

# Healthy Living Collaborative of Southwest Washington



**POLICY, SYSTEMS, AND ENVIRONMENTAL  
STRATEGIES PLATFORM FOR CLARK, COWLITZ,  
SKAMANIA, AND WAHKIAKUM COUNTIES**

2013 - 2016

# *Working Together to Transform Southwest Washington Communities*

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The Healthy Living Collaborative of Southwest Washington is composed of a diverse group of community partners from Clark, Cowlitz, Skamania, and Wahkiakum counties who work to reduce and prevent chronic disease and associated risk factors. We do this by promoting policy, systems, and environmental changes that create and support healthy communities.

This document outlines the Collaborative's current focus and opportunities for future work in the following priority areas:

- ◆ Active Living
- ◆ Healthy Eating
- ◆ Tobacco-Free Living
- ◆ Clinical Preventative Services



Our strategies are based on feasibility and the potential for successful partner engagement.

The Healthy Living Collaborative is not a lobbying entity. Rather, it's a partnership whose members share ideas and research on policies, systems, and environmental alternatives and their impact. Many of the strategies align with the work of the *State Prevention Alliance* and *Cowlitz on the Move*.

# Healthy Eating

## CURRENT FOCUS

- ◆ Inform current state Department of Early Learning rulemaking to establish stronger nutrition, physical activity, and screen time standards in childcare settings.

## OPPORTUNITIES FOR FUTURE COLLABORATION

- ◆ Support efforts to reduce barriers for food recovery programs that link healthy and safe foods to food banks and meal programs.
- ◆ Create a regional certification program to identify corner stores that carry healthy options.
- ◆ Promote and encourage collaboration of farmers markets across the region accepting the Supplemental Nutrition Assistance Program.
- ◆ Provide technical assistance and support for schools in the region to promote healthy eating. Activities may include:



- Supporting implementation of school wellness policy recommendations
- Helping with the transition to healthy vending
- Reducing policy barriers to school gardens
- Supporting development of systems and plan for implementation of healthy competitive foods guidelines
- Supporting summer lunch programs

# Active Living

## CURRENT FOCUS

- ◆ Support implementation of new state policy that allows cities and towns to establish maximum speed limits of 20 miles per hour on non-arterial highways in business or residence districts without an engineering and traffic study.



## OPPORTUNITIES FOR FUTURE COLLABORATION

- ◆ Support the addition of health as the seventh State Transportation policy goal.
- ◆ Advocate that any new regional transportation projects must have health as a requirement for planning.
- ◆ Emphasize human health as an important component in local and regional comprehensive planning.
- ◆ Advocate and support municipalities to adopt standards for land uses that support active transportation, including mixed-use zoning, form-based code, and infill development.
- ◆ Support transportation revenue packages that prioritize new funding for transit, pedestrians and bicyclists.



# Tobacco-Free Living

## CURRENT FOCUS

- ◆ Promote the adoption of no-smoking policies in public housing, private multi-unit housing, higher education and technical campuses, parks, fairgrounds, trails, gardens, worksites, and other places residents from multiple counties visit. Reduce tobacco exposure at campus entry points.



## OPPORTUNITIES FOR FUTURE COLLABORATION

- ◆ Support and advocate for restricting minors' access to tobacco products through stronger local laws on retailers, active enforcement of retailer sales laws, and retailer education.
- ◆ Support strategies developed by the Department of Health, Division of Behavioral Health and Recovery, and Liquor Control Board to reduce tobacco sales to minors.



# Clinical Preventative Services

## CURRENT FOCUS

- ◆ Collaborate with regional organizations working to develop a system of care that incorporates an integrated primary care-behavioral health home model with strong linkages to community based prevention.



## OPPORTUNITIES FOR FUTURE COLLABORATION



- ◆ Support and fund a regional breastfeeding coalition to assist businesses in developing and implementing policies for worksite lactation support.
- ◆ Monitor, support, advocate for access to behavioral health services in Medicaid expansion.

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