

# 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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## “Domingo Saludable”



Margarita Mendoza from Steps' Community Health Specialist Program and Edgar Lopez, SeaMar REACH diabetes educator coordinator

The last woman to be screened for diabetes at La Luz Church's recent healthy Sunday was a reserved young woman holding an active baby. There'd been several people with high blood sugars but when , Kathleen Perez-Hureaux, Chronic Disease Manager with Puget Sound Neighborhood Health Centers, saw 459mg/dl on the meter she felt her heart drop. The woman had no health insurance, no money and no idea where to go for care. It is for this reason that the “Healthy and Active Rainier Valley Health Coalition”, a group of clinics and community members, are working with the church to improve parishioner's health.

This education and screening day was the next step after a showing of the play “Tres Historias de la Vida” by SeaMar's REACH diabetes group last November. Over 100 people were screened for high blood pressure and diabetes and educated on exercise, nutrition and accessing health care. And the woman with the baby? She's going to be seen at a clinic right up the street.

## WHOLE GRAINS COOKING, WOW!!!

Healthy eating-healthy communities  
 By Giang Nguyen

Inspired by a class at Swedish hospital, I started cooking with some new grains and enjoyed it so much I decided to introduce them to my Vietnamese clients; hoping to bring a new way of healthy eating to them. Together with 3 of my clients, we planned a healthy lunch. I brought all the ingredients to one client's kitchen. One was washing the herbs and vegetables, the other two were cooking and mixing and soon after, we all sat down and enjoyed our delicious meal of lettuce, baby spinach and shrimp spring rolls then quinoa corn salad. I also cooked some wild and whole grain brown rice for them to try. To my surprise, every one had a second serving, asked for the recipe, where to buy the grains and could they bring some home for their family to try. I was very happy and hope to bring healthy recipes to more clients.



## Diabetes rate doubles, 84,000 with disease says latest King County report

*Inside this issue:*

Public Health - Seattle and King County just released a report on community data on diabetes. Findings include:

- African Americans are 2.6 times more likely to have the disease than whites and are three times more likely to die. Pacific Islanders, Asians and American Indians/Alaska Natives have a greater chance of having the disease
- Diabetes rates in SE Seattle are four times higher than on Mercer Island
- Many people with diabetes do not receive services that can help them control their disease and lessen the complications

The full report can be found at: [www.metrokc.gov/health/datawatch/](http://www.metrokc.gov/health/datawatch/)

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*"The destiny of nations depends on how they nourish themselves." -Brillat-Savarin*

## Harborview reaches out



Rob passed out at his construction job and was rushed to the ER at Harborview. He is very sick, in denial about a new diagnosis of diabetes, does not have health insurance, a primary provider or stable housing. In short, he is a perfect candidate to be treated, sent out and return to the ER in a diabetic crisis.

However, because of Audrey Paisley, Diabetes and Asthma Nurse Case Manager, Rob will have a different outcome. Audrey talks with Rob and assesses his barriers to obtaining health-care. She refers him to: a Community Health Specialist for a home visit, HMC’s financial counselors and a primary care clinic for ongoing treatment. The result is that Rob will be able to manage his chronic health condition and pay fewer visits to the ER.

The Steps Nurse Case Management program receives about 40 referrals per month from the ER for patients without a primary care provider. Because of issues such as homelessness, incarceration, no insurance and lack of contact information it can be next to impossible for patients to figure out the system and get good primary care. But with case managers like Audrey they’ve got an ally in working it all out and taking steps towards healthier lives.

For more information contact Audrey Paisley at: paisleya@u.washington.edu

## Cascade Bicycle Club

Cascade Bicycle Club has camps for kids! Our Group Health Bicycle Camps for Kids are geared towards 9-12 year olds. These week-long day camps are all about learning all different styles of riding including track, mountain, and road riding.



For teens, we offer evening road and mountain bike specialty camps to improve skills and stay safe while having a great time riding. See [www.cbcef.org/youth\\_cct.html](http://www.cbcef.org/youth_cct.html) for more information.

## Policy Issues by Gail Tanaka

Thanks to the hard work of State Senator Kohl-Welles and State Representative Schual-Berke the State Legislature funded a pilot project in King County to provide children on Medicaid with asthma with home visits from Community Health Workers. Bilingual/bicultural Community Health Workers will provide services for English, Somali, Spanish, and Vietnamese speaking families. Thank you to everyone who supported this important budget item.



The Food and Farm Policy Project is collecting signatures in support of policies that advance fresh, local, and healthy food in the US Farm Bill. Sign on at [www.healthyfarmbill.org](http://www.healthyfarmbill.org).

## 500 Seniors “Walk with the Mariners”



Community Health Specialist Giang Nguyen walking with friends

“I walk because it makes me feel GREAT!” said Hazel as she took her fourth lap around Safeco Field in Sound Step’s walking extravaganza “Walk with the Mariners”.

Five hundred seniors and friends of seniors joined the Mariner Moose to move their bodies and have some fun. Prizes were given for the oldest walker, 97 and the team with the most members, Steps to Health!

For more information on walking groups and upcoming events contact Mari Becker at: [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov)

## Upcoming Events

- Rainier Valley Health Coalition meetings: 1-2:30 p.m. third Wednesday of the month at the Rainier Community Center, for more information contact: [diana.vinh@metrokc.gov](mailto:diana.vinh@metrokc.gov), 206-205-1589.
- Furry 5k, Sunday, June 10, 2007, Seward Park: [www.furry5k.com/](http://www.furry5k.com/)
- Rainier Valley Shop Arounds - learn how to buy healthy food at the grocery store. Contact Diana Vinh to sign up.

To comment on or submit articles to the Steps newsletter, please contact Diana Vinh at [Diana.Vinh@metrokc.gov](mailto:Diana.Vinh@metrokc.gov) Please submit articles by the first of each month to be included in that month’s newsletter.

