PARTNERSHIPS TO PROMOTE COMMUNITY HEALTH AND SUCCESS

Janet Shull, AICP, Moderator – City of Seattle
Denise Lathrop, AICP – City of Des Moines
Sue Anderson - Washington State Alliance of YMCAs
Nick Cilluffo, MUP - Forterra

DES MOINES K-FIT PROGRAM
Washington APA Conference – October 17, 2014
Denise Lathrop, AICP – City of Des Moines
Sue Anderson, Executive, Washington State Alliance of YMCAs

It’s About Our Future

5 More Years

National Childhood Obesity Trends

Youth Obesity Rate in King County Regions – 2012

Dropping Obesity Among 2-5 Year Olds

DROP IN YOUTH OBESITY DURING CPPW

CPPW IN HIGHLINE (2010-2012)

- Healthy Highline Community Coalition
- Joint Use Agreement between Highline, Burien, Des Moines, Normandy Park and SeaTac
- Recess Before Lunch in 16 elementary schools
- Safe Routes to School in 3 elementary schools
- Cafeteria Point of Sale Marketing in Middle and High School (expanded to elementary schools)
- Coordinated School Health Advisory Council

CPPW IN DES MOINES (2010-2012)

- Leadership from Healthy Des Moines Movement – Council and Technical Advisory Committee
- Health element and goals in comprehensive plan:
  - Nutrition standards for city procurement
  - Safer and easier walking and biking to school
  - Increase fresh food access for low-income residents
  - Community gardens
- Joint Use Agreement
- Complete Streets Ordinance
- Recognition by CDC as Local Health Champion
- City of Des Moines Outcomes and Partners Report
  http://www.desmoineswa.gov/documentcenter/view/383

THE CITY OF DES MOINES IS MAKING A HUGE DIFFERENCE FOR HEALTHY KIDS!

- NOW! We’re Keeping the Momentum Going with our Community Transformation Grant (CTG)
- NEW! Des Moines K-FIT Pilot Program with Physical Activity Standards for Recreation Programs

HEALTHY EATING PHYSICAL ACTIVITY (HEPA) STANDARDS

K-FIT’S FAB 5 PILOT PROGRAM ALIGNS WITH HIGHLINE SCHOOL DISTRICT’S FIVE FOR LIFE LAUNCHING NEXT FALL!

Early Childhood Programs
- (Ages 3-5)
Before/After School & Summer Camp Programs
- (Ages 4-14)

FAB 5 characters: Cardio Kid (cardiorespiratory endurance), BC (body composition), Max (muscular strength), and Maddy (muscular endurance), and Flexy (flexibility).
**K-FIT COMPONENTS**

- Family Engagement (K-FIT News)
- Inc. Physical Activity (30-60 Min/Day)
- Reduced Screen Time
- Professional Development:
  - 6 Hour Training
  - 3 Hour Booster Training
- Training Video (4 hours)

**K-FIT Leaders’ Accomplishments**

“Leader Led” activities are the key to achieving a minimum of 30 minutes in our half-day programs and 60 minutes in our full-day recreation programs.

**Creating Healthy Futures**

Washington State Alliance of YMCAS

Washington Pioneering Healthier Communities (Washington PHC) Initiative:

Our VISION IS A UNITED WASHINGTON STATE FOSTERING HEALTHY LIVING for all IN HEALTHY COMMUNITIES

**Washington Statewide PHC**

- Two of Many Washington PHC Strategies Employed
  - Washington PHC Ignites: The Governor’s Healthiest Next Generation Initiative (HNG) - includes emphasis on Healthy Eating Physical Activity
  - Washington Ys Champion Contemporary Water Stations
    - (32 stations in Ys/Schools; $3M Capital Budget Request)
    - Accomplishment(s)
      - HNG ($350,000 funded in Operating Budget)
      - Water Stations ($750,000 House Proposed Capital Budget; $25,000 Group Health Contribution to Ys)

**Washington Statewide PHC Ignites the HNG Initiative!**

Jason McGill, Health Care Policy Advisor, to Governor Inslee & Washington PHC leadership team Member

(testimonials at a water station ceremony & Washington Ys Advocacy Day)