

Partnership to Improve Community Health: Projects in action

Expand physical activity in schools



Awardees implement evidence-based physical education curriculum and physical activity throughout the school day.

For the first time, **Federal Way Public Schools** has adopted an evidence-based PE curriculum. Teachers from K-12 have shared their enthusiasm for having the necessary equipment, software and curriculum to incorporate physical activity into the school day. In addition, FWPS is in the process of updating their PE policy for the school district to align with best practices.

Students in the **Highline School District** are using a new software system to set fitness goals and track their progress. The school district surveyed students about which physical activities they would most like to see in the community. The District also held events to encourage students to eat school breakfast. Highline also adopted an evidence, technologically backed PE curriculum and updated equipment in 5 schools that were identified as having the most disproportionate health outcomes.

Interagency Academy offers individually tailored learning to a diverse population of high school students for whom the traditional school environment has not worked well. Through PICH funding, Interagency partnered with [UPower](#) to develop a trauma-informed physical activity program at five [Interagency](#) sites. Students in the UPower classes express a sense of gratitude for the ability to work out physical stress and learn goal setting that translates to academic success as well. Upower applied for and received Best Starts for Kids funding that will allow them to expand this program to include functional fitness and nutrition elements in partnership with the school garden onsite and also provide afterschool opportunities for fitness.

Teachers at **Seattle Public Schools** have recruited and trained kindergarten and pre-k teachers to incorporate physical activity into daily activities in their classrooms. SPS purchased curricula and equipment to support these activities.

Promote healthy eating and physical activity in home childcare settings

Awardees work with licensed, family home child care providers to incorporate best practices for healthy eating, physical activity and screen time in child care settings.

Childcare Resources developed a curriculum to teach 30 child care providers healthy eating and active living best practices. Providers received training, in person coaching sessions and received planter boxes to grow fresh herbs and vegetables on site. They have provided resources such as books about healthy eating in Somali and Spanish and physical activity equipment that providers can use with their children. Learn more about [Childcare Resources](#).

The **City of Seattle Human Services Department** (HSD) recruited and trained 40 childcare providers to participate in healthy eating best practices such as offering family-style meals where children choose if and how much they eat. The program provides incentives such as child-sized tongs to help providers implement the best practices.

To better reach East African childcare providers, **Horn of Africa Services** translated healthy eating and physical activity best practice guidelines into four languages; Amharic, Oromo, Somali, and Tigrinya. They are training seventeen childcare providers in these best practices. Learn more about [Horn of Africa Services](#).



Promote community strategies to encourage healthy foods and drinks

City of Tukwila Parks and Recreation staff received training to incorporate education on sugar and sugary drinks into everyday activities. The city developed healthy vending guidelines and sugar and sugary drink resources tailored for Tukwila's diverse racial and ethnic populations.



Empower youth to promote healthy eating

Youth in White Center and Delridge are leading a charge to change the extent to which they are exposed to marketing from junk food advertising. Youth interns at **FEEST** ([Food Empowerment Education and Sustainability Team](#)) gained skills in campaign development and media literacy and are now developing messages for a social media campaign to promote healthy eating among youth in White Center and Delridge. The youth interns have held community workshops to spread their message and have reached over 300 youth and community members. A FEEST youth alumni worked with FEEST to paint a mural including their “#eatreal” and “make your insides happy” messages on the side of Lee's Produce in White Center.

Improve access to healthy, affordable foods

Awardees work with food banks, food retailers, farms, and communities to expand access to healthy, affordable foods throughout King County.

City of Seattle Human Services Department partnered with [Roots of All Roads \(ROAR\)](#) to increase access to local, affordable food in Seattle. They operated a new mobile farm stand in Highpoint and continued a farm stand in Delridge. The farm stands are also hubs for nutrition education, and community engagement. ROAR created two positions for the 2017 growing season, Community Liason and Youth Intern, to model healthy food demos and build relationships with community residents to increase participation at the farm stand.

In collaboration with 12 other South King County food banks, the **Des Moines Area Food Bank** is transforming a former golf course in Maple Valley into a farm to provide fresh produce to food banks. In the first two years of PICH, farm staff and volunteers from schools and community groups have turned one acre of land into planting beds, installed a water pump and irrigation, and grew its first crop of vegetables. Now in its official second growing season, the farm has a greenhouse for starting seeds and is ready to pick crops of peas, tomatoes, kale, lettuce, strawberries, broccoli and cauliflower to deliver to fresh, local produce to food banks. Learn more about [Elk Run Farm](#).

In the first year of PICH, 30 Somali grocers received support and technical assistance from **OneAmerica** to maintain WIC certification. The certification allows grocers to provide healthy food to low-income families. The grocers have formed the Somali Small Business Association to

advocate for culturally tailored improvements to WIC requirements, and together with [OneAmerica](#), submitted 20 waivers to the Department of Health for certain WIC requirements.

Tilth Alliance has distributed over 20,000 bags of fresh, local produce (Good Food Bags) to low-income and vulnerable individuals and families in Southeast Seattle and South King County. The Alliance also developed a toolkit to engage communities in nutrition education through community kitchens. Learn more [here](#).

Washington Community Action Network (Washington CAN!) expanded their successful Good Food Bag program to six new sites – the Auburn Public Health Center, Orion Industries, St. Matthews Episcopal Church, Pioneer Elementary, Auburn Y, and the Auburn Senior Activity Center. The program distributes subsidized healthy, affordable foods to immigrant and low-income families and families of color. Learn more [here](#).



Assist farmers markets with nutrition incentives for SNAP recipients

City of Seattle Office of Sustainability and Environment (OSE) assists farmers markets in King County to run the Fresh Bucks program. Fresh Bucks provides a \$1 to \$1 match for people who use EBT/SNAP benefits at the market so they can purchase more fruits and vegetables (up to \$10 match). The Fresh Bucks program has expanded to 30 farmers markets and farm stands providing an over \$130,000 in match each year so low income community members can purchase local fruits and vegetables. Learn more [here](#).

City of Renton Farmers Market became the first city-run farmers market in the state to accept EBT/SNAP benefits in 2015. In 2016, they launched the Fresh Bucks incentive program. They now process over \$7,500 in EBT and \$6,000 in Fresh Bucks each year. Additionally, they are reaching out across the city to raise awareness that the Farmers Market accepts EBT and provides Fresh Bucks. These conversations also help market managers better understand what barriers people face to accessing the Farmers Market. Learn more [here](#).

Build healthy food and active living policies into city plans



Awardees engage communities and work with city governments to promote healthy eating and active living in city plans.

In collaboration with community partners, the **City of SeaTac** worked to improve access to healthy foods through the creation of a model community garden and proposed updates to the City's regulatory codes and policies. The City, along with partners, conducted a community survey, hosted community meetings, trained community liaisons, and assessed the city code on urban agriculture.

The **City of Seattle Department of Planning and Development** promoted parks and open space planning in North Delridge and gathered community input through a survey and presentations at Delridge community events.

Skyway Solutions developed plans to increase access and use of Skyway Park and worked with the Renton School District to implement a Safe Routes to School program at Campbell Elementary School. Through a collaborative process, the organization has developed plans to

improve access to and physical activity opportunities in the park through signage, increased safety, and other park improvements. Learn more about [Skyway Solutions](#).



Multi-sector collaboratives

PICH supports collaboration between multiple community-based organizations, community leaders, and local governments to address healthy eating, active living, and tobacco.

Healthy King County Coalition (HKCC) is a group of local organizations and individuals united in a common vision of health equity and justice for everyone, regardless of where they live. Some of the recent successes of HKCC’s workgroups include collaborating with Puget Sound Educational Service District (PSESD) to assess an outdoor physical activity policy for Head Start—specifically looking at the impact of the policy from an equity perspective; spearheading an e-cigarette prevention campaign called “Don’t be fooled;” and training community leaders to promote health equity in South Seattle and South King County.

To address healthy eating in SeaTac, **Global to Local** is developing a Food Innovation Network (FIN) alongside a diverse group of stakeholders. Global to Local has held community meetings to guide the FIN development, trained 11 community leaders who speak a variety of languages and are from various racial/ethnic groups (Arabic/Kurdish, Ethiopian/Eritrean, Somali, Congo, Latina/Hispanic, Native American, and Western Africa) to do outreach and conduct focus groups in their communities, assisted the City of SeaTac in developing their first community garden, and started hosting quarterly community kitchen events with the City of SeaTac to share food cultures and build community.

Members of the **Living Well Kent (LWK)** collaborative held over 10 focus groups with community members in Kent to assess community needs. The collaborative formed a steering committee to guide their activities and to create a strategic planning process. In August 2016, LWK created the Kent Food Policy Council (KFPC) to address the concerns related to access to affordable healthy foods. The Council met with residents, community leaders and other partners working on food systems in King County and recommended the development of a Farmer’s Market in the East Hill community of Kent. LWK launched the first monthly Farmer’s Market in May, 2017. The Market included fresh produce, blood pressure checks from Multicare Health System, information from various community based organizations serving Kent and other vendors. In addition, community residents were provided with space to sell crafts and other items.

Expand tobacco-free environments



These projects work with housing providers, colleges and universities, community health workers, and policy-makers to offer tobacco-free environments that protect youth and families from tobacco and second-hand smoke.

Multi-unit housing

The Public Health Tobacco Prevention Program has supported housing providers on steps to adopt smoke-free housing and supported them in developing smoke-free rules. This outreach has led to 5,153 housing units making the choice to become smoke-free, protecting over 12,000 individuals from the harmful impacts of secondhand smoke.

College and universities

Seattle University and North Seattle College implemented 100% tobacco-free policies on their campus. Public Health has worked with both colleges for multiple years leading up to this milestone—PICH allowed for more robust technical assistance to the colleges, facilitated outreach to students to build support for the policy, and purchased signage to help communicate policy change and encourage compliance.

Community health workers

To ensure residents can access cessation support in their communities, Public Health staff worked with the Department of Health to develop a training module that incorporates best practices in treating tobacco and nicotine dependence and tobacco cessation support into community health worker training programs. Culturally appropriate trainings and technical assistance has been provided to 143 Community health workers in 14 community organizations. The 5A's Brief Intervention training, a 2 day motivational interviewing training, cessation materials and technical assistance and support were provided to CHWs to ensure clients can access cessation support in their communities. The **5A's model** is evidence-based and is a best practice in treating nicotine dependence wherein clients are **Asked** about tobacco use, **Advised** to quit in a non-judgmental way, **Assessed** for readiness to quit, **Assisted** in seeking cessation resources, and **Arranged** follow up. In addition, an online training module has been developed that is accessible statewide, to all CHWs. This work received a 2017 Model Practice award by the National Association of County and City Health Officials (NACCHO) Model Practices Program.

County-wide e-cigarette policy

Staff from Public Health briefed the Board of Health (BOH) on e-cigarettes in King County. Following the presentation, the BOH voted to initiate a policy sub-committee to explore policies to prevent youth access to e-cigarettes. Public Health coordinated with neighboring counties and two other counties adopted local licensing and point of sale policies in early 2016. The King County BOH was about to vote on a comprehensive local policy too, but then the Washington State Legislature passed a statewide licensing law that preempted local jurisdictions from enacting local regulations.

For more information contact Carley Thompson at carley.thompson@kingcounty.gov