



**Kitsap
County**

WASHINGTON STATE UNIVERSITY
EXTENSION



FOOD SYSTEMS & COMMUNITY DEVELOPMENT

HEALTH EQUITY & FOOD ACCESS

2016

BY THE NUMBERS

- 7 agencies and organizations participated in the planning and development of the HEAL Coalition

ISSUE

The Kitsap Public Health District reports that 62% of adults in Kitsap County are overweight; 26% of 12th graders are overweight, 33% of adults have high blood pressure while 80% of adults in Kitsap County eat fewer than 5 fruits and vegetables each day; 60% of adults report less than 60 minutes of physical activity each day, and 80% of 10th and 12th graders report less than 60 minutes of physical activity each day.

Many Kitsap residents are not eating a balanced diet or meeting recommended physical activity requirements. These challenges often contribute to risk conditions such as obesity and high blood pressure. What is widely known about these risk conditions is that they can lead to chronic diseases such as diabetes, stroke and heart disease. These chronic diseases are costly to individuals, families and community and often cause an increase demand on resources, time and quality of life.

RESPONSE

WSU Kitsap Extension was a planning team member for the Healthy Eating, Active Living (HEAL) Coalition, formed from a group of community organizations that recognized the importance of a collective impact model for community health improvement. Many had previous experience working together on a successful obesity prevention campaign called 5210. The Coalition recognized that lasting change requires a shift in the way we live, learn, work and play in Kitsap. This can be achieved through identification and implementation of strategies that address policies, systems and our environment.

The coalition team has developed two focus areas; Healthy Eating and Active Living. Under these focus areas, goals and strategies will be identified for Kitsap County through research, discussion and stakeholder engagement.



COLLABORATORS

Kitsap Public Health District,
YMCA, Suquamish Tribe,
Peninsula Community Health
Services, United Way of Kitsap
County, Kitsap Community
Resources, Kitsap Mental Health
Services, Kitsap Community
Foundation, Olympic College,
Kitsap Transit, Olympic
Educational Service District

IMPACTS

The HEAL Coalition became a network of Kitsap Strong, a collective impact initiative working to build resiliency through the N.E.A.R Sciences in Kitsap County.