

# 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 - Laird Harris, Vice Chair - Devon Love, Treasurer - Barbara Bruemmer

## Sound Steps/HPRC's "Walk-N-Roll" a Great Event!

By Mari Becker



Group walkers in the final stretch!

On Wednesday, September 13 in Seward Park, 170 of Seattle's seniors showed their commitment to fitness by completing the 2006 Sound Steps Walk-N-Roll Funwalk. Participants used feet, walkers and wheelchairs to complete walking routes from a half to 2.5 miles. This citywide event attracted teams from Des Moines up to Green Lake, and included healthy snacks and entertainment. Walkers were already eager for the next walking event. Walk-N-Roll was a partnership between the University of Washington Health Promotion Research Center (HPRC) and the Sound Steps Walking Program.



Geraldine Lee and her son Daryl. Geraldine has been a Sound Steps participant for over a year. She now leads a walking group at the Rainier Beach Community Center. Daryl donated water bottles for all participants and volunteered at the event.

For more information please contact Mari Becker at [sound.steps@seattle.gov](mailto:sound.steps@seattle.gov).

### Healthy Tip

What's the best way to **prevent colds and flu** this season? Wash your hands and cover your cough! For more information and colorful, multilanguage posters visit Public Health's "Stop Germs, Stay Healthy" web site at: [www.metrokc.gov/health/stopgerms/index.htm](http://www.metrokc.gov/health/stopgerms/index.htm)

### Steps Issues in the News

- **Donuts in danger? NYC may ban trans fats**  
[www.msnbc.msn.com/id/15020846/](http://www.msnbc.msn.com/id/15020846/)
- **Consumption of soft drinks and hyperactivity, mental distress, and conduct problems among adolescents in Oslo, Norway**  
[www.ajph.org/cgi/content/abstract/96/10/1815?etoc](http://www.ajph.org/cgi/content/abstract/96/10/1815?etoc)
- **Race, income, location play huge roles in American longevity**  
[seattletimes.nwsource.com/html/health/2003253892\\_weblongevity11.html](http://seattletimes.nwsource.com/html/health/2003253892_weblongevity11.html)
- **Scientists: US failing to help obese kids**  
[seattletimes.nwsource.com/html/health/2003257913\\_obese14.html](http://seattletimes.nwsource.com/html/health/2003257913_obese14.html)
- **Pros and cons of a zoning diet; Fighting obesity by limiting fast food restaurants**  
[www.nytimes.com/2006/09/24/nyregion/24fast.html?n=Top%2fNews%2fHealth%2fDiseases%2c%20Conditions%2c%20and%20Health%20Topics%2fObesity](http://www.nytimes.com/2006/09/24/nyregion/24fast.html?n=Top%2fNews%2fHealth%2fDiseases%2c%20Conditions%2c%20and%20Health%20Topics%2fObesity)
- **The school lunch test**  
[www.nytimes.com/2006/08/20/magazine/20lunches.html?](http://www.nytimes.com/2006/08/20/magazine/20lunches.html?)

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*"When you enter the forest you must learn the songs of its birds."*  
Mauritanian proverb

## Child Care Providers Make Changes to Promote Physical Activity and Healthy Eating By Anne Curtis

One child care provider added oranges to the afternoon snack, another is substituting baked for fried chicken, and others are adding new vegetables to their menus. Child care staff now take a bag of toys on trips to the park to encourage active play. Others are using new songs, games and activities to promote physical activity.

These are findings from a recent series of interviews conducted with participants from the Fuel and Play the Healthy Way trainings. The Steps funded Fuel and Play program has provided training and consultation for child care providers to engage them in making changes in their child care programs to encourage physical activity and healthy eating behaviors in children.



Fourteen of the 17 childcares interviewed over the summer reported they made changes in the foods they serve children. Thirteen reported making changes in the physical activity parts of their program. This is good news given that research indicates that child care and out-of-school-time programs have a significant influence on healthy eating and activity behaviors in children.

For more information please contact Anne Curtis at [anne.curtis@metrokc.gov](mailto:anne.curtis@metrokc.gov).

### Healthy Recipe



**Apple Sauce** - Select sweet apples, cut them up and put them in a pot, skins and all. Simmer them until soft then mash with a fork or potato masher. Put through a food grinder, (“Moulinex”), then spice up with some cinnamon or nutmeg. No sugar is needed. Sauce will keep in the refrigerator for three days.

### Upcoming Events

- **Diabetes Training** - REACH, STEPS and HMC half day diabetes training 10/31/06. For more information contact Diana Vinh at [diana.vinh@metrokc.gov](mailto:diana.vinh@metrokc.gov)
- **Annual Partner’s Conference** - Wednesday, 11/15. Come and share your program information and learn about other programs. For more information contact Lorrie Alfonsi at [lorrie.alfonsi@metrokc.gov](mailto:lorrie.alfonsi@metrokc.gov)
- **Workplace Wellness Workshop** - Wednesday, 12/13. Learn how to make your workplace a healthier place. For more information contact Gail Tanaka at [gail.tanaka@metrokc.gov](mailto:gail.tanaka@metrokc.gov)
- **Get the latest on Feet First events.** Sign up for their e-mail list at: [www.feetfirst.info/events](http://www.feetfirst.info/events)
- **See your event listed here!** Send an e-mail with date, time and place to Diana at [diana.vinh@metrokc.gov](mailto:diana.vinh@metrokc.gov) or call at (206) 205-1589

### Trans Fat



Everyone is talking about trans fat but what is it? Trans fat is made when vegetable oils are made more solid by adding hydrogen molecules. This “hydrogenation” is popular because it extends the shelf life of food and stands up well to heat in deep frying. Unfortunately it elevates blood cholesterol levels and raises LDL levels, the “bad” cholesterol.

What foods have trans fat? Trans fat is found in some margarine, crackers, cookies, snack foods, baked goods and some fast foods.

How do you avoid trans fat? If the ingredients list hydrogenated or partially hydrogenated oils you should eat less of this product. Avoid deep fried foods, especially at fast food restaurants. If you’re using margarine, look for ones that don’t have trans or hydrogenated fats.

### Steps Extranet site

To access the extranet site [www.kcsteps.org](http://www.kcsteps.org) send an e-mail to Jeff Ing at: [Jeff.ing@metrokc.gov](mailto:Jeff.ing@metrokc.gov) and he will give you a password for the site.



**Quiz:**

1. How many Americans have diabetes?
2. Diabetes incidence has increased by what percent since 1990?

**Answers:**

1. More than 20 million
2. 61% and rising

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.