



- Smoke-free county campus (reach: 1,359 employees, 65,000 citizens)
- 7 smoke-free public parks
- Implementation of Smoke-free Housing policy (reach: 419 housing units)



- Company healthy eating policy (reach: 8,200 employees and patrons)
- 2 counties established Wellness Committees (reach: 907 employees)
- 2 Community gardens (reach: 18 plots, 12 youth gardeners, 2 food banks)
- 8 agencies collaborating to implement a Chronic Disease Self-Management Program (reach: 159 participants)



- New health chapter in Comprehensive Plan
- Walking audits for Safe Routes to School (reach: 4 audits, 1 implementation)
- Support of trail use and planning
- County-wide pedestrian and bicycle plan

Major Activities Year Two



Central West Healthy Communities Region

County-Specific Activities

LEWIS COUNTY

- A business's healthy eating policy will impact around 8,200 employees and patrons.
- Lewis County formally established a Wellness Committee, which is charged with improving the health and wellbeing of county employees.
- A community garden has increased access to physical activity and healthy foods for 12 youth gardeners, and a portion of the produce is donated to a food bank.

GRAYS HARBOR COUNTY

- 7 public parks are now smoke-free.
- Grays Harbor County formally established a Wellness Committee, which is charged with improving the health and wellbeing of county employees.
- Collaborated with Housing Authority to implement a smoke-free housing policy.

THURSTON COUNTY

- Thurston County's smoke and tobacco-free campus policy will protect 1,359 county employees, and an estimated 65,000 public members from exposure to second-hand smoke.
- A new community garden will increase access to physical activity and healthy foods for 18 community members and a portion of the produce will be donated to a food bank.
- Thurston County's Comprehensive Plan now includes a chapter on health, which establishes goals for future community development relating to healthful environments where people can more easily access healthy foods and physical activity.
- Lydia Hawk Elementary School's walking audit supported implementation of the following environmental changes:
 - Added street lighting on the main entrance drive
 - Repainted the markings for crosswalks near the school
 - Cleaned up and resurfaced a key path connecting Tanglewilde neighborhood to Nisqually Middle School (reach: Lydia Hawk Elementary School: 456 students, Nisqually Middle School: 557 students)

PACIFIC COUNTY

- The group *Friends of Pacific County Parks and Recreation* was established to support parks and recreation. They are currently looking at ways to encourage use of trails and developing a Discovery Trail Extension plan.

MASON COUNTY

- A county-wide pedestrian and bicycle plan identified recommendations that will make it safer and easier for all users to walk, bike and use public transportation.
- 3 elementary schools' walking audits supported Safe Routes to School planning.