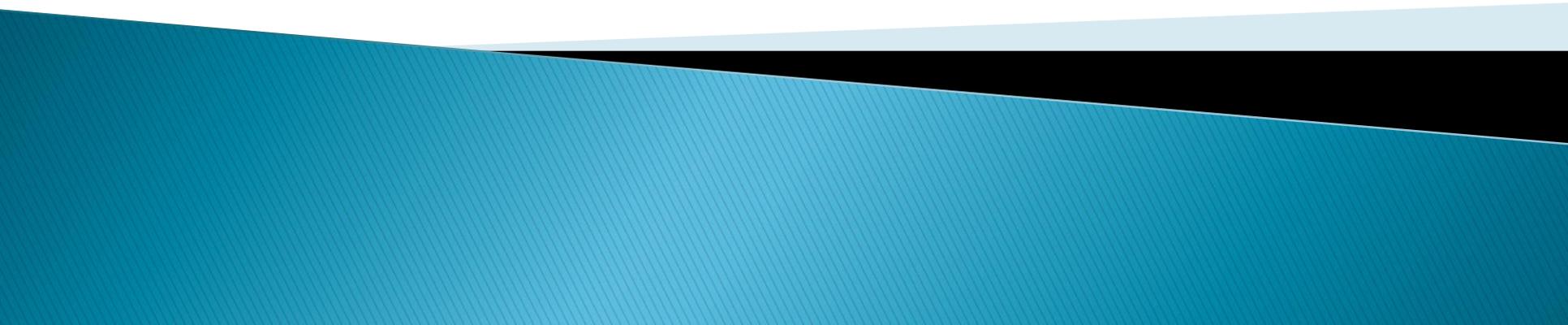


Healthy Eating Active Living

Communities Putting Prevention to Work

City of Burien





CPPW-HEAL what's it all about?

- ▶ Focus on health
- ▶ Restoring balance
- ▶ Best practices



Then



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Now



How come this approach?

- ▶ Out of balance
- ▶ Affecting and effecting multiple systems
- ▶ Policies affect/effect systems



What we have learned

- ▶ “Where you live should not determine how healthy you are.”

| | King County | Burien/ Des Moines | SeaTac/ Tukwila | Bellevue | Mercer |
|-----------------|-------------|-----------------------|--------------------|----------|--------|
| Life Expectancy | 81.0 | 79.8 | 78.4 | 83.7 | 85.3 |
| Diabetes | 5.4 % | 5.6% | 8.3 | 4.1% | 2.7% |
| No LPA in 30 | 15.2% | 19.8% | 22.2% | 15.2% | 8.3% |
| Obese/OW | 55.3% | 61.9% | 62.3% | 51% | 46.3% |

How Come Burien?

1. The grant aligned with many elements, codes and uses we have in our comprehensive plan
 2. The grant aligned with our city objectives
 3. Visioning themes relating to health and community vitality align.
- 

CPPW in Burien

- ▶ Five outcomes around mobility, food access and inter-jurisdictional collaboration
 - ▶ Setting our communities baseline
 - ▶ Recommendations and adoptions based on best practices, stakeholder input
- 

Where do we go from here

- ▶ What kind of Burien do we want?
- ▶ How will we get there?
- ▶ How will we know when we are there?



Questions

