

Healthy Living Collaborative of Southwest Washington



**POLICY, SYSTEMS, AND ENVIRONMENTAL
STRATEGIES PLATFORM FOR CLARK, COWLITZ,
SKAMANIA, AND WAHKIAKUM COUNTIES**

2013 - 2016

Working Together to Transform Southwest Washington Communities

The Healthy Living Collaborative of Southwest Washington is composed of a diverse group of community partners from Clark, Cowlitz, Skamania, and Wahkiakum counties who work to reduce and prevent chronic disease and associated risk factors. We do this by promoting policy, systems, and environmental changes that create and support healthy communities.

This document outlines the Collaborative's current focus and opportunities for future work in the following priority areas:

- ◆ Active Living
- ◆ Healthy Eating
- ◆ Tobacco-Free Living
- ◆ Clinical Preventative Services



Our strategies are based on feasibility and the potential for successful partner engagement.

The Healthy Living Collaborative is not a lobbying entity. Rather, it's a partnership whose members share ideas and research on policies, systems, and environmental alternatives and their impact. Many of the strategies align with the work of the *State Prevention Alliance* and *Cowlitz on the Move*.

Healthy Eating

CURRENT FOCUS

- ◆ Inform current state Department of Early Learning rulemaking to establish stronger nutrition, physical activity, and screen time standards in childcare settings.

OPPORTUNITIES FOR FUTURE COLLABORATION

- ◆ Support efforts to reduce barriers for food recovery programs that link healthy and safe foods to food banks and meal programs.
- ◆ Create a regional certification program to identify corner stores that carry healthy options.
- ◆ Promote and encourage collaboration of farmers markets across the region accepting the Supplemental Nutrition Assistance Program.
- ◆ Provide technical assistance and support for schools in the region to promote healthy eating. Activities may include:



- Supporting implementation of school wellness policy recommendations
- Helping with the transition to healthy vending
- Reducing policy barriers to school gardens
- Supporting development of systems and plan for implementation of healthy competitive foods guidelines
- Supporting summer lunch programs

Active Living

CURRENT FOCUS

- ◆ Support implementation of new state policy that allows cities and towns to establish maximum speed limits of 20 miles per hour on non-arterial highways in business or residence districts without an engineering and traffic study.



OPPORTUNITIES FOR FUTURE COLLABORATION

- ◆ Support the addition of health as the seventh State Transportation policy goal.
- ◆ Advocate that any new regional transportation projects must have health as a requirement for planning.
- ◆ Emphasize human health as an important component in local and regional comprehensive planning.
- ◆ Advocate and support municipalities to adopt standards for land uses that support active transportation, including mixed-use zoning, form-based code, and infill development.
- ◆ Support transportation revenue packages that prioritize new funding for transit, pedestrians and bicyclists.



Tobacco-Free Living

CURRENT FOCUS

- ◆ Promote the adoption of no-smoking policies in public housing, private multi-unit housing, higher education and technical campuses, parks, fairgrounds, trails, gardens, worksites, and other places residents from multiple counties visit. Reduce tobacco exposure at campus entry points.



OPPORTUNITIES FOR FUTURE COLLABORATION

- ◆ Support and advocate for restricting minors' access to tobacco products through stronger local laws on retailers, active enforcement of retailer sales laws, and retailer education.
- ◆ Support strategies developed by the Department of Health, Division of Behavioral Health and Recovery, and Liquor Control Board to reduce tobacco sales to minors.



Clinical Preventative Services

CURRENT FOCUS

- ◆ Collaborate with regional organizations working to develop a system of care that incorporates an integrated primary care-behavioral health home model with strong linkages to community based prevention.



OPPORTUNITIES FOR FUTURE COLLABORATION



- ◆ Support and fund a regional breastfeeding coalition to assist businesses in developing and implementing policies for worksite lactation support.
- ◆ Monitor, support, advocate for access to behavioral health services in Medicaid expansion.

Coalition Members

Dawn Doutrich

Associate Professor
Washington State University

Marianne Thompson

Chief of Elementary Education
Vancouver Public Schools

Lynda David

Senior Transportation Planner
SW WA Regional Transportation Council

Maggie Miller

Health Educator
Cowlitz Indian Tribe

Tim Krueger

Southwest Behavioral Health Ombudsman
National Alliance on Mental Illness, Chair

Patsy Hite

President
Highlands Neighborhood Association

Becky Anderson

Skamania County Human Services Board Member
National Alliance on Mental Illness Council

Vanessa Gaston

Director
Clark County Community Services

Chere Weiss

Community Outreach Coordinator
Peace Health Lower Columbia Region

Norm Welsh

Manager
YMCA

Kirby Richards

Director
Skamania County Health and Human Services

Rosalba Pitkin

Diversity Outreach Specialist
Clark College
Commission on Hispanic Affairs

Jeanne Harris

Vancouver City Council

John Loor, Jr.

Executive Vice President
North Pacific Union Conference,
Seventh-Day Adventist Church

Jeff Harvey

CEO
Burgerville

Mike Reardon

Community Services Program Manager
SW WA Agency on Aging and Disability

Sandy Mathewson

Director of the Prevention Center
Educational Service District 112

Sue Cameron

Director
Wahkiakum County Health and Human Services



Carlos Carreon

Director
Cowlitz County Health and Human Services

Marni Storey

Interim Director
Clark County Public Health

Steve Maynard

SW Washington Behavioral Health

Debbie Ham

Director
Support for Early Learning and Families

Rosemary Siipola

Transportation Planner III
Cowlitz-Wahkiakum Council of Governments
Southwest Washington RTPO

Jim Misner

Cowlitz County Commissioner

Joe Rogers

Strategy, Innovation & Development Director -
Columbia Network
Interim Director - Southwest Medical Center
Peace Health

Staff

Hilary Gillette-Walsh, Cowlitz County Health and Human Services

Jenn Schapman, Cowlitz County Health and Human Services

Tricia Mortell, Clark County Public Health

Kachina Inman, Clark County Public Health
Department of Health Liaison

Department of Health Liason

Kara Seaman, Health Communities Consultant
Washington Department of Health

Platform Development

Acknowledgements

Robbi Kay Norman, Uncommon Solutions

Julie Peterson, Comprehensive Health
Education Foundation

Vic Colman, Uncommon Solutions

Julie Zaballos, Graphic Design Consultant

This document was supported by Community Transformation Grant. Its contents are solely the responsibility of the authors, and do not represent the views of the Community Transformation Grant.

