



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 Eight, September 2007

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

Thanks Kirsten!



Students at White Center Heights making papaya salad.

Kirsten Frandsen will be moving on and taking a new position as the Nutrition and Physical Activity Coordinator with the Tacoma Pierce County Health Department at the end of this month.

During her time here with Steps she has done a truly impressive amount of work including:

- Leading development of comprehensive Nutrition Education Policy and Procedures for Seattle School District (requires each student receive a minimum of 10 hours of nutrition ed per year)
- Developing implementation tools and strategies for the Seattle and Highline School Districts
- Helping move the Seattle School District forward with implementation of the “Great Body Shop” curricula
- Leading the Healthy Eating by Design program (“Eat Better, Feel Better”) which places nutritionists and physical activity specialists in 7 schools in Seattle and Highline. (The nutritionists are currently being hired by Public Health and WSU). This program is sustainable and we hope to expand it further in the next year.
- Ethnic Foods and Education Program
- Nutrition Advisory Committee

Thanks for all you’ve done Kirsten and best of luck in your new position.

Steps in the news

- **Obesity increased in 31 states in '06**
seattletimes.nwsource.com/html/nationworld/2003856569_obesity28.html
- **Obesity requires a wider view**
seattletimes.nwsource.com/html/jerrylarge/2003893151_jdl20m.html
- **High blood pressure growing among kids**
seattletimes.nwsource.com/html/nationworld/2003878657_bloodpressure11.html
- **Grabbing the best of the fast food breakfasts**
seattletimes.nwsource.com/html/foodwine/2003890903_platkin19.html
- **Overweight? Blame your zip code**
seattlepi.nwsource.com/local/331292_obesezip12.html

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“Early to bed and early to rise makes a man healthy, wealthy and wise.” Ben Franklin

Walk N' Roll 2007

This year 130 people came out in force to walk the loop at Seward Park. For more information on this event and on walking groups please contact Mari Becker at sound.steps@seattle.gov.



Walkers stretching before walk.



Walkers at the starting line

BikeWorks Looking for New Bike Store Manager



HOW TO APPLY:

Send your resume, cover letter, and contact information for three references to development@bikeworks.org.

Policy Issues by Gail Tanaka

At its July meeting the **King County Board of Health** passed resolutions that ban artificial trans fats in restaurants and require chain restaurants to provide nutritional information on their menus. For additional information see: <http://www.metrokc.gov/health/boh/regulations.htm>. The King County menu labeling resolution is worded in a way that avoids the legal problems that New York encountered. Thank you to all the Steps partners who provided testimony on these issues.

Now is a good time to contact your Senators and Representatives about the **Federal FY 2008 budget**. Though the budget period starts on Oct. 1, 2007, the House and Senate have not agreed on a budget, and the President has threatened to veto both the House and Senate versions as proposed. Call your Senators and Representative to tell them how the \$17 M cut to the Steps budget will affect your community. This cut eliminates funding for Steps to Health King County and Washington State effective September 2008.

Senator Patty Murray - <http://murray.senate.gov/email/index.cfm>

Senator Maria Cantwell - <http://cantwell.senate.gov/contact/>

Rep. Jim McDermott - <http://www.house.gov/mcdermott/contact.shtml>

Rep. Dave Reichert - http://www.house.gov/reichert/IMA/issue_subscribe.htm

Rep. Adam Smith - <http://www.house.gov/adamsmith/IMA/email.shtml>

New PE Coordinator for Seattle Public Schools

Please welcome our new Physical Education Program Manager – Lori Dunn. Lori will be joining Seattle Public Schools on Oct 1. Lori has been teaching PE for 23 years and has taught in California and most recently, Renton school district. She was selected as the National Association for Sport and Physical Education (NASPE) in 2006. She has a wealth of knowledge in physical education, health/fitness, lifelong fitness programs, project development and implementation, grant writing as well as curriculum development. Lori also serves as a health and fitness consultant for OSPI. For more information please contact Carolyn Kramer at: cjkramer@seattleschools.org.

