

**Examples of Current Nutrition Related Programs, Practices, and Policies in Island County
(Organized by Strategic Goals in the Washington State Physical Activity and Nutrition Plan)**

NUTRITION 1: INCREASE ACCESS TO HEALTH PROMOTING FOODS		
Program / Organization	Area Served	Description
1.a. Increase Vegetable and Fruit Consumption		
Bayview Farmers Market; Coupeville Farmers Market; South Whidbey Tilth Farmers Market; Oak Harbor Public Market; Mount Vernon Farmers Market	South, Central, and North Whidbey	The general Whidbey population has significant access to seasonal markets as both a community and nutritional resource. WIC food dollars can be used at these markets.
1.b. Increase Worksite and Schools provision of healthful food and drink		
Nutrition Policies: School Districts	Whidbey Island	Example: Oak Harbor School District Nutrition, Food Services and Physical Fitness policy 6700 establishes nutrition standards for vending machines as well as food prepared by the district food services program. Similar policies have recently been enacted by South Whidbey and Coupeville school districts.

NUTRITION 2: REDUCE HUNGER AND FOOD INSECURITY		
Program / Organization	Area Served	Description
2.a. Adequate support for food and nutrition programs		
Island County Health Department and Skagit County Community Action agency	Island County	In 2004, WIC served 3,335 women, infants, and children and conducted 7,939 nutrition education sessions. WIC encourages breastfeeding. New regulations allow discussion of physical activity as well as nutrition. (Funding: Food & Nutrition Services of the USDA; Washington State Department of Health; Island County Health Department)
2.b. Increase access to food programs		
South Whidbey Good Cheer Food Bank	South Whidbey	Good Cheer food bank serves 14% of South Whidbey residents and saw the largest increase in working poor 19-54 yrs old. 9% is grant funded and 91% is funded by Good Cheer Thrift store. It is open 7 days a week. New facility is planned to open in 2008. Partner with Northwest Harvest. It is particularly costly to keep fresh vegetables and fruits rotated.
Help House Oak Harbor	Oak Harbor, Coupeville	Food assistance is based upon income guidelines and immediate need. USDA food commodities are distributed on the first Friday of the month at the Help House in Oak Harbor and the Masonic Hall in Coupeville.
Senior Nutrition Program: Senior Services of Island County	Island County	Provides nutritious meals and limited dietician counseling for seniors at eight locations in Island County and by home delivery via Meals on Wheels. (Funded by Northwest Regional Council, Island County, City of Oak Harbor, United Way, Camano Senior Services Foundation)
Food and Schmooze Program: Senior Services of Island County	Coupeville, Oak Harbor	Outreach & social connection promotion, adds facilitated support/discussion groups to existing nutrition services. (Island County Health Department Grant)

**Examples of Current Physical Activity Related Programs, Practices, and Policies in Island County
(Organized by Strategic Goals in the Washington State Physical Activity and Nutrition Plan)**

PHYSICAL ACTIVITY 1: INCREASE # OF PEOPLE WITH ACCESS TO FREE OR LOW COST RECREATION OPPORTUNITIES		
Program / Organization	Area Served	Description
1.a. Funding for state and local recreation sites and facilities (public infrastructure)		
Fort Nugent State Park New Playground: City of Oak Harbor Parks Department	North Whidbey	Playground is complete as of fall 2005 and already well used. (Funding partnership: City of Oak Harbor, Island County, and private donations)
Master Planning process for community center and Sports Complex at Community Park: South Whidbey Parks & Recreation:	South Whidbey	There has been strong community response (1000 respondents = 25%) to the 2005 community needs assessment survey. Results, which will be released early in 2006, will help shape the design and offerings of the proposed community center. Other elements of the Master Planning process will need to take place in 2006 before any decisions are made. (Will likely require capital campaign. No physical plant likely for at least 3-5 years.)
Land acquisition - 200 acre parcel in South Whidbey: South Whidbey Parks & Recreation	South Whidbey	Land will become Parks & Recreation owned in late 2006. Now planning for how to develop the resource. Commitment for National Park staff assistance with planning and coordination of community input into land design/use. Emphasis will be on environmental and nature programming (not athletics). Planned trail-linkages to Bayview and Maxwellton community park. The development process will be lengthy.
1.b. Policies to increase access to public facilities		
Community access to Navy facilities	North Whidbey	Base gym is working toward more community linkages; now offers 3 visits for \$15 to general public; Navy Youth Center has all day court, open to general public for \$12 per year.
Activity guide and trail map supplement in Marketplace: WHIM	South Whidbey	Annual summary of activity options and available walking trails published as a supplement. (Funding period ended December 2005)
Website with information on trails and links to information on other walking options: WHIM	Whidbey Island	There is no further funding. Website could be adapted to become a central information resource on activity options countywide.
Clearinghouse website for physical activity program information and registration: City of Oak Harbor Parks Department	North Whidbey	This is still in development. It will ultimately include links to registration for classes and events offered by diverse programs.
1.c. increase # of worksites with policies to enhance physical activity opportunities		
City of Oak Harbor Employee Wellness Program	North Whidbey	A grant funded "wellness committee" organizes monthly meetings; emphasize healthy at-work snacks, moderation, support and reward for cholesterol testing; lunchtime walks & jogs; 5-a-day fruit and veggie program; health awareness workshops & healthy potlucks; mandatory stress readings and stress management training. City employees participated in Relay for Life activities & "walk across Washington" with other Association of Washington Cities members.

PHYSICAL ACTIVITY 2: INCREASE # OF CHILDREN WHO MEET RECOMMENDED GUIDELINES FOR MODERATE OR VIGOROUS PHYSICAL ACTIVITY		
Program / Organization	Area Served	Description
2.a. Schools provide quality, daily physical activity		
School Districts' Physical Activity Policies	Whidbey Island	Example: Oak Harbor School District Nutrition, Food Services and Physical Fitness policy 6700 - Nutrition, health, and fitness topics integrated into health education curriculum K-12. Grades 1 - 8 require 100 minutes of physical education per week. 2 credits are required of high school aged children. While they represent an improvement, these physical activity guidelines do not accomplish the goals expressed by community members interviewed and surveyed.
2.b. policies to increase k-12 phys ed opportunities outside of formal classes		
Pedometer Program: WHIM	3 of 4 school districts	The funding period ended December 2005.
Mayor's award for health and nutrition: City of Oak Harbor Mayor's Office	North Whidbey	This is still in the planning stages – K-5 kids can complete a set of activities and receive a medal or certificate from the Mayor's office. Schools earn a flag or banner.

PHYSICAL ACTIVITY 3: INCREASE ACTIVE COMMUNITY ENVIRONMENTS		
Program / Organization	Area Served	Description
3.a. Replace sedentary behaviors with physical activity		
Camano Neighborhood Walkers: Island County Physical Activity Coalition	Camano Island	Several continuing walking groups; numerous written materials (brochures, posters, logs, instructions, tips). There are significant safety concerns - no sidewalks or shoulders on most roads; school on busy road with no sidewalks or bike paths. Funded by Regence Blueshield 3 year initiative, funding ended December 31, 2005.
Whidbey In Motion (WHIM): Island County Physical Activity Coalition	North, Central, and South Whidbey	Provides trainings for school nurses; school pedometer programs; trail signage; "Activity and trail guide" newsletter; website. They have developed a website and are looking for a partner to adopt it after 2005. Funded by Regence Blueshield 3 year initiative. Funding ended December 31, 2005.
Parks & Recreation class offerings targeting boomers and seniors: South Whidbey Parks and Recreation	South Whidbey	South Whidbey Parks and Recreation has traditionally been youth-focused. They are trying to do more outreach to adults and seniors with targeted offerings. There is difficulty getting numbers needed for adult classes.
3.b. Urban planning approaches – zoning and land use		
City Planning subcommittee on non-motorized transport: City of Langley	Langley	Partner with Langley Walkers citizen group to offer priority recommendations re: sidewalks, trails, and pathways to the City Master Plan
City of Oak Harbor looking at increasing pedestrian walkways in existing and new developments: Oak Harbor Planning Department	Oak Harbor	

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3.c. Transportation and infrastructure promoting non-motorized transit		
Island County 2006 Non-Motorized Trail Plan: Island County Public Works	Camano and Whidbey Islands	The Island County Trails Plan will focus on non-motorized trails on Whidbey and Camano Islands for walking, hiking, road cycling, mountain biking, kayaking, and equestrian purposes. The Trails Plan was developed with community input from focus groups and public workshops. The goal is to enhance the livability and connectivity of our communities. The trail plan is to be presented to County Commissioners in January 2006. Regional projects will be funded individually - funding is not secured.
Plans for "linear parks" (i.e. trails connecting congregation areas): South Whidbey Parks & Recreation	South Whidbey	Engineering is complete on the plan to connect Downtown Langley with South Whidbey High School & community park. Other "linear parks" are planned to connect centers of activity. Emphasis is on multipurpose and multi-use trails. Only 75% of the funding is in place. The plan is on hold pending additional funds.
Environmental Health Assessment Team (EHAT), Walkability subgroup: Island County Health Department	North Whidbey	Anticipate playing an active role in helping to increase public awareness of non motorized Trail Plan. Planning walkability survey.
Friends of Camano Island Parks	Camano Island	Build, maintain, map, and educate about trails on Camano Island. Also organize and lead guided nature walks. Currently completing trails loop around senior center. (Very limited funding - fundraising by volunteers and membership dues. Larger development projects are difficult without other sources of financial support.) There is no one designated to do outreach to seniors or encourage use of the trails. There are not many ADA accessible trails.
Surveying, mapping, preservation, and planning for Langley sidewalks, trails, and pathways: Langley Walkers	Langley	9-member volunteer citizen group who is working to survey existing sidewalks, trails, and pathways in order to develop a map and priority recommendations to the City master plan, which will guide future development within city limits and surrounding Urban Growth Areas. They are developing approaches to working with private property owners; planning to create a brochure/booklet of Langley walks; working to maintain and protect existing walkways and alleys; exploring "shared use" roads designation for specific targeted streets.
Developing paths and trails for shoreline access: WSU Extension	State	Potential partner of other trail protection and development groups.
Oak Harbor Parks Department	Oak Harbor	Currently completing trail extensions along the waterfront.

OTHER PHYSICAL ACTIVITY-RELATED PROGRAMS & EVENTS		
Program / Organization	Area Served	Description
Navy Base Resources: Dietician for Base and Director of Health Promotion	Oak Harbor Military personnel only	Active duty personnel have required annual health assessment. Individual nutrition education appointments, "health heart" classes, 8-week "ship shape" program are offered. Navy WIC does some breastfeeding support. Base no longer offers breastfeeding support or pre- and post-natal nutrition classes. (Health Promotion focus areas include tobacco, drugs, and alcohol - no specific emphasis on activity/nutrition.)
Whidbey General Hospital Life Center for Essential Wellness	Whidbey Island	Wide range of wellness programs and outreach efforts including Cardiac Wellness, Pulmonary Wellness, a wellness program aimed at persons 20 pounds overweight or more, health education classes, and an exercise series (3 classes) for post partum women. In 2006, Island County Public Health and the Wellness Center will undertake a one-year pilot project, funded by the Washington Health Foundation, called the Whidbey Business and Health Collaborative Pilot Project, which will conduct outreach to small business employees.
Large-scale community events		
Relay for Life event: American Cancer Society Benefit	Central and North Whidbey	Annual event with broad community participation
Tour de Whidbey event: Whidbey General Hospital	Island County and beyond	Successful fundraiser for Whidbey Island Hospital Foundation and has grown each of the last 4 years Annual event with diverse community sponsors
Whidbey Marathon & Half Marathon: Nature's Path Organics (2006 Sponsor)	Regional	North end annual event