

Healthy Eating Active Living Coalition - HEAL

A Network of Kitsap Strong

20+ Participants

- Kitsap Public Health District, Administrative Backbone
- Suquamish Tribe
- Peninsula Community Health Services
- Olympic Educational Services District 114
- YMCA – Pierce and Kitsap Counties
- Kitsap Transit
- South Kitsap Helpline Food Bank
- Central Kitsap School District
- Washington State University Extension
- Kitsap Strong

2017 Accomplishments

- Stakeholder Survey Conducted

Top 3 Healthy Eating Strategies

1. Improve access to markets that sell or provide high-quality fruits and vegetables in underserved communities
2. Ensure access to free, safe drinking water.
3. Provide opportunities to build skills and knowledge regarding healthy food and beverages.

Top 3 Active Living Strategies

1. Improve access to safe and affordable places for physical activity
2. Establish policies and programs that increase physical activity
3. Establish early learning policies and programs that increase physical activity

- Doubled size of coalition
- Participated in 11 meetings
- Vision, Goals, Strategy Creation
- Publication of Kitsap Strong article
- Awarded funding to conduct county-wide food access assessment & maps

Vision – We envision an environment that supports equitable access for all to choose physical activity and foods which contribute to health and well-being in Kitsap County

Goal 1 - Increase equitable access to healthy foods and opportunities for active living.

HE Strategy 1: Improve access to markets that sell or provide high-quality fruits and vegetables in underserved communities.

AL Strategy 1: Improve access to safe and affordable places for physical activity.

Goal 2 - Cultivate a community that prioritizes healthy eating and active living.

HE Strategy 2: Provide opportunities to build skills and knowledge regarding healthy food and beverages.

AL Strategy 2: Establish policies and programs that increase physical activity.

Next Steps for 2018

WHAT WE WILL DO

- Update 5210 website
- Complete food access assessment (HE Strategy 1)
- Research current policies to identify gaps and opportunities for new policies (HE & AL Strategy 2)
- Draft policies to recommend around HEAL (AL Strategy 2)
- Continue to learn about each other's work

HOW WE WILL DO IT

- Create and sign a charter
 - Multiple agencies with one vision & shared goals
 - Conduct our own work between meetings
- Identify shared metrics
- All agree and direct resources towards HEAL
- Continually look for funding opportunities