' and soon to be graduate of a naturopathic medicine program who is dedicating her life to helping those with diabetes. Jody will address us on the lifelong impact of coping with this disease. We will also have a patient panel of Harborview patients with type 2, moderated by members of the diabetes patient education team.

This year we will have a variety of booths, including one with interpreters representing our targeted communities (Vietnamese, Somali, and Spanish). This is part of what makes Harborview and our diabetes fair unique. Collaboration with our community partners, REACH and STEPS, expands our ability to touch individuals in each community as well.

For more information please contact: Ella Mae Kurashige RN MSN at 206-731-2154 or ellamaek@u.washington.edu

Upcoming Events

- **Transit Now Initiative**
www.metrokc.gov/kcdot/transitnow/
- **Cascade Bicycle Club - Bike to Work information**
www.cbcef.org/btw/2006/btwschedule.html
- **Seattle Neighborhood Meetings**
www.seattle.gov/council/newsdetail.asp?ID=6075&Dept=28
- **Austin Foundation Breakfast - May 24th**
kassandra@youthandfitness.org



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.