

Building Healthy Communities

The Washington State Department of Health received a \$3.2 million **Community Transformation Grant** award from the federal Centers for Disease Control and Prevention as part of the Affordable Care Act. Over the next five years, this money will support efforts to prevent chronic disease where we live, learn, work, and play. We will do this in part by focusing resources in communities where people don't have an equal opportunity to make the choices that allow them to live a healthy life, in part because of their income, education or ethnic background.

Focus areas of our work

We are making environmental, program, and system changes with sustainable results in four priority areas:

Strategic Changes. Sustainable Results.

Healthy Eating

- **People eating more fruits, vegetables and other healthy foods.** More access in communities and work places to convenient healthy food and beverages.

Active Living

- **People getting more physical activity.** More streets that are safe and walkable, especially for students.

Preventive Health Care Services

- **Fewer people with high blood pressure, high cholesterol, and late-stage cancer.** More technical assistance for health care providers to strengthen preventive services.

Tobacco-Free Living

- **People living tobacco-free.** Access to smoke-free housing, parks, and campuses. More stop-smoking referral services and treatments. Local control over tobacco promotion and taxation.

State Profile

Through a network of five hubs, the Community Transformation Grant serves 36 counties.

- **Central Western:** Grays Harbor County Public Health and Social Services Department
- **Southwest:** Clark County Health Department
- **Northwest:** Whatcom County Health Department
- **Central:** Grant County Health District
- **Eastern:** Spokane Regional Health District

Other awardees in our state include: The Tacoma-Pierce County Health Department, Chehalis, and Makah tribes.

Chronic Disease in Washington

In Washington, nearly **two of three** deaths each year are from diseases related to smoking and obesity. These include heart disease, stroke, cancer, diabetes, and chronic lower respiratory disease.

Communities of color, people with lower incomes and others underserved = are disproportionately affected.

Deaths:

2010: More than 10,500 people died of heart disease.

2010: More than 2,500 people died of stroke.

2010: Nearly 12,000 people died of cancer.

Disease burden:

2009: More than 37,000 people were diagnosed with cancer.

2010: An estimated 150,000 adults were living with the effects of a heart attack.

2010: An estimated 112,000 adults were living with the effects of a stroke.

2010: About 26 percent of adults were obese.

2010: 7.5 percent of adults *reported* a physician told them they had diabetes.



Early Success: Tobacco Free Living

Washington State Tobacco Quitline Funding Restored

All adults in Washington can once again call the Department of Health's toll-free Washington State Tobacco Quitline for free support to quit using tobacco, thanks to funding from the Washington State Legislature. Funding cuts in 2011 eliminated quitline help for most people, including those without health insurance. Over the last year, more than 6,500 people called the quitline for help and were added to a waiting list when they didn't qualify for services. They will be called back now that services are restored. The new funding will keep the quitline through June of 2013.



www.smokefreelivingspokane.org



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Spokane Smoke Free Window Clings

A Spokane Regional Health District campaign offers free window clings for property managers to promote smoke free housing in their communities. Before, property managers did not have a common definition of "smoke free" housing or how to tell people where they could and couldn't smoke. This led to misunderstandings and complaints from renters. Thanks to the window clings (seen on the left), renters and visitors can now easily see the property's rules for smoking. The designs were created in partnership with the Smoke-Free Housing Task Force of Spokane County, local property management companies, and community partners. Spokane is now working with others in Washington, California, and Idaho who want to create campaigns in their communities. To learn more visit SmokefreelivingSpokane.org.

South Sound YMCA Campuses Go Smoke Free

You can't smoke anywhere on a South Sound YMCA campus now. The buildings were already smoke free, but not the property around them. Mike West, South Sound YMCA President, and Community Transformation Grant Leadership Team member says the change has been positive. "The YMCA has a major focus on overall health. It's important that we be the model of what we are teaching, not just for staff but for the community as well." New signs posted around campuses advertise the rule. West encourages other Washington YMCAs to go smoke free on their campuses too.



State Contact Information

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<http://www.doh.wa.gov/YouandYourFamily/HealthyCommunitiesWashington/TransformingWashingtonCommunities.aspx>