

King County FOOD & FITNESS Initiative

www.kcffi.org

Overview: July 2008

Formed in 2006, the King County Food & Fitness Initiative (KCFFI) is a community coalition supported by Food & Fitness, a national initiative of the W.K. Kellogg Foundation. Food & Fitness envisions vibrant communities that provide equitable access to affordable, healthy locally grown food and safe and inviting places for physical activity and play.

We are one of nine communities chosen to be part of this national 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 W.K. Kellogg Foundation to create an eight-year action plan with the potential for implementation support.

Since 2006, our collaborative has grown strong with more than 40 organizational partners. During this planning period, we succeeded in selecting two well-prepared focus communities, the Delridge neighborhood of Seattle and White Center in unincorporated King County.

- 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 affordable, healthy, locally grown 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 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 because of our community assets and our past accomplishments.
- 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.

Over—

Visit us on the web at www.KCFFI.org

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

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Over the next year, KCFEI Leadership Council, Collaborative Partners, Youth Serving Partners and the co-convening organizations (WSU King County Extension and Public Health Seattle-King County) will plan, implement and sustain improvements to the places we live, learn, work and play

- We will continue engaging youth and community members in the process to develop a community action plan.
- We will communicate within and outside the collaborative about the initiative and our vision.
- We will leverage new and existing resources, and conduct robust assessments of our food and fitness environments.
- We will continue learning about existing policies at the local, state, regional and federal levels that promote the Food & Fitness vision .
- Finally, we will work toward identifying and promoting policies that advance us toward our goals.

Frequently Asked Questions (FAQs):

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, contact Maggie Anderson, our program coordinator (info at bottom of page), or get in touch with someone from one of our community partner organizations:

- **Delridge Neighborhoods Development Association (206) 923-0917**
- **White Center Community Development Association (206) 694-1082**
- **For Youth Engagement information, contact Randy Engstrom (206) 935-2999**



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