



Strong communities where all people are active, healthy and free of the burden of chronic disease.

Steps to Health King County, Washington

Volume Two, Number Eleven December/January 2006-7

Steps Leadership Team: Chair - Laird Harris, Vice Chair - Devon Love, Treasurer - Barbara Bruemmer

## Greetings from Jim Krieger, Step's Program Co-Director

The beginning of a new year is a time of reflection. I have learned much from the first three years of King County Steps to Health... from our activities, partners and evaluators. I'd like to take this occasion to share what I see as some of Steps greatest accomplishments (our top ten...don't all the movie critics come up with their top ten lists this time of year?) and some thoughts about what the next two years might bring.

### Steps Top Ten Accomplishments:

- Bringing people, programs and organizations to work more together on addressing Steps conditions and health disparities.
- Supporting putting into action policies that improve health, like school nutrition and physical activity and healthy housing.
- Developing a vision for preventing chronic diseases that links organizations across sectors and includes actions at the individual, family, social and community levels.
- Building a strong leadership team with representation from the academic, asthma, community based organization, diabetes, food, medical, parks and recreation, physical activity, public health, and school sectors.
- Creating and nurturing relationships that bring more people and organizations to our mission and allow us to increase our reach into communities.
- Supporting excellent programs that have a real impact on participants.
- Leveraging additional funding to expand our activities.
- Becoming a center for advocacy for local chronic disease prevention
- Making elimination of health disparities an important focus of our work.
- Being recognized as an innovative and effective Steps site by CDC and our sister programs around the country.

Over the next two years, I hope we can build on these strengths. Two ways to do so are to focus on policy work and to make a real impact on specific communities.

Policy work lets us impact many people with our limited resources. Several successful policies, such as increasing physical activity in schools, eliminating *trans* fat from restaurant food, increasing access to healthy foods in low income neighborhoods or securing stable funding for community health workers, can improve the health of thousands of people. Policies continue to protect health over time, helping us sustain Steps efforts. We have the foundation in place to make great strides: committed partners, skilled staff, recent trainings in advocacy, and community interest in our concerns.

Focusing our work on communities gives us more of a chance of seeing an impact of our efforts at the population level. We can build relationships among community organizations and institutions, develop grassroots leadership, and target the limited resources we have to support services. Relationship building brings people and agencies together to learn from each other, share ideas and resources, and disseminate best practices. Grassroots leaders are more likely to emerge if we work within their local communities of interest. Because service programs reach limited numbers of individuals, targeting their efforts to specific communities increases the proportion of people they reach within the community and their potential to impact health at the population level.

I look forward to continued success in the coming years!

*"If you treat people like they make a difference, then they will make a difference."*  
Carolyn Kramer's quote suggestion



# “Tres Historias” !

On November 18th, 2006 over 100 people came to participate in the presentation of the SeaMar REACH diabetes group’s play about what it’s like to have diabetes.

Audience members got on stage with the actors to take a turn seeing what it would feel like to deal with issues such as talking with your friends and family about having diabetes, making healthier food choices and getting exercise.

After the performance all were invited to a meal prepared by a local church using recipes for people with diabetes.



Participants act out emotions felt when first diagnosed with diabetes

## Health Tip

The new year is a great time to work on physical activity! Here are some suggestions for making the changes stick:

- Vary your routine
- Be active with a buddy
- Make out a schedule
- Keep a log of your accomplishments
- Reward yourself for a job well done



## Healthy Recipe - Apple Walnut Crisp



6 cup apples, 1 tsp nutmeg, 2/3 cup unbleached flour  
4 tbsp light margarine, 1/2 cup [brown sugar](#), packed  
3 tbsp [walnuts](#), chopped, 2 tsp cinnamon

Preheat oven to 375. Prepare an 8" square pan with [cooking spray](#) and flour. Arrange apples in prepared pan; set aside. In a [mixing bowl](#), combine flour, brown sugar, cinnamon and nutmeg. Cut in margarine with a pastry blender until crumbly. Stir in walnuts. Sprinkle mixture evenly over apples. Bake for 30 minutes, or until apples are tender and topping is crisp.

## Steps Issues in the News

- **Health chief’s outlook is global**  
[seattletimes.nwsource.com/html/health/2003450780\\_fleming28m.html](http://seattletimes.nwsource.com/html/health/2003450780_fleming28m.html)
- **Beating our excuses**  
[seattletimes.nwsource.com/html/health/2003430659\\_pacificpf19.html](http://seattletimes.nwsource.com/html/health/2003430659_pacificpf19.html)
- **Junk food ads effects on children scrutinized**  
[seattletimes.nwsource.com/html/health/2003430659\\_pacificpf19.html](http://seattletimes.nwsource.com/html/health/2003430659_pacificpf19.html)
- **Firms push workers to shape up**  
[seattletimes.nwsource.com/html/health/2003462118\\_workerhealth05.html](http://seattletimes.nwsource.com/html/health/2003462118_workerhealth05.html)
- **Mom’s magazine shows kids how to go outside and play**  
[seattletimes.nwsource.com/html/health/2003491264\\_healthkidfitmagazine24.html](http://seattletimes.nwsource.com/html/health/2003491264_healthkidfitmagazine24.html)

## Steps Extranet site

Go: [www.kcsteps.org](http://www.kcsteps.org). Contact Jeff Ing at: [Jeff.Ing@metrokc.gov](mailto:Jeff.Ing@metrokc.gov) and give him a password that you can remember and he’ll setup your account.



To comment on or submit articles to the Steps newsletter please contact Diana Vinh at [Diana.Vinh@metrokc.gov](mailto:Diana.Vinh@metrokc.gov)  
Please submit articles by the first of each month to be included in that month’s newsletter.