Putting Prevention to Work in Pend Oreille and Spokane Counties

Chronic diseases such as heart disease, stroke, diabetes, and lung disease are the leading causes of death in Washington State. These diseases are often preventable. Being physically active, eating healthy foods, and not using tobacco reduces the likelihood of getting one of these diseases. Healthy environments give Washington residents the opportunity to make healthy choices.

In March 2010, Communities Putting Prevention to Work provided federal stimulus dollars to make changes that would encourage people to eat healthier, get more physical activity, and stop using tobacco. These are examples of how stimulus funds changed communities in Pend Oreille and Spokane counties.

PEND OREILLE

Of adults currently smoking in Pend Oreille County, 61 percent want to quit.[1]

Quitting smoking is hard enough. It is often more difficult for people facing mental health or chemical dependency issues. Many people getting help from Pend Oreille County Counseling Services struggle with these issues. Pend Oreille County Counseling Services works with adults, adolescents, children and families. They offer mental health and chemical dependency programs, as well as several outreach groups. Until recently, they offered limited resources for people who wanted to quit smoking.

Giving help to people who want to quit

Staff from Pend Oreille Counseling Services participated in a statewide workshop about implementing tobacco cessation strategies in chemical dependency and mental health treatment centers. As a result, they began offering support groups to help people with chemical dependency quit smoking. They also started working with medical providers to ensure that tobacco cessation was part of people's overall care.

Impact

Pend Oreille County Counseling Services successfully integrated tobacco cessation into their services. In the future, they plan to extend their work into the broader community.

SPOKANE

78 percent of adults in Spokane County don't eat enough fruits and vegetables.[2]

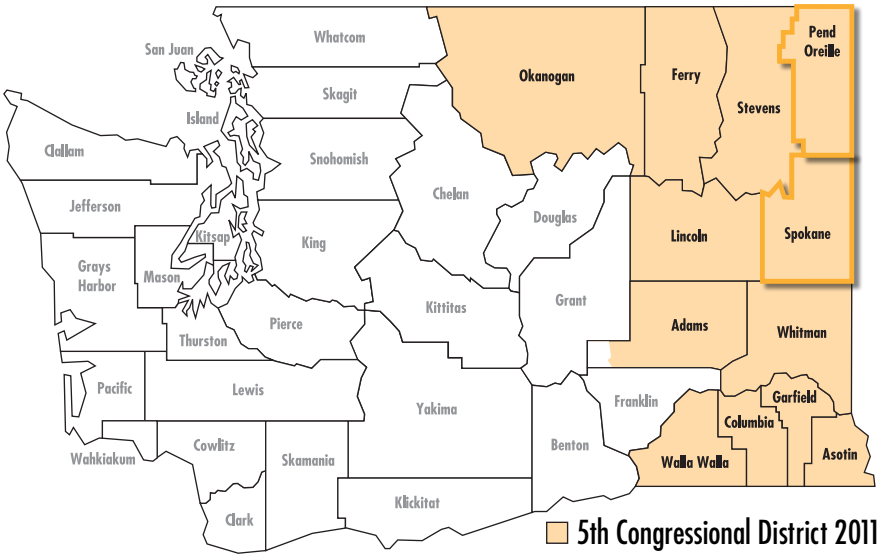
The West Central neighborhood in the City of Spokane was designated a "food desert" by the U.S. Department of Agriculture. A food desert is a low-income area where people are more than a mile from a supermarket or large grocery store. People living in food deserts don't have many places to buy fresh fruits and vegetables or other healthy foods.

Providing a place to buy healthy food

Using stimulus funds, the Spokane Regional Health District helped Parkside Grocery become a healthy corner store. The store started selling locally grown produce, and even employed a part-time butcher. They soon became an authorized store in the Women, Infant, and Children (WIC) nutrition program. WIC clients include low-income women who are pregnant, breastfeeding, or have children under age five. Parkside Grocery is Spokane County's only WIC-authorized corner store.

Impact

Within a month of opening, Parkside Grocery served 25 WIC clients. Fresh produce from a regional farm sells as soon as it comes in. In this neighborhood food desert, Parkside Grocery is giving people healthy options.



Data sources:

[1] Behavioral Risk Factor Surveillance Survey, 2008–2010
[2] Behavioral Risk Factor Surveillance Survey, 2009

Washington State Department of Health
DOH 340-194 May 2012

Healthy Communities Washington
Healthy people in healthy places

For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TTY/TDD call 711).