

Transforming Communities

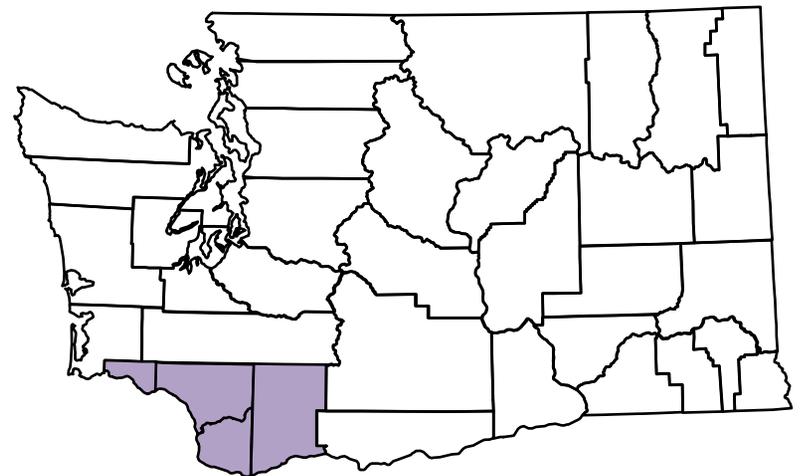
Health and well-being for all Southwest Washington Communities

Impact Snapshot

September 2013



COWLITZ INDIAN TRIBE



About the Community Transformation Grant

Building Healthy Communities

The Washington State Department of Health received a \$3.2 million Community Transformation Grant award from the federal Centers for Disease Control and Prevention. Over the next five years, this money will support Clark, Cowlitz, Skamania and Wahkiakum counties and the Cowlitz Indian Tribe in their efforts to prevent chronic disease and improve health and well-being across our region.

This impact snapshot is a sample of the changes happening across our region.

Focus areas

Tobacco-free living

Access to smoke-free housing, parks and campuses

Healthy eating

Convenient healthy food and beverages, easy access in communities and work places

Active living

Streets that are safe and walkable, especially for students

For more information, contact Kachina Inman, Clark County Public Health: (360) 397-8493 or Kachina.inman@clark.wa.gov

Goals

By 2016, achieve a 5% reduction in:

- Death and disability caused by tobacco
- Rate of obesity caused by poor nutrition and physical inactivity
- Death and disability caused by heart disease and stroke



Clark County Public Health

Tobacco-free living

Since January 1, 2013, an estimated **3,510** more people living in multifamily housing are protected by no smoking policies with the help of Clark County Public Health.



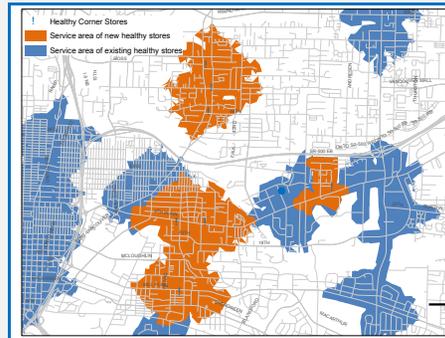
2 neighborhoods, home to **8,900** people, have partnered to implement smoke-free policies in parks.



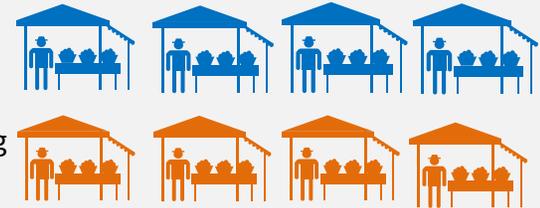
4 out of 5 Clark County residents visit a park each year.

Healthy eating

Clark County is working with **8** neighborhood stores so that more than **9,000** people have increased access to healthy foods within a 1/2 mile of their home.



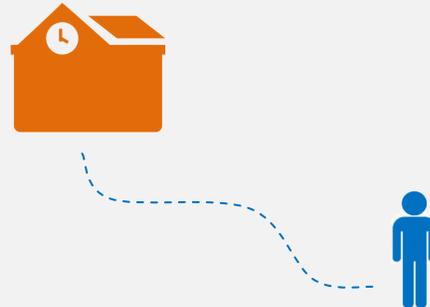
In 2012, SNAP shoppers visited farmers markets **2,307** times, making **\$43,866** in purchases.



4 of Clark County's 8 farmer's markets accept SNAP benefits.

Active living

Walk or bike to school programs and community support have provided approximately **530** students with opportunities to walk or bike to Walnut Grove Elementary School.



In a 1-year period, over **1,500** students and their families participated in Safe Routes to School events.

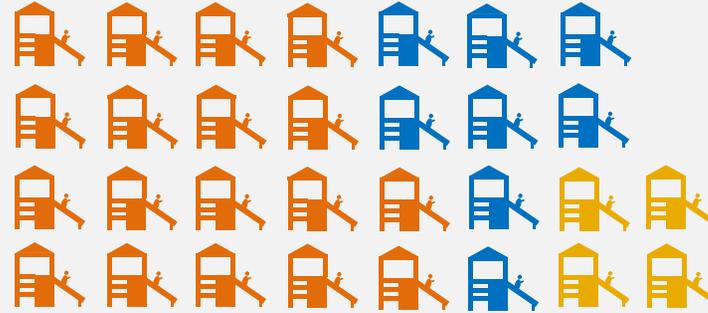




Cowlitz County Health & Human Services

Tobacco-free living

30 Cowlitz County parks in **3** cities have become smoke-free since September 2012.



Smoke-free parks

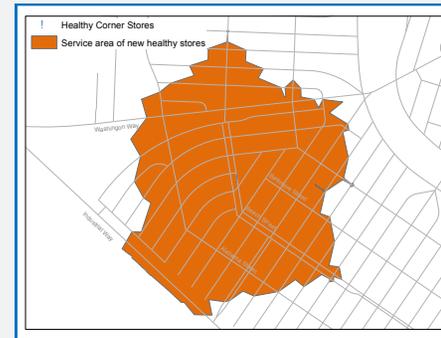
Longview: 18

Kelso: 8

Kalama: 4

Healthy eating

Cowlitz County's healthy neighborhood store has given about **3,500** people access to healthy food within ½ mile of their homes.



Active living

5 Cowlitz County cities are considering adoption of complete streets policies.

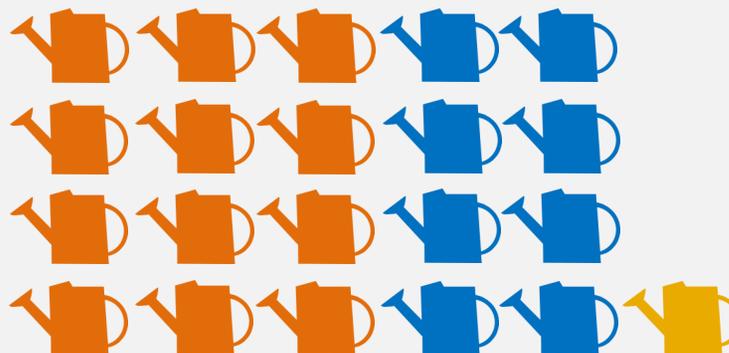




Skamania County Community Health

Highlights

Skamania County Community Health has secured a long-term commitment to use county land for a community garden containing **21** garden plots.



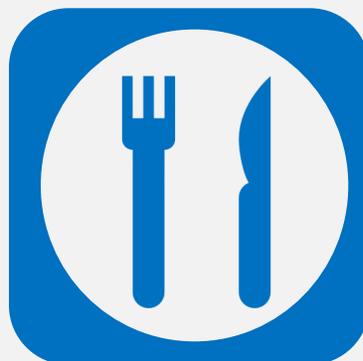
-  Wheelchair/elderly accessible beds: **12**
-  Individual raised beds: **8**
-  Shared community beds: **1**



Wahkiakum County Health & Human Services

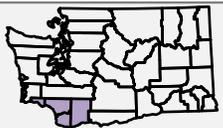
Highlights

Wahkiakum County Health & Human Services has convened **1** high-level task force on hunger relief.



In June, over **100** volunteers helped to create a walkable community by building trails.

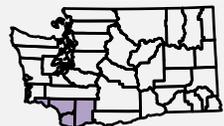




Regional Collaboration

Highlights

Cowlitz and Clark counties worked in partnership to offer landlords training aimed at helping create healthier communities. Implementation of smoke free policies was highlighted at the training. More than **90** landlords attended, representing more than **2,500** units, potentially impacting more than **6,500** residents of rental housing.



Healthy Living Collaborative of SW WA

Highlights

Developed a **30** member Regional Collaborative with diverse, multi-sector representation. Members influence policy, systems, and environmental change work through **4** work groups (Healthy Eating, Active Living, Tobacco free Living, and Clinical Preventive Services). The Clinical Preventive Services work group is exploring a funding collaborative to support a community based prevention pilot project.

