

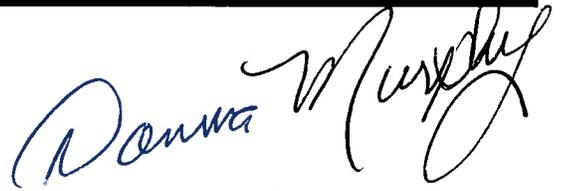
SULTAN CITY COUNCIL
AGENDA ITEM COVER SHEET

Date: November 12, 2009

Agenda Item #: A-2

SUBJECT: Snohomish Health District Healthy Community Partner

CONTACT PERSON: Donna Murphy Grants and Economic Development Coordinator



ISSUE:

The issue before the Council is to

1. Submit a Letter of Support to Snohomish Health District in support of a grant application requesting Federal stimulus funding in order to increase levels of physical activity, improve nutrition, and decrease overweight/obesity prevalence on Snohomish County.
2. Become a Healthy Community Partner Site.

STAFF RECOMMENDATION:

Approve submitting a Letter of Support with the understanding that budget and staff constraints will limit Sultan's participation in new projects or programs developed by the Healthy Community Specialist assigned to the Skykomish Valley.

SUMMARY STATEMENT:

Snohomish Health District is applying for a Federal Stimulus Grant to increase levels of physical activity, improve nutrition, and decrease overweight/obesity prevalence on Snohomish County. Successful Healthy Communities Projects are currently in Marysville and Lynnwood.

On October 23, 2009 the Snohomish Health District asked the City of Sultan to submit a Letter of Support for a grant application to fund a position in East Snohomish County for the Healthy Communities Project. If funded, the Healthy Community Specialist will work with Sultan, Gold Bar and Index to improve the health of the children and adults in those communities. The Letter of Support identifies a level of commitment to the project that will require the City of Sultan to provide use of one computer, the ability to print documents, one telephone and desk space for the person working with the three cities and schools. Please see attached Frequently Asked Questions that Ms. Pam Wessel-Estes, Program Manager, Chronic Disease Prevention sent.

According to Dr. Gary Goldbaum, Director of the Snohomish Health District's Healthy Community Projects in Marysville and Lynnwood have targeted:

Increasing physical activity and improving diet choices. Those projects involved Health District staff facilitating community-based efforts to develop local plans and then to implement those plans. Participating in those efforts were local governments, i.e. Parks and Planning and Development, schools, transit, senior centers, food banks, YMCAs, bicycle clubs, tribes, health care providers, business and many others. Among the results of these efforts, Marysville and Lynnwood have created community gardens, enrolled more students in free/reduced breakfast and lunch programs, created biking routes and made pedestrian walkway improvements, and created congregate meal sites for elder adults. An intangible benefit of the Healthy Communities project has been the enhanced sense of civic connection.

FISCAL IMPACTS:

1. Provide a desk, telephone, computer, monitor and printing ability.
2. Participation and support for projects and programs developed by the Healthy Community Specialist.

Discussion:

The policy question for Council is the level of participation in the Healthy Communities Program.

The alternatives are to:

1. Support the grant through a letter, but do not commit the City resources to host a Community Support Specialist.
2. Support the grant AND commit to hosting a Community Support Specialist at City Hall or other Sultan partner such as the Volunteers of America.
3. Support the grant. Commit to hosting a Community Support Specialist AND becoming a Healthy Community Partner.
 - a. A decision to become a Healthy Community Partner may include a further commitment of staff time and resources. Council may need to reprioritize staff time and funding to meet the program requirements.

RECOMMENDED MOTION:

1. I move to authorize Mayor Eslick to sign the Letter of Support to Snohomish Health District in support of a grant application requesting Federal stimulus funding in order to increase levels of physical activity, improve nutrition, and decrease overweight/obesity prevalence on Snohomish County.
2. I move to become a Healthy Community Partner Site.

ATTACHMENTS:

1. Snohomish County Healthy Communities Project Frequently Asked Questions
2. Letter of Support

**Snohomish County Healthy Communities Project
Communities Putting Prevention to Work: ARRA Federal Stimulus Proposal
Centers for Disease Control and Prevention (CDC)
Q & A Sheet**

Who is the lead grant project applicant?

Snohomish Health District (SHD).

What are the risk factor areas being addressed?

Physical activity and nutrition.

Where will the risk factor intervention take place?

Snohomish Health District is a Local Health Jurisdiction in Western Washington covering 2,090 square miles and serving a total population of 696,600 (as of April 2008). The county contains 17 incorporated cities and 3 unincorporated towns and unincorporated areas with a population of approximately 200,000. Please see question below for a detailed list of communities and organizations.

Why is the program being proposed?

The increase of obesity and related adverse health outcomes over the past fourteen years in Snohomish County represents a major public health challenge and deserves careful attention. In our report *Obesity in Our Community – Trends, Geographic Distribution, Consequences, and Response*, Snohomish County shows a marked upward trend, more than doubling in a 13 year period (13.1% in 1994 to 27.7% in 2007). There are currently more overweight and obese adults in our county than healthy weight adults, and some geographic areas are disproportionately affected by obesity and related poor health outcomes, such as diabetes.

Is there any history of the program being proposed?

Yes. In late 2005, Snohomish Health District embarked upon a multi-layered approach to addressing our obesity epidemic. This intervention strategy was funded entirely with agency general funds and grew out of our Community Mobilization Program. Between 2006 and January of 2009, and with the support of block grant and other awards, the Healthy Communities Project grew from a part-time manager and one staff person to a staff of seven, including a full time epidemiologist. With this capacity, we were able to provide staff support to the cities of Marysville, Lynnwood, and Everett. With the downturn in the economy and loss of local revenue, our county Board of Health eliminated general fund dollars for the project in January of 2009.

How will the program be implemented?

A Leadership Group will be formed from existing and new community partners countywide. Domain Specialists such as Nutritionists, Urban Planners and Workplace Wellness experts will also be hired. Working out of SHD, these Domain Specialists will provide technical assistance and support to City/County/Tribal governments countywide, while the Healthy Communities Specialists will work within specific communities. Funding will cover staffing costs for 24 months, after which local governments will have been sufficiently supported to build sustainable community capacity for local Healthy Communities efforts into the future.

Where will the employees be located?

Sixteen Healthy Communities Specialists (HCS) will work in the following city/government offices: Arlington/Darrington, Mountlake Terrace/Brier, Bothell, Edmonds/Woodway, Everett, Goldbar/Sultan/Index, Granite Falls, Lake Stevens/Snohomish, Lynnwood, Marysville, Mill Creek, Monroe, Mukilteo, Stanwood, Snohomish County (unincorporated), and Tulalip Tribes. The HCS will also support the 14 school districts within the intervention area.

In addition, 8 Domain Specialists will be hired to provide technical assistance and policy support to cities, they include:

- *Schools/Early Learning Specialists* (2) focused on school policy development and support; recess, screen time, snacks; low/no-cost indoor recreation, food systems
- *Urban Planners* (2) safe routes to school, bike/pedestrian planning, active transportation
- *Nutritionists* (2) focused on menu labeling, breastfeeding policy, farm to table; barriers to food access
- *Workplace Wellness Specialist* (1) focused on policy development and employee support
- *Safety/Social Network Specialist* (1) focused on safety neighborhood/comm. issues/barriers and social networks

Will there be a direct cost to a city, town, county, tribe, or school district?

No. It is anticipated that grant funds will be available to cover direct costs. We estimate that up to 200 hours per year of staff time may be expended per City/Government partner; we are including funds in the budget to offset this expense. School district YRBSS efforts or other extra direct expenses will also be covered by grant funds. Some partners will be asked to provide indirect support for items such as office/desk and/or meeting space. Communities will be under no obligation to pay for capital projects or structural changes out of their budgets; Healthy Communities staff will provide the technical support and assistance to locate and secure financial support where needed and available.

How and when will the SHD – community relationship be documented?

Between now and grant selection the funder expects a letter of support from each of the City/County/Tribal partners (entity). If SHD is selected for the grant program, participating City/County/Tribal government partners will be expected to adopt the concept of Healthy Communities as a goal and sign a Memorandum of Agreement.

Will school districts be expected to conduct the entire Youth Risk Behavior Surveillance System (YRBS) survey?

No. Only those portions related to the program focus outlined in the grant will be conducted. The WA State Department of Health is working to ensure that schools within funded jurisdictions have a seamless incorporation of YRBS into the Healthy Youth Survey (HYS) already being administered.

When will the funding and programming begin?

Applications are due December 1st. If the SHD proposal is awarded, funds would become available in late February or early March. The contract specifies a 3 month ramp-up time to full staffing and project engagement.

How do you contact SHD?

Primary Contact: Project Lead: Pam Wessel-Estes, Program Manager, 425-339-8703, pwesselestes@shd.snohomish.wa.gov or Wendy Blaisdell, Administrative support wblaisdell@shd.snohomish.wa.gov



City of Sultan

October 29, 2009

Snohomish Health District
Dr. Gary Goldbaum
Health Officer and Director
3020 Rucker Avenue, Suite 306
Everett, WA 98201

Subject: Letter of Support
Communities Putting Prevention to Work,
American Recovery and Reinvestment Act, 2009

Dear Dr. Goldbaum:

We understand that the Snohomish Health District is requesting Federal stimulus funding from the CDC in order to achieve the following outcomes: Increase levels of physical activity, Improve nutrition, and Decrease overweight/obesity prevalence on Snohomish County.

- *Addressing obesity and related adverse health outcomes will contribute significantly over time to reducing the health care costs in our county and the state of Washington.*
- *By using population-based approaches such as policy, system and built environment changes comprehensively across our county, together we will be able to address behavior change at some of the basic root causes.*
- *The Healthy Communities project is a positive step toward improving the health of all of our citizens, and will assist us in reducing some health disparities relating to issues of access to healthy foods and clean, safe environments.*
- *Using population-based approaches such as policy, system and built environment changes comprehensively across our county will enable us to sustain positive change and reverse the growing trend in obesity and overweight children and adults.*

I fully support Snohomish Health District's grant application as a vital chronic disease prevention strategy. Furthermore, should the Snohomish County proposal be funded, the City of Sultan commits to becoming a designated 'Healthy Community' partner site including signing a Memorandum of Understanding, and will work directly with the Health District and other partners across the county.

Sincerely,

Carolyn Eslick
Mayor

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