

## “Tres Historias de la Vida”

An idea proposed by a local participant of a monthly REACH diabetes support group has been made into a Spanish-language community play to raise awareness about diabetes among the local Latino population.

The play, *Tres Historias de la Vida* (*Three Life Stories*), will be Saturday, November 18<sup>th</sup> at 2 p.m. at the Rainier Valley Cultural Center, 3515 S. Alaska Street, Seattle, WA 98118. The play is free and open to the public.

*Tres Historias de la Vida* portrays the lives of three people with diabetes and their relationships with family and friends. Using Liberation Theater technique developed by Augusto Boal, the play relies on audience participation, empowering individuals to find ways to change their own lives.

The play is written by Lupita Patterson, and the acting is done by community volunteers from SeaMar’s REACH diabetes support group.

Sponsors of this showing are the King County REACH (Racial and Ethnic Approaches to Community Health) 2010 Coalition, Sea Mar Community Health Centers, Public Health - Seattle & King County, Steps to Health King County, Consejo, Puget Sound Neighborhood Health Centers, Southeast Effective Development and the University of Washington’s Health Promotion Research Center.

For more information please contact Nelson Lopez at: [lopezn@psnhc.org](mailto:lopezn@psnhc.org) or at 206-461-6957



Image by Fernando Leon



### Steps Issues in the News

- **Is this good for me or not? What food labels really mean.**  
[seattletimes.nwsourc.com/html/health/2003298256\\_platkin11.html](http://seattletimes.nwsourc.com/html/health/2003298256_platkin11.html)
- **Kids encouraged to get back on bikes - safely**  
[seattlepi.nwsourc.com/local/288820\\_bikeclass16.html](http://seattlepi.nwsourc.com/local/288820_bikeclass16.html)
- **Veggies may make big difference in keeping brain young**  
[seattletimes.nwsourc.com/html/health/2003319893\\_veggies24.html](http://seattletimes.nwsourc.com/html/health/2003319893_veggies24.html)
- **Eating right is a mind game**  
[seattletimes.nwsourc.com/html/health/2003339217\\_healthmindless05.html](http://seattletimes.nwsourc.com/html/health/2003339217_healthmindless05.html)
- **Proposed trans-fat ban gains support**  
[seattletimes.nwsourc.com/html/health/2003332156\\_transfat31.html](http://seattletimes.nwsourc.com/html/health/2003332156_transfat31.html)
- **Living food; avoiding transfats**  
[seattlepi.nwsourc.com/opinion/288631\\_transfooded.asp](http://seattlepi.nwsourc.com/opinion/288631_transfooded.asp)
- **New health strategy puts fresh food in inner cities**  
[seattletimes.nwsourc.com/html/ationworld/2003306547\\_phillyfood16.html](http://seattletimes.nwsourc.com/html/ationworld/2003306547_phillyfood16.html)

### Inside this issue:

- “Tres Historias de la Vida” • 1
- Steps issues in the news • 1
- Healthy workplace conference • 2
- Pedestrian Board members sought • 2
- Upcoming events • 2
- Health tip • 2

"A bicycle ride is a flight from sadness."

James E. Starrs, The Literary Cyclist



## Health-Promoting Places of Work *Policy and Practice*

Wed. Dec 13<sup>th</sup> 8:45-4:00  
TBA

Steps partners are invited to a workshop to promote the adoption of policies and practices that support healthy employees. This workshop is intended for administrators, board of directors, and human resources staff. Organizations are encouraged to send teams of two because breakout sessions will not be repeated. Breakout topics are indoor air quality; communication and reducing stress; non-auto commuting; healthy food choices, physical activity, and ergonomics.

Keynotes by Marilyn Guthrie, AVP, Manager Health Promotion, Washington Mutual, and Patricia Lichiello, Health Promotion Research Center, UW.

Register via e-mail to [Brittany.Blue@metrokc.gov](mailto:Brittany.Blue@metrokc.gov) by Dec 5<sup>th</sup>, 2006  
There is no cost to attend

### Health Tip

If your building has an elevator, restrict its use with some guidelines to encourage use of stairs. Guidelines such as requiring a “pass” limits who may routinely use the elevator while allowing access to people who have difficulty with stairs. Other examples of guidelines include limiting use to people who are carrying loads of 10 pounds or more or traveling more than five flights.

### Healthy Recipe

#### Roasted Vegetables

Peel and cut into one inch pieces of vegetables such as carrots, parsnips, onions, pumpkins, potatoes and sweet potatoes. Put in a baking pan with a sprinkling of balsamic vinegar, herbs and olive oil. Bake in a 400 degree oven until done, (about 1- 1/2 hours).



### Members Sought for Pedestrian Board

Mayor Greg Nickels is seeking candidates for positions on the Seattle Pedestrian Advisory Board for terms beginning in March 2007.

Board members advise the mayor, City Council and departments on issues related to pedestrian safety and accessibility. SPAB seeks applicants from all walks of life for a two year term. Board members must live in Seattle and not be employed by the city of Seattle.

To apply submit a resume and letter of interest by Monday, November 27th, 2006 to Megan Hoyt at [megan.hoyt@seattle.gov](mailto:megan.hoyt@seattle.gov). For more information please visit the SPAB website at [www.seattle.gov/spab](http://www.seattle.gov/spab).



### Upcoming Events

- Cascade Bicycle Club - Chilly Hilly, February 25th, 2007  
[www.cascade.org/Home](http://www.cascade.org/Home)
- See your event listed here! Send an e-mail with date, time and place to Diana at [Diana.Vinh@metrokc.gov](mailto:Diana.Vinh@metrokc.gov) or call at (206) 205-1589

### 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.



#### Quiz:

1. How many minutes should adults exercise per week?
  2. How many minutes should kids exercise per week?
1. 30 minutes a day, 5 days a week  
2. 60 minutes a day, 5 days a week

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.