

Kitsap Complete Streets Leadership Forum
Health Panel Speaker Notes
June 9, 2011

Jane Moore, Director, Washington Coalition for Promoting Physical Activity (WCPPA)

1. WCPPA - purpose and brief history
2. Centers for Disease Control (CDC) and WA Department of Health work – workshop funding
3. Importance of moderate physical activity to health – 2008 Physical Activity Guidelines; National Physical Activity Plan
4. Active transportation as physical activity – benefits, easy & low-cost; safe routes to school

**Tim Lane, Nutrition & Physical Activity (NPA) Program Manager,
Washington State Department of Health (WSDOH)**

1. Other Public Health resources (WSDOH) and the NPA Program
2. Physical Activity has been engineered off the streets...out of the parks...out of school gyms, out of work environments, and other areas. The “feature the elevator hide the stairs” approach. What we lump together when we talk about the “built environment.”
3. What does the Chronic Disease Data look like for the state and nation? The \$147 billion dollar price tag.
4. What are some communities doing? From Washington... to other states (Blue Zones) and across the globe.
5. The other concerns on top of chronic disease...mental health...bone density...economic...and all the other dominos.
6. Partnership... partnership... partnership.
7. Partnership with DOT...Commerce...NPS...DNR...etc.

Scott Daniels, Deputy Director, Kitsap County Health District (KCHD)

1. Introduce “Your Local Health District”
2. The health problem created by unhealthy streets
3. What is Chronic Disease and why do we care about it?
4. What does the Chronic Disease data look like for Kitsap County?
5. The opportunity to improve health
6. Part of the larger transportation solutions to improve Public Health
7. Partnership with KCHD