

Transforming Washington Communities: A Year In Review

Building Healthy Communities

In 2013, the Washington State Department of Health received a \$3.2 million Community Transformation Grant (CTG) from the Centers for Disease Control and Prevention, as part of the Affordable Care Act. This report covers year two of what was to be a five-year grant.

This money supports efforts to prevent chronic disease where people live, learn, work, and play. We focused resources in communities where people did not have an equal opportunity to make healthy choices, in part because of their income, education, or racial/ethnic background.

Work Across the State

We made positive changes with sustainable results in four priority areas.

TOBACCO-FREE LIVING

- Over 87 percent of all public housing units in Washington are now covered by a no-smoking policy, resulting in an additional 24,800 families living in smoke-free environments. We achieved this by expanding the number of Public Housing Authorities with at least one or more smoke-free properties from 22 to 32.

PREVENTIVE HEALTH CARE SERVICES

- We assisted 36 medical offices with becoming patient centered health homes. This model improves preventive health services by coordinating the care a patient needs from multiple health care providers and treats the patient as a partner in decision-making.
- We partnered with the Washington Information Network 211 to add 20 Diabetes Prevention Program and 32 Diabetes Self-Management Program listings to their database. The Network has the potential to reach 1.6 million adults with prediabetes.
- The Community Health Worker program trained 332 students. Our 2014 training schedule includes 28 sessions across the state.

ACTIVE LIVING

- We convened a statewide inter-agency Safe Routes to School collaborative. This group, with members from several state agencies, assisted community partners to use Complete Street Design Guidelines and Safe Routes to School in 32 locations.

HEALTHY EATING

- Governor Inslee signed Executive Order 13-06, Improving the Health and Productivity of State Employees and Access to Healthy Foods in State Facilities. This requires state agencies to implement our healthy nutrition guidelines.
 - The Food Procurement Workgroup finalized the healthy nutrition guidelines for vending machines, meetings and events, and cafeterias/cafes/on-site retail and institutional food service.
 - An implementation guide to accompany the healthy nutrition guidelines will be released March 2014.

Statewide Chronic Disease Statistics

In Washington, nearly two out of three deaths each year are from diseases related to smoking and obesity.

Deaths in 2012

- Nearly 12,000 from cancer.
- Nearly 10,400 from heart disease.
- Over 2,500 from stroke.

Disease Burden in 2012

- An estimated 289,000 adults were living with the effects of a heart attack.
- An estimated 129,000 adults were living with the effects of a stroke.
- About 27 percent of adults were obese.
- More than 37,000 people were diagnosed with cancer.

Highlights in Your Area

Local health jurisdictions used CTG money to assist, educate, and bring together community partners.

EASTERN HUB

Adams, Asotin, Columbia, Ferry, Garfield, Lincoln, Pend Oreille, Spokane*, Stevens, and Whitman counties

- The City of Spokane passed an ordinance to implement the Smoking in Public Places law. Officers will distribute “Quit Now” cards. Repeat violators will be cited.

CENTRAL HUB

Benton, Chelan, Douglas, Franklin, Grant*, Kittitas, Klickitat, Okanogan, Walla Walla, and Yakima* counties

- The Yakima Housing Authority adopted a no-smoking policy for 475 housing units.
- Eleven colleges joined the Smoke-Free College Campus Work Group that is working to adopt smoke-free campus policies as part of the national Fresh Air Campus Challenge. Walla Walla Community College took part in a one-day smoke-free challenge in November.
- Yakima Memorial Hospital hosted the Lifestyle Coaches training. Attendees from the hospital, the Yakama Nation, and Washington State University Extension can now provide the Diabetes Prevention Program.

CENTRAL WESTERN HUB

Grays Harbor*, Lewis*, Mason, Pacific, and Thurston* counties

- Both Grays Harbor and Lewis counties now have Wellness Committees that promote healthy worksites.
- Thorbeckes Fit Life Centers created a Wellness Nutrition Policy for healthy food and beverages. Healthy options are now available at all meetings, trainings, events, and vending machines affecting 8,200 members and 150 employees.
- The Thurston County Board of Commissioners adopted a tobacco-free county campus policy on May 21, 2013.

- Grays Harbor Housing Authority adopted a no-smoking policy for 512 public housing units.

NORTHWEST HUB

Clallam, Island, Jefferson, Kitsap, Skagit*, and Whatcom* counties

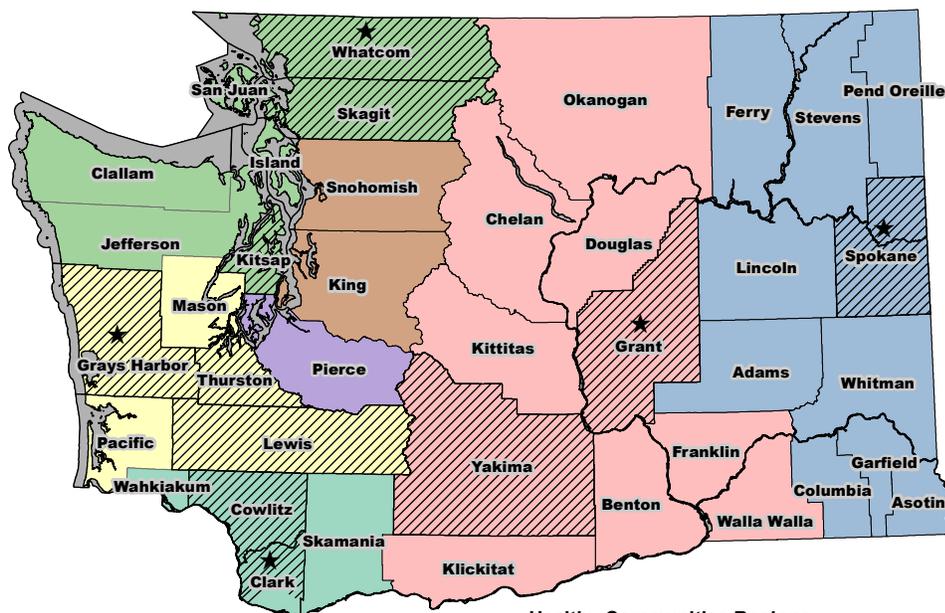
- Sedro-Wooley Farmers Market piloted a “double up” dollars program that encourages people to buy more fruits and vegetables.
- Whatcom County Health Department, Birch Bay Healthy Communities Assessment Team, and the Kendall Bike and Pedestrian Trail Planning Committee worked to support community-based bicycle and pedestrian trails in Whatcom County.

SOUTHWEST HUB

Clark*, Cowlitz*, Skamania, and Wahkiakum counties

- Clark County Public Health and Cowlitz County Health and Human Services Department partnered to train landlords on no-smoking policies. Many landlords are now seeking help from Clark and Cowlitz counties to make changes to their rental policies.
- Five cities in Cowlitz County are considering complete streets policies.
- Read about the work of the Healthy Living Collaborative of Southwest Washington in our success story, “Building Health from the Neighborhood Up in Southwest Washington.”

* A CTG priority county.



Healthy Communities Regions

- | | |
|-----------|------------------------------------|
| Western | CDC CTG Funded |
| Southwest | Healthy Communities Program Funded |
| Northwest | CTG Target Counties |
| Central | CTG Hub Counties |
| Eastern | |