



## **INFORMATIONAL MEMORANDUM**

**TO:** Community Development & Neighborhoods Committee  
**FROM:** Rick Still, Parks & Recreation Director  
**BY:** Tracy Gallaway, Parks & Recreation Manager  
**CC:** Mayor Ekberg  
**DATE:** September 29, 2017  
**SUBJECT:** Final Report on PICH grant (Partnerships to Improve Community Health) – Healthy Tukwila Project

### **ISSUE**

Final report on PICH grant (Partnerships to Improve Community Health) – Healthy Tukwila Project

### **BACKGROUND**

In February 2015 Parks and Recreation staff applied for a Public Health Seattle & King County grant called “Partnerships to Improve Community Health” or “PICH.” The grant was a three year grant, with each year providing a specific scope of work, goals, and outcomes.

Funding was determined by annual allocations provided by the Centers for Disease Control who is funding Seattle-King County Public Health who is managing PICH grants throughout King County. We were awarded: Year 1: \$30,000; Year 2: \$37,500; and Year 3: \$35,000 for a total grant award of \$102,500.

### **DISCUSSION**

The year one scope of work provided opportunities to research and develop programs related to sugar awareness and consumption. Year one also focused on researching guidelines and policies that could positively impact food served within Parks and Recreation Department programs, events, and vending machines.

The scope of work for year two was for implementing programs and activities throughout Tukwila that bring awareness to sugar consumption and its harmful effects. Additionally, staff will solidify Parks and Recreation Department specific policies that target healthy vending machines, healthy food in programs, and healthy food offerings at events.

For year three (the final year), the scope of work included continued training for Parks and Recreation Department staff and continued education and awareness to the public through programs, events and collaboration with other agencies such as the Tukwila School District and local businesses.

### **FINANCIAL IMPACT**

Matching funds were not required for this award. The total reimbursements for PICH grant related expenses between May 2015 and August 2017 is expected to be \$90,230.70.

### **RECOMMENDATION**

Information only

### **ATTACHMENTS**

Healthy Tukwila PICH Accomplishments





# Healthy Tukwila

September, 2017

Tracy Gallaway - Parks and Recreation Manager

Carolyn Lee, RD - Consultant Dietitian

Sarah Craven - Healthy Tukwila Project Outreach Assistant

# WHAT IS PICCH?

## *PICCH = Partnerships to Improve Community Health*

- 3-year CDC grant managed by Public Health – Seattle & King County
- Awarded to several organizations across King County with the common goal of improving health in their communities
- Other PICCH grantees Healthy Tukwila collaborated with directly:
  - Global2Local's Food Innovation Network (SeaTac)
  - Healthy King County Coalition's Healthy Eating Workgroup (WSU Extension)

# HEALTHY TUKWILA PICH ACCOMPLISHMENTS: ENVIRONMENT/POLICY CHANGES

- Removed snack vending machine and **replaced 3 soda machines** with water-fountain/bottle refilling stations at TCC
- Signed vending machine policy into departmental policies.

Before:



After:





# HEALTHY TUKWILA PICCH ACCOMPLISHMENTS: ENCOURAGING HEALTHY MEETINGS



- Created a flyer for **rental groups with healthy meeting suggestions, activity break ideas and walking path information.**



- Created 'How to Have a Healthy Meeting' presentation to share with city administrative staff and outside organizations utilizing TCC's rental spaces.





# HEALTHY TUKWILA PICH ACCOMPLISHMENTS: ENGAGING YOUTH

## Preschool Program:

- Implemented revised snack policy and handout
- Designed nutrition curriculum to add to existing cooking lessons
- Provided necessary kitchen utensils and equipment for cooking lessons



## Afterschool Program:

- Designed and implemented weekly nutrition curriculum with accompanying newsletters for parents

## Camp Tukwilly Summer Camp 2016 & 2017:

- Provided 10 weeks of healthy, hands-on cooking lessons and nutrition activities for over **200 campers**
- Provided weekly newsletters on healthy eating for parents





# HEALTHY TUKWILA PICHI ACCOMPLISHMENTS: ENGAGING TEENS/SENIORS

## Teen Night:

- Hosted a taste testing of healthier food options for concession stand.
- Provided list of healthy snack and concession options to program supervisor.



## Seniors:

- Provided monthly nutrition activities, games, education, and materials to over **50 seniors** involved in the Tuesday Latino Lunch program



# HEALTHY TUKWILA PICH ACCOMPLISHMENTS: COMMUNITY ENGAGEMENT

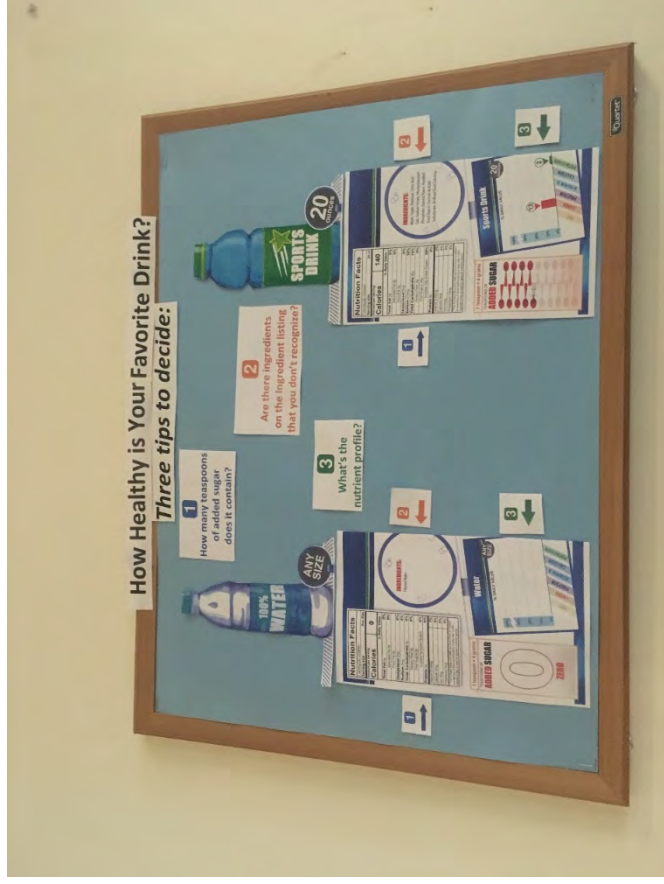
- Conducted nutrition education activities with the Healthy Tukwila booth at several community events
- Designed and implemented pilot program of 3 hands-on Family Cooking Workshops
- Participated in Tukwila School District and PSF Mechanical Wellness Fairs to provide education and resources to staff



- Partnered with Sounders 2 soccer team and Southcenter Modern Dentistry to encourage water consumption

# HEALTHY TUKWILA PICH ACCOMPLISHMENTS: COMMUNITY ENGAGEMENT

- *Dedicated bulletin boards above water refilling stations to education about choosing water over sugary beverages.*



Back to School the Good, Healthy, Fun Way!



- *Created Healthy Tukwila Newsletter (healthy living tips and resources) and signed up over 1000 residents*



# HEALTHY TUKWILA PICHS ACCOMPLISHMENTS: PARTNERING WITH TSD

- *Designed and implemented Think Your Drink relay race with over 250 Tukwila School District 4<sup>th</sup>/5<sup>th</sup> graders through collaboration with Thorndyke and Tukwila Elementary PE teachers*



- *Designed and presented MyPlate lesson at Cascade View Parent Café, which was translated into several languages*
- *Partnered with Thorndyke Elementary’s nurse to distribute a parent handout on sugary beverages during the school’s annual dental screening*