

Kitsap Public Health District Kitsap County, WA



CTG Year 2 Highlights

Creating community-level systems change to increase physical activity and healthy eating



Collaborating with partners to employ a community-wide, evidence-based obesity prevention initiative

Expanding support for healthy eating and active living: Participating as co-chair of the 5210 steering committee and participating in workplace, early childhood, and school sector work groups.

Supporting partners in creating institutional policies for healthy eating and active living with guidance, materials and evaluation:

- 4 workplaces with a combined total of about 3,000 employees
- 5 elementary schools and 1 middle school
- A federally qualified healthcare center and Naval Pediatrics Clinic
- 1 Tribe reaching over 500 community members

Understanding rates of obesity, chronic disease, and unhealthy behaviors: Collecting, analyzing, and mapping health data to expand knowledge about the scope of the problem and opportunities for action.

Planning for healthier communities in concert with community agencies

- Educating decision makers in Bremerton and Kitsap County about the importance of integrating health elements into community plans.
- Providing recommendations for comprehensive plans in Kitsap County and City of Port Orchard through working with a consultant.
- Providing recommended revisions to the Puget Sound Regional Council's *Growing Transit Communities Strategies* document in collaboration with neighboring public health jurisdictions.
- Submitting edits to Kitsap County's Non-Motorized Facility Plan.



Environmental Change

Ten outdoor recreational venues in Kitsap County are using smoke-free park signs to reduce exposure to second-hand smoke.

<< Policy Work >>

Harrison Medical Center has implemented an **institutional policy** to support increased consumption of healthy food and beverages. This policy has resulted in redesigning the cafeteria environment to promote healthy choices through placement and marketing.