

# King County FOOD & FITNESS Initiative

[www.kcffi.org](http://www.kcffi.org)

Overview: May 2008

The King County Food and Fitness Initiative (KCFFI) is a community coalition formed in 2006 and funded by the W.K. Kellogg Foundation to begin planning for a ten year initiative, called Food and Fitness. The vision for the Food and Fitness Initiative is “Creating vibrant communities that support access to locally grown, healthy, affordable food and safe and inviting places for physical activity and play—for everyone.”

## **We were chosen as 1 of 9 communities participating in the national Food & Fitness Initiative**

- We were chosen because we demonstrated a commitment to collaboration and a capacity to transform the food and fitness environments in our community.
- We have received a two-year grant from the Kellogg Foundation to create an eight-year action plan with the potential for implementation support.

**As of 2006, our collaborative has grown strong with 40 organizational partners, and succeeded in selecting two well-prepared focus communities, the Delridge neighborhood of Seattle and White Center, in unincorporated King County. In the next one year, our local collaborative (guided by the KCFFI Leadership Council) will plan, implement and sustain improvements to the places we live, work and play.**

- Our collaborative is composed of youth, nonprofit organizations, community members, businesses and government.
- We are working with individuals and organizations from all sectors of our community, from transportation to public health, from agriculture to education, and from businesses to faith communities.
- We are involving youth, who offer us new and profound perspectives on how to improve our food and fitness environments.
- We are engaging community members, who know what changes are needed on the ground to create healthy environments.
- Together, we are developing a pathway for everyone to have a voice in creating a new vision for our community.

**Together, we will create a plan to influence policy and practice so that everyone can be active and have access to healthy and affordable food.**

- Our community action plan will focus on improving the policies, practices and systems that determine how food arrives on our table and how our communities are built.
- These changes will help create communities where everyone has access to healthy and affordable food.
- They will make help create walkable and bikeable communities where children and families can be active and engage in outdoor play together.

**Through collaboration and innovation we are becoming a model for other communities around the country.**

- Our community was chosen to be a part of the Food & Fitness Initiative because of our community assets and our past accomplishments. *Over—*

*Visit us on the web at [www.KCFFI.org](http://www.KCFFI.org)*

*For questions, contact program coordinator: [Maggie.Anderson@kingcounty.gov](mailto:Maggie.Anderson@kingcounty.gov) or call (206) 205-3186*

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- Our collaborative was a leader in helping to pass the Washington State-Local Farms Healthy Kids Bill and the city of Seattle's Local Food Action Initiative. Past successes including the acquisition and development of the Youngstown Cultural Arts Center in Delridge, as well as the White Center Early Learning Initiative demonstrate leadership and readiness in our two focus communities.
- By working together, we can create a community environment that's healthy for everyone.

In the coming months, the Leadership Council, Collaborative Partners, Youth Serving Partners and the co-convening organizations (WSU King County Extension and Public Health Seattle-King County) will continue engaging youth and community members in the process to develop a community action plan, communicating within and outside the Collaborative about the Initiative, leveraging new and existing resources, and conducting robust assessments that will serve the planning work to improve the regional food system, built environment and access to healthy foods. Finally, we will be learning about existing policies at the local, state and federal levels that promote the vision of this Initiative and work toward identifying and promoting policies that advance us toward our goals.

## *Frequently Asked Questions (FAQ):*

### **What does the term *built environment* mean?**

**Built environment** refers to community design—and the design of our communities does have an effect on our health and well-being. Healthy community design can benefit us all in very important ways. School design is one important way that the built environment may affect a child's health (*Can a child safely walk to school?*), another example is parks and green spaces (research increasingly suggests that children benefit from the opportunity to play outdoors where they can explore and enjoy natural environments).

### **What does the term *food system* mean?**

First of all, a **system** can be understood as a group of interacting, interrelated, and oftentimes interdependent elements that function together as a complex, unified whole.

The term "**food system**" is used frequently in discussions about nutrition, food, health, community economic development and agriculture. The food system includes all processes involved in keeping us fed: growing, harvesting, processing, packaging, transporting, marketing, consuming and disposing of food.

### **How can I get involved with Food & Fitness and make my voice heard?**

Attend one of our planning group or Collaborative Partner meetings! For more information, please visit our website or contact Maggie Anderson, our program coordinator (info at bottom of page), or get in touch with someone from our community partner organizations:

- **Delridge Neighborhoods Development Association (206) 923-0917**
- **White Center Community Development Association (206) 694-1082**
- **For Youth Engagement information, contact Quyet Huynh (206) 623-5132**



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