Stronger Communities Means Good Health for All

Partnerships to Improve Community Health

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. But for many, good health is not just about making good choices—it's about overcoming major barriers, like access to:

- Stable and affordable housing and childcare
- Safe outdoor spaces
- Nutritious foods
- Social support

Some of Our Communities Are Falling Behind

Several health conditions are on the rise in King County, hitting communities hardest where there is less access to good nutrition, quality physical activity, and smoke-free environments.

1 in 5 youth...

- exposed to secondhand smoke at home
- at an unhealthy weight, putting them at risk for: High blood pressure, high cholesterol, and diabetes

57% of older adults diagnosed with high blood pressure

3x Difference in adult asthma hospitalization rates in high vs. low poverty zip codes

10 years Difference in average life expectancy between neighborhoods ▶ Equivalent to a difference of **3,650 days** with one's grandkids

Working together, we can make healthy options more affordable and accessible for people who face the toughest challenges. Where you live shouldn't be an obstacle for how healthy you can be.

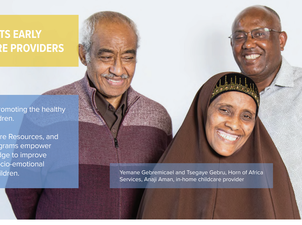
A Drive Toward Healthy Opportunities in King County

Over the past decade, public health organizations and agencies have supported a variety of community-led programs to improve the health of our communities in the long-term.

STARTING HEALTHY HABITS EARLY WITH IN-HOME CHILDCARE PROVIDERS

Childcare providers are key to promoting the healthy growth and development of children.

Horn of Africa Services, Child Care Resources, and City of Seattle child nutrition programs empower childcare providers with knowledge to improve nutrition, physicial activity, and social-emotional development for King County children.



Yemane Gebremicael and Tsegaye Gebru, Horn of Africa Services, Anaji Aman, in-home childcare provider

400 children with improved child care environments, resulting in:

- Planned physical activity, meals with fruits and vegetables, and healthy eating habits

25 garden beds at home childcare sites, resulting in:

- Education on growing and cooking healthy food

CUTTING BACK ON TOBACCO, STARTING IN THE COMMUNITY

Tobacco prevention efforts work best when advice and support are delivered by trusted community members. Health advocates like Maria use their knowledge and skills to help reduce tobacco use and link people to other wellness services.

150 community health workers (CHWs) from 15 community-based organizations, leading to:

- Training on evidence-based best practices for treating nicotine dependency

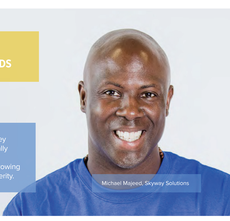
Maria Rodriguez, Public Health, Seattle & King County

70% of people who smoke want to quit, but not everyone has the resources and support to do so

2x Interaction with providers/CHWs doubles the chance that community members will consider quitting

MOVING STARTS WITH CREATING SUSTAINABLE, THRIVING NEIGHBORHOODS

Communities are more likely to be healthier when they have access to safe, convenient places to be physically active. Skyway Solutions collaborates with West Hill/Skyway residents to ensure their community is growing in ways that promote walkability, diversity, and prosperity.



Michael Majeed, Skyway Solutions

Multiple community meetings that prioritize and plan park improvements leading to:

- Lighting, playground equipment, park gateways, ball fields, wayfinding, street art
- Increased safety and physical exercise opportunities

$500,000 ▶ **$1.5 Million** Park improvement funds growth

Funds leveraged by Skyway Solutions staff in collaboration with County partners

FIND OUT HOW WE CAN BUILD A HEALTHY FUTURE FOR ALL

WWW.KINGCOUNTY.GOV/PICH

Healthy King County Coalition
Mobilizing communities to achieve health equity

Seattle Children's
Seattle Children's Research Institute

Public Health
Seattle & King County

Photo Credits:
Yemane Gebremicael, Horn of Africa Services
Maria Anderson, Elk Run Farm
Shamso Isaak, Living Well Kent
Maggie Rickman, Elk Run Farm
Ryan Gurgitar, Skyway Solutions
Mengitu Argo, OneAmerica
Abdullahi Jama, OneAmerica
Melissa Oswald, UHC
Photography by Marcela Gara, Resource Media