

Washington State Succeeds in Putting Prevention to Work

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, the Washington State Department of Health and Public Health – Seattle & King County were awarded federal stimulus dollars through Communities Putting Prevention to Work. This funding was intended to make community changes that would encourage people to eat healthier, get more physical activity, and stop using tobacco. This is a summary of some of the changes made in communities across Washington State.

In Washington State

- 42 percent of kids are not getting enough physical activity.¹
- 75 percent of adults are not eating enough fruits and vegetables.²
- 69 percent of adults in chemical dependency treatment centers smoke, compared with 15 percent statewide.^{3,4}

Giving people the opportunity to live healthy

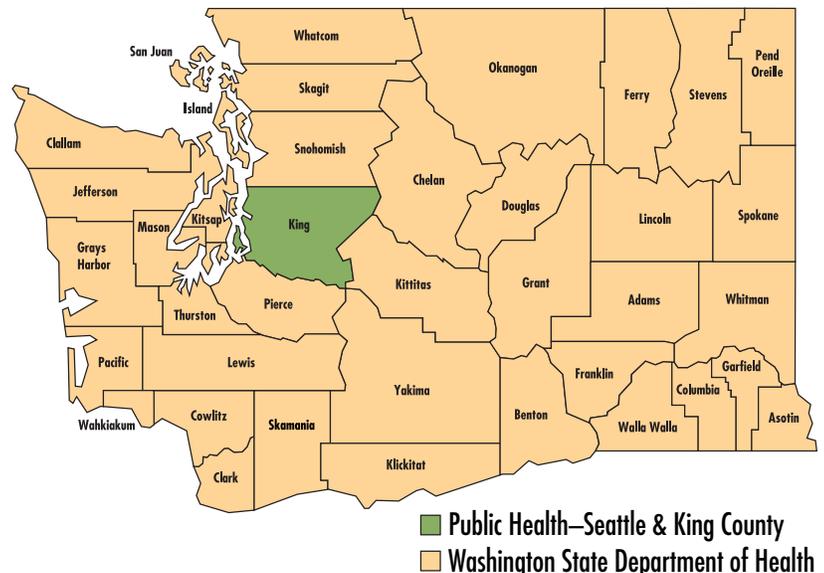
Public Health – Seattle & King County gave stimulus funds to more than 60 local entities including school districts, community groups, and local governments. These organizations developed community-based initiatives aimed at addressing the leading causes of death in King County – obesity and tobacco use.

Washington State Department of Health gave stimulus funds to eight local health jurisdictions to make community changes promoting physical activity and healthy eating. They also gave funds to the Department of Social and Health Services' Division of Behavioral Health and Recovery to provide training and on-site technical assistance to chemical dependency and mental health treatment centers around tobacco cessation strategies.

Impact

Using funding from Communities Putting Prevention to Work:

- 30 schools across the state created safe ways for kids to walk and bike to school.
- 56 stores across the state started selling healthier food options such as fresh fruits and vegetables.
- The Farm to Table Partnership in King County gave locally grown fruits and vegetables to 6,500 seniors and 600 children.
- 13,000 affordable housing units in King County became smoke-free.
- 5 hospitals in King County designated their campuses tobacco-free.
- 769 providers from chemical dependency and mental health treatment centers across the state received training to implement tobacco cessation strategies in their facilities.



Data sources:

- ¹ Data for 6th grade students, Healthy Youth Survey, 2010
- ² Behavioral Risk Factor Surveillance System, 2009
- ³ Data for adult patients admitted to publicly funded chemical dependency treatment in Washington State, Division of Behavioral Health and Recovery Treatment Analyzer (DBHR-TA), 2011
- ⁴ Data for adults in Washington State, Behavioral Risk Factor Surveillance System, 2010