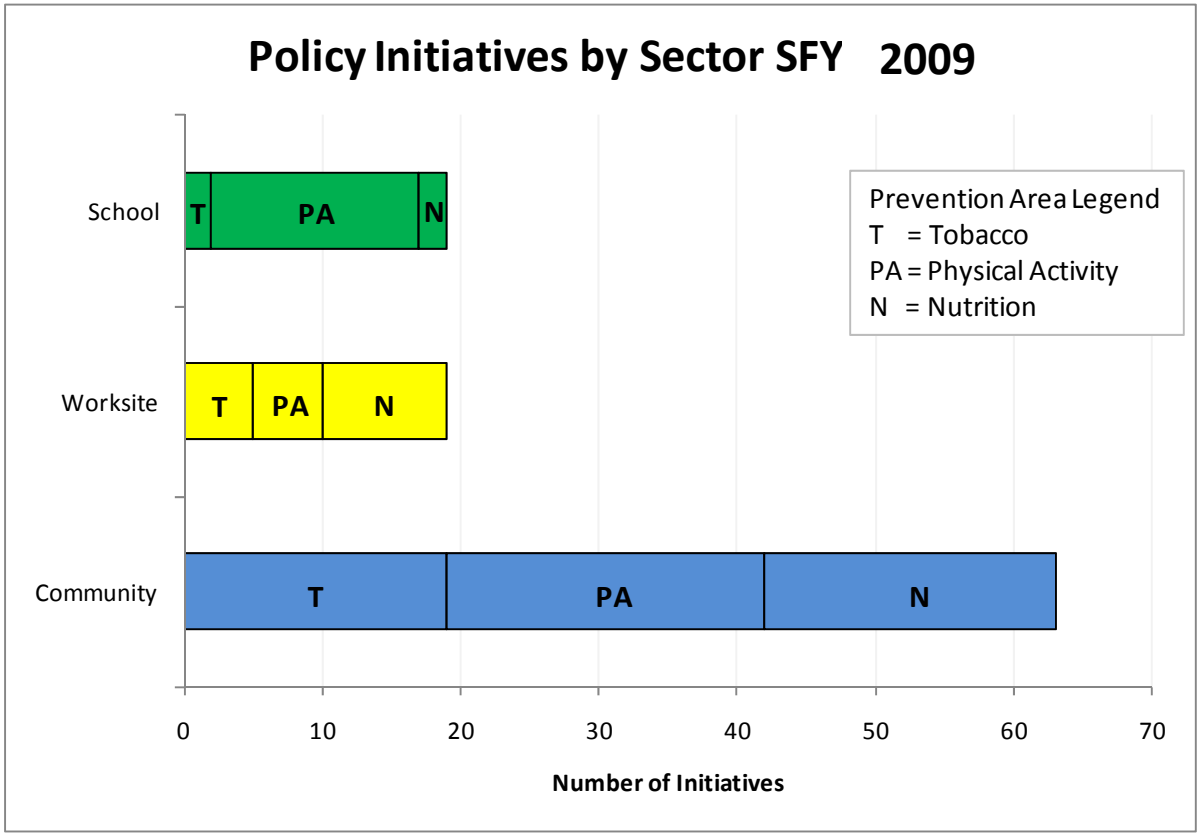
Activity and Services Survey, CY 2009
Prevention and Wellness Initiatives
Summary Snapshot of Local Health Jurisdiction Efforts

General Summary

Open-ended response data were collected under the domain of Prevention and Wellness for calendar year 2009. The following summaries categorize responses in the prevention areas of tobacco, physical activity, and nutrition.

Sector-based efforts:

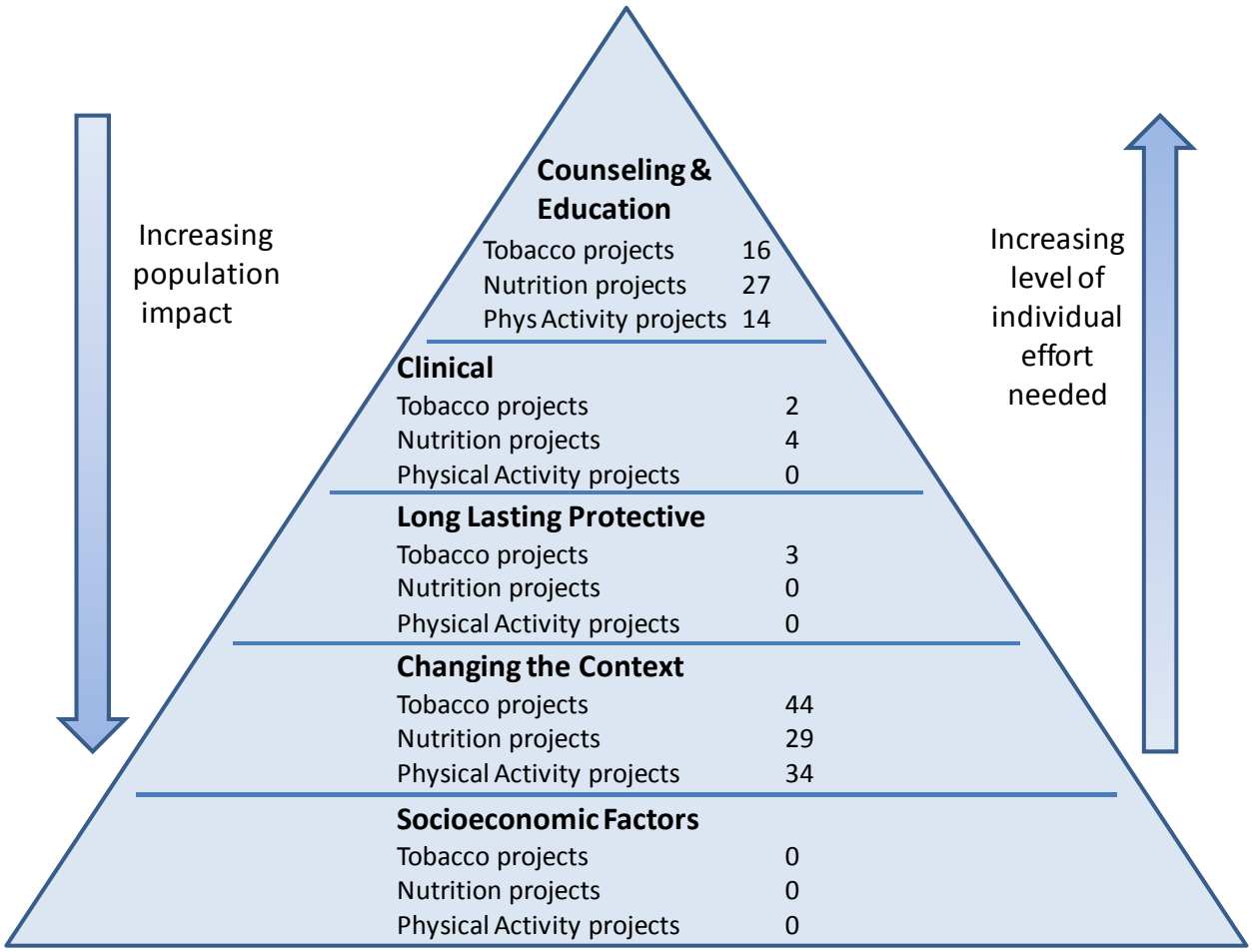
- The majority of prevention and wellness activities reported at the local level was in the community environment – nearly evenly split by prevention areas of tobacco, physical activity, and nutrition. See the chart below
- Equal numbers, in total, of efforts reported in schools and worksites – but substantially lower than overall community.
- In the school sector, most work is focused in the physical activity area



Health Impact Pyramid

The Prevention and Wellness open-ended response data were also analyzed using the framework of the health impact pyramid.[1] The health impact pyramid describes different types of public health interventions in a hierarchy from greatest potential impact like "Socioeconomic Determinants of Health" to least potential impact like "Counseling and Education" The summarized results were as follows:

- Generally speaking most of the prevention and wellness initiative work reported at the local level is focused on changing the context. The chart below makes this distinction.
- Counseling and Education as an intervention type ranked second highest among types of prevention and wellness initiatives reported.



[1] The Health Impact Pyramid was described in a paper authored by Dr. Thomas Frieden, Director of Centers for Disease Control and Prevention. Frieden TR. A framework for public health action: the health impact pyramid. AJPH. 2010 Apr;100(4):590-5.

Categories within the Spectrum of Prevention

The Prevention and Wellness open-ended response data were also analyzed using the framework of the Spectrum of Prevention.[2] The Spectrum of Prevention defines a continuum of the types of public health work – ranging from broad population based efforts like "influencing policy & legislation" to more targeted efforts like "Strengthening Individual Knowledge and Skills." The summarized results were as follows:

- Generally speaking most Prevention and Wellness initiatives reported at the local level were skewed towards work supporting policy, systems and environments. The chart below makes this distinction.

Spectrum of Prevention	Nutrition	Physical Activity	Tobacco
Influencing Policy & Legislation	27	14	36
Changing organizational practices	12	10	8
Fostering networks & coalitions	26	20	29
Educating Providers	3	0	2
Promoting Community Education	2	10	8
Strengthening Individual knowledge & skill	27	5	8

[2] The Spectrum of Prevention was developed by the Prevention Institute. A summary description can be found here: http://www.preventioninstitute.org/component/jlibrary/article/download/id-254/127.html Accessed on 4/13/11.

Tobacco Prevention and Control: A Snapshot of Local Health Jurisdiction Efforts

Washington Activity and Services Survey, CY 2009

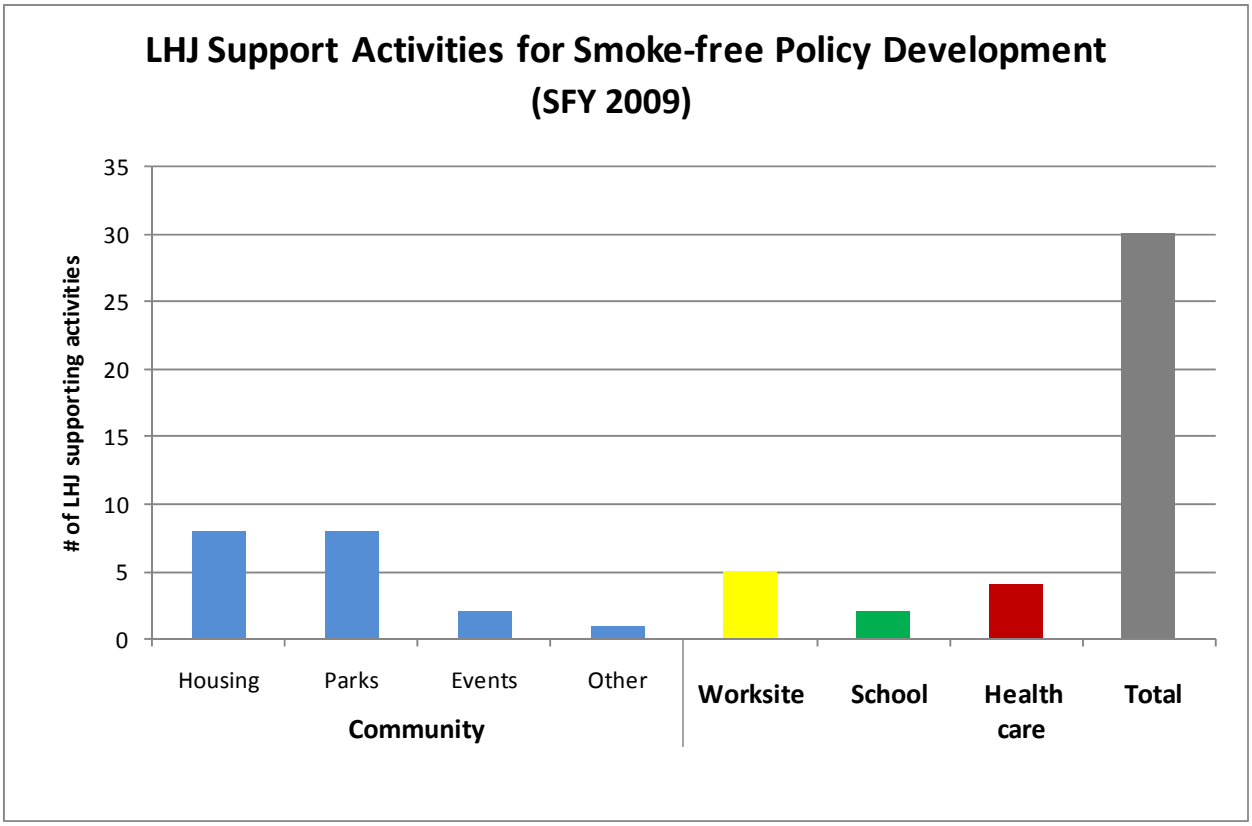
General Summary

The following summary looks at activities reported specific to tobacco. High level summary:

- 32 of 35 Local Health Jurisdictions reported promotion of tobacco-free initiatives.
- Of those 32 working on initiatives, 15 reported work that supports specific population-based policy efforts.
- 29 of 35 Local Health Jurisdictions were engaged in community coalitions to address these particular initiatives

Population-based Policy Efforts:

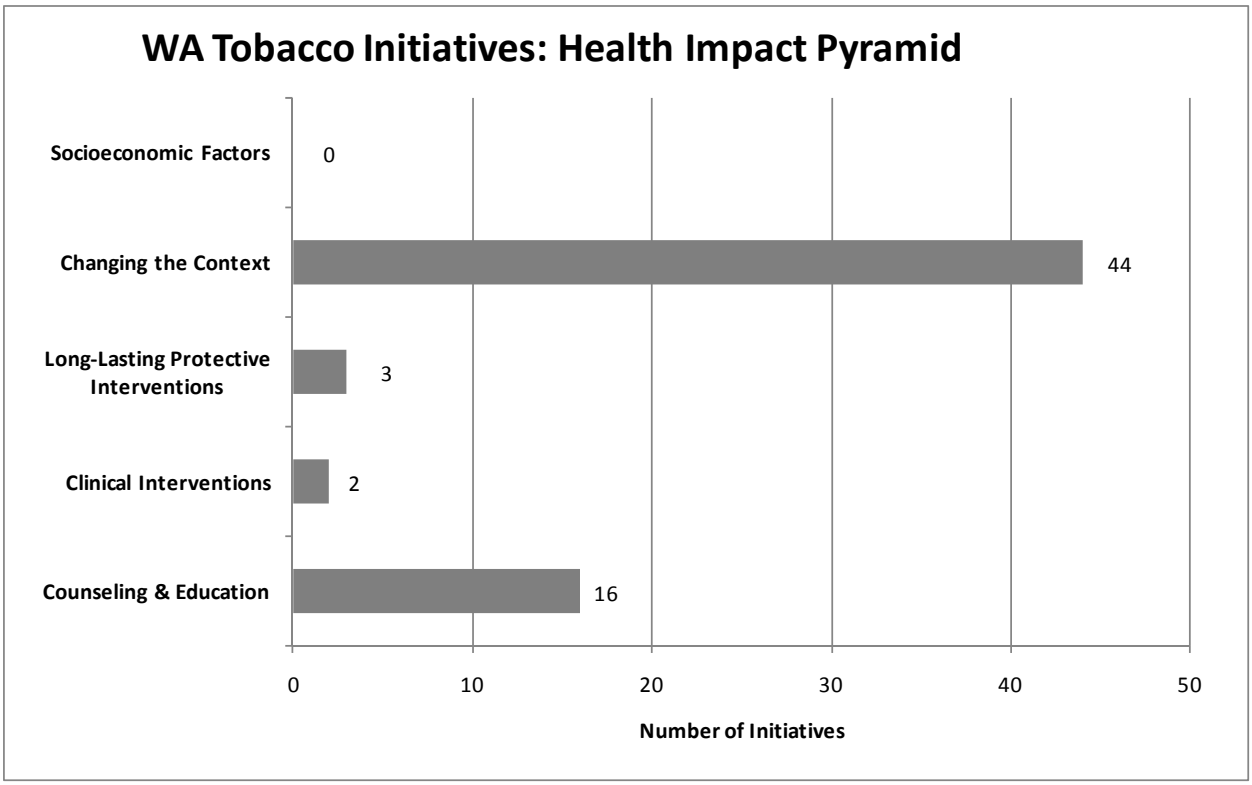
- 15 Local Health Jurisdictions reported activities to support one or more specific policy efforts in the communities, worksites, schools, and healthcare. The chart below splits this work out by sector.
- In total, 26 specific instances of policy development work in SFY 2009 were reported.



Health Impact Pyramid

The Tobacco-specific Activity and Services data were also analyzed using the framework of the health impact pyramid.[1] The summarized results were as follows:

- Generally speaking most of the tobacco initiative work at the local level is focused on changing the context. The chart below makes this distinction.
- Counseling and Education as an intervention type ranked second highest among types of tobacco initiatives with nearly one third of local health jurisdictions

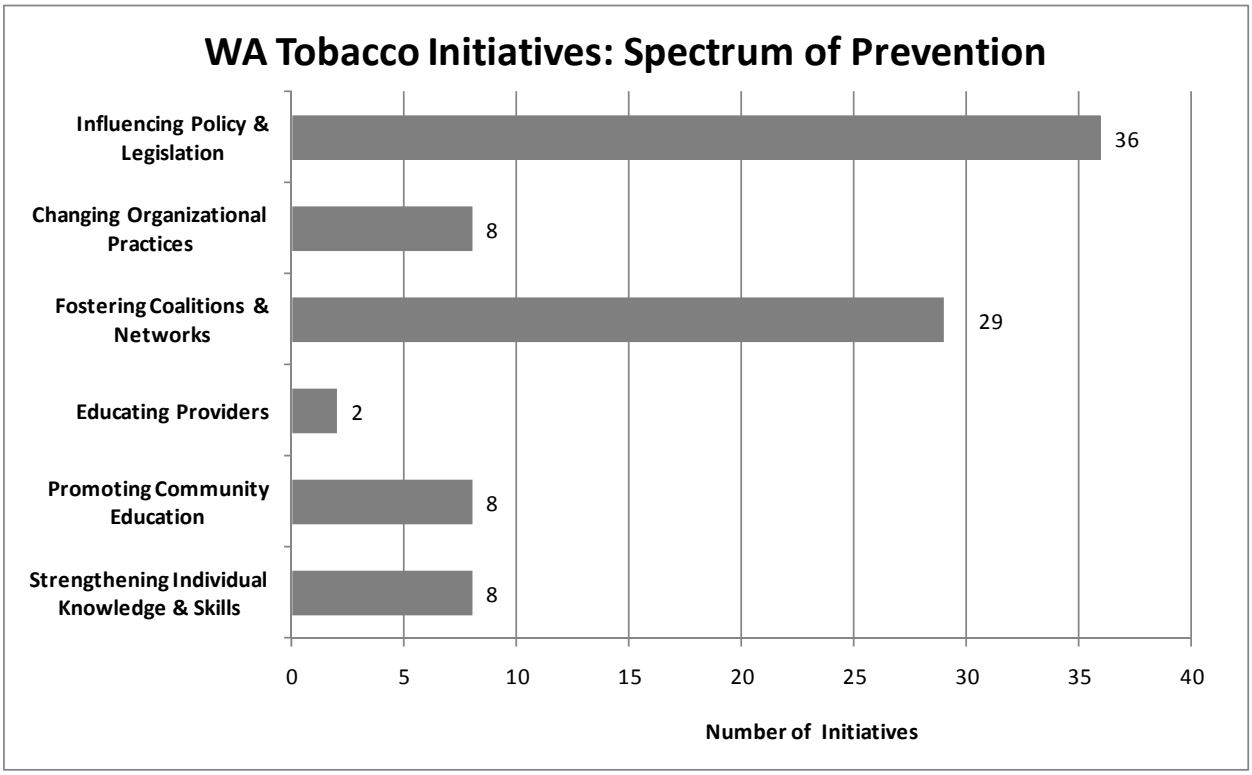


Categories within the Spectrum of Prevention

The Tobacco-specific Activity and Services data were also analyzed using the framework of the Spectrum of Prevention.[2] The summarized results were as follows:

- Generally speaking most of the tobacco initiative work at the local level is skewed towards work supporting policy, systems and environments – changes that create supportive environments for healthier living. The chart below makes this distinction.

- Most of this work is in fostering coalitions and networks, however half report work more directly related to influencing policy and legislation.



Other Additional Tobacco Initiative Efforts Mentioned:

- Promotion of Quitline – 3
- Policymaker outreach – 1
- Provider/Hospital Outreach – 2
- Schools or Youth Diversion partnering – 2
- Youth Access – 5
- Youth involvement – 2

Physical Activity: A Snapshot of Local Health Jurisdiction Efforts
Washington Activity and Services Survey, CY 2009

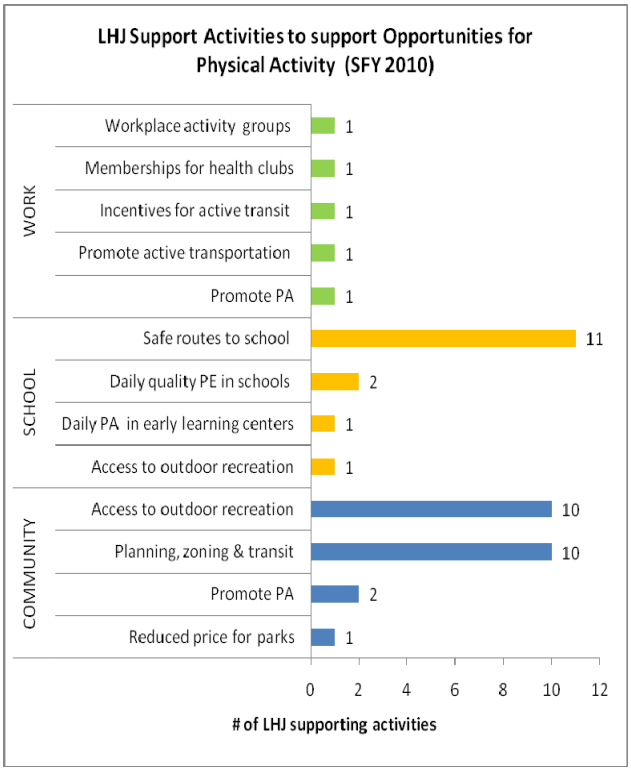
General Summary

The following summary looks at activities reported specific to physical activity. High level summary:

- 23 Local Health Jurisdictions reported initiatives to increase low cost recreational opportunities for physical activity. 22 participated in community coalitions as part of these particular initiatives
- 22 Local Health Jurisdictions reported initiatives to increase opportunities for children to be physical active. 16 participated in community coalitions as part of these particular initiatives
- 19 Local Health Jurisdictions reported initiatives to support active community environments. 14 participated in community coalitions as part of these particular initiatives

Population-based Policy Efforts:

- 26 Local Health Jurisdictions reported activities to support one or more specific policy efforts in the communities, worksites, schools, and healthcare. The chart below splits this work out by sector.
- A total of 43 specific instances of policy development work in SFY 2009 were reported.

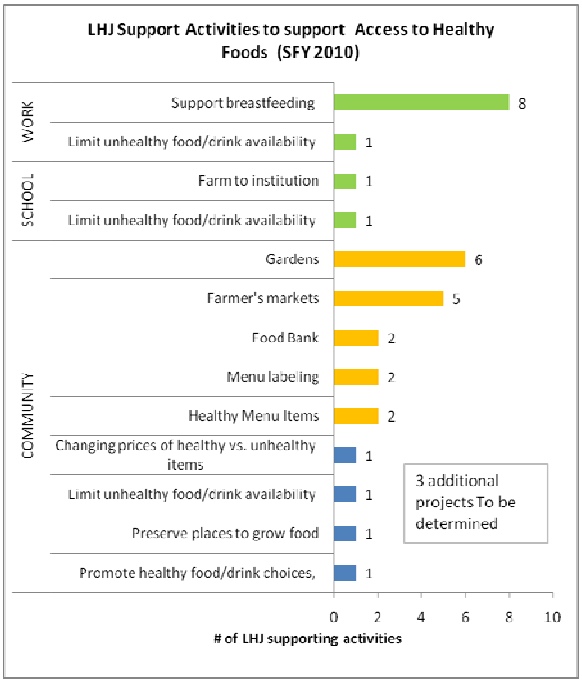


Nutrition: A Snapshot of Local Health Jurisdiction Efforts
Washington Activity and Services Survey, FY 2009

General Summary

The following summary looks at activities reported specific to nutrition. High level summary:

- 22 Local Health Jurisdictions reported initiatives to increase access to healthy foods. 23 participated in community coalitions as part of these particular initiatives
- 16 Local Health Jurisdictions reported initiatives to address food insecurity. 10 participated in community coalitions as part of these particular initiatives
- 24 Local Health Jurisdictions reported initiatives to increase breastfeeding rates and duration. 14 participated in community coalitions as part of these particular initiatives

Population-based Policy Efforts:

- 25 Local Health Jurisdictions reported activities to support one or more specific policy efforts in the communities, worksites, schools, and healthcare. The chart below splits this work out by sector.
- A total of 35 specific instances of policy development work in SFY 2009 were reported.