

## **King County Food and Fitness Initiative:**

**Working Vision:** Our working vision is that *all* King County residents have an equal quality of life, with equitable access to resources right in our neighborhoods that promote healthy and active lifestyles. That all residents have the ability, knowledge, and skills to obtain and prepare food that is healthy, affordable, and locally grown whenever possible, to feel safe and able to pursue physical activities and play, and to thrive in physical environments that make daily active living easy is the foundation of this vision.

Low income and communities of color across our region have abundant urban food gardens, fresh food markets, and a connection farmers and profitable farms in neighboring rural communities. Neighborhoods throughout King County - and especially Delridge and White Center - have well maintained recreational facilities, sidewalks, bike paths, parks, trails, and community centers that are actively used by people across all generations and cultures to support and promote daily physical activity, enhanced social connections, and play. Community members can feel confident and safe as they walk, bike, play, and participate in sports together.

Children and their families are surrounded by environments that foster healthy lifestyles at school, in the community, and in their homes. Schools encourage students and staff to eat well and be physically active. Youth are engaged leaders, envisioning and creating healthy activities and spaces.

Strong and creative partnerships between community members and a wide diversity of organizations are at the core of our work. Through these efforts, the crisis of poor health in our communities, influenced by the food and physical activity environments where people live, work, and play, is a thing of the past.

Supported by policies and systemic change, King County leads the country in creating life-long wellness for our community members and healthy community environments.

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**Mission:** Our mission is to foster collaborative leadership among diverse community partners to co-create long-term, innovative strategies to realize our vision of equitable access to resources and choices that promote health. To achieve our goals, we actively engage with communities and youth in planning, decision making, and fun activities.

Our shared values: Creativity & Fun, Social Justice, Community-led, Youth-focused, Diversity & Inclusiveness, An Engaged, Empowered (Powerful?) Community

- **More on our Values:** Seeking out and implementing the most innovative, **creative** ideas to expand what is possible and make our vision reality. We will incorporate and inspire people to have **fun** because we believe it's a natural way to bring families and communities together. Fun is an essential path to health and well-being. We are committed to **social justice**: Everyone has the right to wellness, health, opportunities, power, and choices. We are **community** driven: continually striving to create a transparent and meaningful decision making process that directly involves our diverse community. We are committed to structuring our work so that **youth** participate meaningfully & effectively. We are a **diverse** and **inclusive** collaborative that

encourages and embraces all ideas, communities and people thereby creating change for future generations.