

Developing Strategic Healthy Eating and Active Living Efforts in King County

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Abstract: Healthy Eating and Active Living (HEAL) is an emerging area for improving public health outcomes related to chronic diseases including diabetes, obesity, hypertension, and certain cancers. Rising chronic disease rates associated with poor nutrition for many people, presents an opportunity for fruitful partnerships between people working in the areas of public health, urban and land use planning, local agriculture, business, community based organizations and policymakers. Our HEAL work at Public Health – Seattle and King County has centered around the development of a team of professionals with expertise across the areas of nutrition, food systems, physical activity, chronic care management, and community coalition development. Further, our community initiatives are focused on addressing best and promising strategies for improving healthy eating and physical activity in our county’s communities, with a focus on communities with the greatest negative health outcomes. These strategies are being used to improve programs, policies, and community capacity to create healthier communities. These efforts are also being targeted to a number of sectors including schools, parks and recreation, public housing, and worksites to help build community capacity within these areas.