



# 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 four, Spring 2008

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

## Highline School District



The American School Health Association (ASHA) selected Highline School District to help field test a new assessment instrument and participate in efforts to build the capacity of school districts and their community partners to improve health program coordination.

Once areas of need have been identified using the instrument, ASHA and its partners will develop a capacity building plan to assist Highline and two other school districts staff and community partners in improving coordination to increase their effectiveness in supporting academic achievement and promoting positive health behaviors.

The Steps Leadership Team approved Public Health Seattle & King County submitting a letter of intent to apply for a grant to sustain Steps through a new Healthy Communities/Strategic Alliance program. If the proposal is funded, Steps work will focus on systems and policy level changes to prevent and reduce the burden of diabetes, obesity, and coronary heart disease. The first year of funding will support planning and infrastructure development for program efforts in the next four years. Like Steps, the new program is funded by the Centers for Disease Control and Prevention. Funding levels will be significantly less than for Steps, especially for the first year when a maximum of \$240,000 is available for planning.



## Steps in the News

- **Nation's needy finding health care in the pantry**  
[seattletimes.nwsource.com/html/health/2004091234\\_pantry25.html](http://seattletimes.nwsource.com/html/health/2004091234_pantry25.html)
- **Your office may be making you fat**  
[seattletimes.nwsource.com/html/living/2004076128\\_dietworkplace17.html](http://seattletimes.nwsource.com/html/living/2004076128_dietworkplace17.html)
- **Spokane's plan to walk away girth**  
[seattletimes.nwsource.com/html/localnews/2004108668\\_weight05m.html](http://seattletimes.nwsource.com/html/localnews/2004108668_weight05m.html)
- **Promoting health from the heart**  
[seattletimes.nwsource.com/html/health/2004097590\\_nwbryant31.html](http://seattletimes.nwsource.com/html/health/2004097590_nwbryant31.html)
- **Health experts offer advice on how to curb obesity**  
[seattletimes.nwsource.com/html/health/2004158448\\_weighttips03.html](http://seattletimes.nwsource.com/html/health/2004158448_weighttips03.html)
- **Class helps immigrants with diet choices**  
[seattletimes.nwsource.com/html/health/2004169813\\_immigain10.html](http://seattletimes.nwsource.com/html/health/2004169813_immigain10.html)

## Inside this issue:

Highline School District	• 1
Funding to Sustain Steps	• 1
Steps in the News	• 1
Columbia City Farmer's Market	• 2
Garden Work Out	• 2
Change in Directors	• 2

*"Cultivate your garden." Rene Descartes*

## Columbia City Farmers Market Sets Down Roots for its 10th Season!!



**April 30<sup>th</sup>-October 22<sup>nd</sup> 3-7 pm  
4801 Rainier Ave. S., Columbia  
Plaza lot**

Thanks to the support of so many dedicated shoppers, Columbia City Farmers Market began its 10th season on April 30th!!

Opening Day festivities included music from Miles & Karina and Veggie Momma - not to mention a bounty of fresh, local, and healthy produce!

The Columbia City Farmers Market accepts EBT/ Food Stamp benefits as well as WIC & Senior Farmers Market Nutrition Checks. Columbia Health Center will be distributing WIC checks at the market again this year!

For more information contact:

Karen Kerschner, Market Manager (206)632-1320 or [karenk@seattlefarmersmarkets.org](mailto:karenk@seattlefarmersmarkets.org)

## Garden Work Out



Gardening can burn an average of 300 calories per hour!

To work on your upper body, turn your compost pile and pull some weeds. Raking and hoeing works your arms and back while digging targets your bottom and legs.

To avoid strains use proper form when gardening and start by warming up with a 10-minute walk. Next use good posture and positioning to avoid injury, and keep all of your motions smooth and steady. Keep your abdominals firm to help maintain good back alignment. To prevent an aching back use your legs, not your back, and keep your knees flexed when lifting wheelbarrows or heavy planters. When digging with a shovel, don't twist your back. Instead, lift your front foot, point it in the right direction, and turn your body.

## Feet First has New Director

The Board of Directors of Feet First is excited to announce the hiring of new Executive Director Lisa Quinn, who joined the organization on March 31st, 2008. Chosen after a thorough search process, Lisa has over 13 years of experience in the transportation field, bringing a wealth of experience to Feet First. For more information visit the web site at: [www.feetfirst.info](http://www.feetfirst.info)

## Austin Foundation Director is Leaving

Kasandra VerBruggen will be leaving the Austin Foundation. Best of luck to her in her new home and with her new endeavors.

For more information visit the web site at: [www.youthandfitness.org/](http://www.youthandfitness.org/)

## King County Trans Fat Ban

**May 1, 2008:** The first phase to eliminate artificial trans fat in King County applies to fry oils and shortenings, used for deep frying or in spreads, starting May 1, 2008. Food establishments with operating permits from Public Health - Seattle & King County are impacted.

**February 1, 2009:** Food establishments must eliminate artificial trans fat from other products served, except if served in the original package such as potato chips, by February 1, 2009. Food establishments need to identify healthy alternatives for margarines, oils and shortening used for preparation of all other foods, including baked products, deep frying of yeast dough and cake batter. The regulation requires that artificial trans fat must be less than 0.5 grams per serving.

Many food establishments have made the switch to healthier trans fat free alternatives, but the new rules will ensure that the remaining food establishments will make the change as well.