Some of Our Communities Are Falling Behind

- Training on evidence-based best practices for treating nicotine dependency
- Cutting back on tobacco, starting in the community

One in five youth... 57%

- Interaction with providers/CHWs doubles the chance that community members will consider quitting
- 70% of people who smoke want to quit, but not everyone has the resources and support to do so

A Drive Toward Healthy Opportunities in King County

Over the past decade, public health organizations and agencies have supported a variety of community-led programs to improve the health of our communities in the long-term.

- Childcare providers are key to promoting the healthy growth and development of children.
- Horn of Africa Services, Child Care Resources, and City of Seattle child nutrition programs empower childcare providers with knowledge to improve nutrition, physical activity, and socio-emotional development for King County children.

- 150 community health workers (CHWs) from 15 community-based organizations, leading to:
- 2x in high vs. low poverty zip code asthma hospitalization rates
- 3x in high vs. low poverty zip code asthma hospitalization rates

Health equity means that everyone has a fair and just opportunity to be as healthy as possible. But for many, good health is not just about making good choices—it’s about overcoming major barriers, like access to:
- Safe outdoor spaces
- Nutritious foods
- Social support

Several health conditions are on the rise in King County, hitting communities hardest where there is less access to good nutrition, quality physical activity, and smoke-free environments.

- 1 in 5 youth... 57%
- 57% of older adults diagnosed with high blood pressure
- 38% of adults exposed to secondhand smoke at home
- 20% of adults at an unhealthy weight, putting them at risk for: High blood pressure, high cholesterol, and diabetes
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