

The CANOPY

News from the Verdant Health Commission, serving South Snohomish County • Fall 2017

Nutrition's Role in Disease Prevention

Evidence is mounting that a healthy diet can help protect you from some diseases. What you eat – or don't eat – may help prevent heart disease, cancer, osteoporosis, and type 2 diabetes.

With this in mind, the Verdant Health Commission offers programs, cooking demonstrations, and nutrition education classes to give people the tools to make healthier choices that can help prevent chronic diseases.

"As a nurse and Verdant commissioner, I've seen the toll chronic diseases can take on an individual and family," Langer said. "We know most of these chronic diseases are preventable, and we're offering free and low-cost programs to make it easier for people to learn from experts like registered dietitians and exercise professionals."



How to use your diet to help reduce your risk of disease

To help prevent heart disease, you need to keep your blood cholesterol, blood pressure, and weight under control. Healthy eating habits can help you accomplish this, as well as reduce your risk for stroke. This may include eating a diet low in sodium, saturated fat, cholesterol, and total fat, as well as red meat, desserts, and sugary beverages. Emphasize consuming plenty of fruits, vegetables, and low-fat dairy foods and include whole grains, poultry, fish, and nuts.

The best diet to help protect you against cancer helps you maintain a healthy weight and includes a variety of foods. Obesity increases the risk for some cancers, including colon, kidney, and breast (after menopause). No single food is the perfect one for cancer prevention, but a combination of vitamins, minerals, and phytochemicals (which come from plants) can offer

(continued inside)

Upcoming Classes

Come to Verdant's free, weekly **Healthy Living Coaching Group** for support, accountability, and motivation to improve your habits and live a healthier life. The group meets Tuesdays from 6-7 p.m. in the demonstration kitchen at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood, and *no registration is required*.

Verdant will also offer the **Mediterranean for Life** health coaching program in 2018, with an info session scheduled for Thursday, Jan. 18, 2018 at Verdant. Learn more about these programs at verdanthealth.org.

Summer Highlights

Fun games, walks, and outdoor activities for the whole family

Families and individuals joined Verdant, the City of Lynnwood, and others for **Meet Me at the Park** with hula hooping, jumping rope, soccer, Zumba, and more at Lynnwood parks in the summer of 2017. Look for news about events in 2018 and join us!

Verdant worked with the cities of Edmonds, Lynnwood, Mountlake Terrace, and the Edmonds Senior Center to host **South County Walks**, with 40 community walks in the summer of 2017. More than 170 people participated! Our thanks to Brooks Outlet Store, Community Transit, Edmonds Family Medicine, and Proliance Surgical Specialists of Edmonds for providing prizes, which frequent walkers were eligible to win.



How to use your diet to help reduce your risk of disease

(continued from cover)

good protection, according to the American Institute for Cancer Research (AICR).

The best step you can take against osteoporosis: Eat plenty of low-fat foods that are rich in calcium and fortified with vitamin D such as skim milk, low-fat yogurt, and low-fat cheese, as well as broccoli. The best way to help prevent type 2 diabetes: Maintain a healthy weight by eating a balanced, low-fat diet. Obesity is a strong risk factor for developing type 2 diabetes.

Specific tips on foods and nutrients can be found in the Health Tips portion of verdanthealth.org. Talk with your healthcare provider if you are at risk for chronic diseases.



→ What are SMART goals?

Breaking down your goals into something more manageable can set you up for better success. Big-picture goals like eating better or reducing stress are fine, but setting specific goals using the **SMART** criteria below will help you be more successful in achieving lasting lifestyle changes.

- | | |
|--------------------|--|
| Specific: | What exactly will I be doing? |
| Measurable: | How long, how often, or how many? |
| Achievable: | Is this realistic for my current needs and schedule? |
| Relevant: | Does this help me toward my big-picture goals? |
| Timely: | When will I do this? |

Verdant can help you reach your **SMART** goals with the Healthy Living Coaching Group. Learn more at verdanthealth.org

Prevention From Multiple Angles

Message from the Superintendent


Benjamin Franklin once said, “An ounce of prevention is worth a pound of cure.”

Knowing that good health is not just about good medical care, the Verdant Health Commission supports and funds programs that help our community’s residents be healthy where they live, where they work, and where they play.

The nutrition and activity programs at our Community Wellness Center help residents learn behaviors that will prevent chronic disease. Swimming lessons in Mountlake Terrace, Lynnwood, and Edmonds help prevent drownings and water-related accidents while the Red Cross program prevents death and injury related to fire. Our North Sound 2-1-1 Community Resource Advocate helps fulfill basic needs for our community’s most vulnerable residents thus preventing future crises or homelessness. For our school-aged residents, Domestic Violence Services programs help prevent dating violence, and the Move 60! program helps prevent childhood obesity. By hosting the Hero’s Café and other supportive services, veterans can connect with resources, preventing the need for more intensive support in the future.

Verdant will continue to build and support access to preventive services in both clinical and community settings. We firmly believe that by empowering the residents of our district to make healthy choices and engage in positive behaviors that the health of our overall community will thrive. Please visit our website at verdanthealth.org and learn more about these opportunities.



Sincerely,


Robin Fenn, Ph.D., LICSW
Superintendent

Did you know?

- Verdant provides grants to community organizations for health and wellness work that serves the public.
- Verdant is governed by a publicly elected board and is funded by a combination of rental income and tax revenue.
- Verdant offers free or low-cost healthy lifestyle classes at the Verdant Community Wellness Center in Lynnwood.

Spend the Day with Verdant

Plan ahead and mark your calendar now

Verdant will again host its Verdant Healthier Community Conference in early 2018 after successful events in 2016 and 2017. Please join us on **Monday, March 12, 2018** at the Lynnwood Convention Center as we bring together keynote speakers and host breakout sessions to help our community learn about ways we can live our healthiest and happiest lives.

For registration information, including fees and scholarship opportunities, visit verdanthealth.org in January 2018 for details.



Swedish Edmonds Prevention Tips

Elena Geamanu, MD, an endocrinologist at Swedish Edmonds, offers this advice: "Benefits of exercising and nutrition include weight control, increased energy, better mood, stronger bones, and better health."

"An individual is able to control his or her own weight by frequently consuming nutrient-dense, low-calorie foods such as fruits, vegetables, and protein. At least 150 minutes of vigorous activity each week is needed to maintain a healthy weight. Incorporating physical activity and healthy eating greatly play a major role in weight control."



Why am I Getting This Newsletter?

About the Verdant Health Commission

All residences in Public Hospital District No. 2, Snohomish County/ Verdant Health Commission, receive a copy of this print newsletter to learn more about the health and wellness services available in South Snohomish County.

This newsletter includes information about many of the programs Verdant supports. To learn more or to view Verdant's 2016 Annual Report, with more information about revenue, expenditures, and programs, please visit verdanthealth.org or call (425) 582-8600.

Connect with Verdant

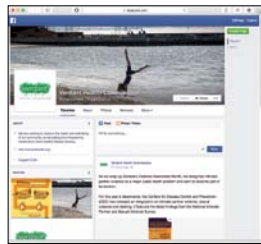
There are several options to stay better connected with the Verdant Health Commission online:



Sign up for e-Newsletters at verdanthealth.org



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Board of Commissioners

The Verdant Health Commission is governed by the voter-elected commissioners of Public Hospital District No. 2, Snohomish County. Each member is elected to a six-year term. Regular meetings of the commission take place at 8 a.m. on the fourth Wednesday of the month, except for November and December (third Wednesdays). Meeting information is available at verdanthealth.org/public-meetings.



Bob Knowles



Deana Knutsen



Fred Langer, RN, Esq.



J. Bruce Williams, MD, FACP



Karianna Wilson

Meals on Wheels

Homebound older adults and people with disabilities can enjoy nutritious meals with the Meals on Wheels program, coordinated by Homage Senior Services (formerly Senior Services of Snohomish County). It's often difficult to prepare meals with fresh, wholesome foods when your mobility is limited. This service includes delicious frozen meals that are easy to heat and are delivered directly to homes each week.



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Mobile Cooking Demonstrations & Nutrition Education

While Verdant offers an array of cooking demonstrations at the Verdant Community Wellness Center, it's not always possible for our community members to get there. Since 2016, Verdant has partnered with senior housing facilities and the Women Infant & Children clinic to provide cooking demonstrations on site tailored to seniors on fixed incomes and families on a budget.



Strengthening Young Families with PEPS



Participating in a neighborhood-based parent group with the non-profit Program for Early Parent Support (PEPS) strengthens families, increases family wellness, and prepares families to cope with life

stresses. With Verdant's support, families in South Snohomish County can qualify for a reduced fee to sign up for a newborn, toddler, or other group. Grandparents and parents who do not join a group can attend lectures and find resources online through peps.org.



Move 60!



Elementary students in the Edmonds School District will have more chances to participate in the Move 60! program

starting in Fall 2017. In addition to the existing before- and after-school activity programs at 23 schools, the Move 60! Miles and Move 60! Minutes programs will provide activities that are open to all students in the schools. These may look different at each elementary school, with potential new recess activities and running programs for children to jump in and move!



Current Programs & Community Investments

The Verdant Health Commission has made grant commitments of \$6.1 million in 2017, including the four programs featured on the following pages and the complete list at the right. Please visit verdanthealth.org/programs or contact us if you would like to learn more.

BEHAVIORAL HEALTH

Center for Human Services
Compass Health
Edmonds School District
Puget Sound Christian Clinic
Therapeutic Health Services
YWCA of Seattle King Snohomish

SERVING SENIORS

Alzheimer's Association
Edmonds Senior Center
Homage Senior Services (formerly Senior Services of Snohomish County)
Northwest Parkinson's Foundation

BUILDING HEALTHY COMMUNITIES FUND

Creating long-lasting community health improvements by increasing opportunities for residents to live active and healthy lives.

City of Edmonds
City of Lynnwood
City of Mountlake Terrace
Edmonds School District

HEALTHCARE AND DENTAL ACCESS

Community Health Center of Snohomish County
Medical Teams International
Prescription Drug Assistance Foundation
Project Access Northwest
Puget Sound Christian Clinic
South Snohomish County Consortium
(Turning Point Seattle fiscal agent)

CHILDHOOD OBESITY

Boys and Girls Club of Snohomish County
Camp Fire
City of Lynnwood
City of Mountlake Terrace
Edmonds School District
Girls on the Run

CARE COORDINATION

Compass Health
Homage Senior Services (formerly Senior Services of Snohomish County)
South Snohomish County Fire & Rescue
Volunteers of America Western Washington
WAServes (Syracuse University fiscal agent)

OTHER PREVENTION

Alzheimer's Association
American Diabetes Association
American Red Cross Snohomish County Chapter
Brain Injury Alliance
Cascade Bicycle Club
ChildStrive
City of Edmonds
City of Lynnwood
City of Mountlake Terrace
Cocoon House
Domestic Violence Services of Snohomish County
Edmonds Community College
Edmonds School District

Edmonds Senior Center
Kinderling
Korean Women's Association
Leukemia & Lymphoma Society
PEPS
Puget Sound Kidney Center
Seattle Visiting Nurses
South Snohomish County Fire & Rescue
Wonderland Developmental Center
YWCA of Seattle King Snohomish



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

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verdanthealth.org

About The Canopy

The mission of the Verdant Health Commission is to improve the health and well-being of our community. We bring together community partners and individuals interested in improving their health or the health of others under the umbrella topic of wellness. Our work in this area is similar to a canopy's work in nature: supporting and protecting the forest it covers. We hope that through this newsletter, *The Canopy*, you will learn about our programs and find ways to support your health by engaging with us.

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Get Involved: Free Community Health & Wellness Events

Learn about these free events and others, by visiting verdanthealth.org/events. All events listed below take place at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood, (425) 582-8600. Pre-registration required.



Taste & Texture:
Learn about Infant Feeding with a Doc and a Dietitian
Monday, Oct. 23 from 6-8 p.m.



Strategies for Managing the Winter Blues
Wednesdays, Nov. 8, 2017 - Jan. 3, 2018
from 5:30-7:30 p.m. (425) 387-1271



Finding Reliable Medical Information on the Internet
Wednesday, Nov. 1 from 1-2:30 p.m.



The MIND Diet: Eating for a Healthy Mind
Tuesday, Nov. 14 from 2-3 p.m.



Learn & Taste:
Winter Wellness and Nutrition to Boost the Immune System
Monday, Nov. 6 from 6-8 p.m.
(Free Flu Shots Available 5-7 p.m.)



Strength Training for Adults: A Beginner's Start
Tuesday, Dec. 5 from 2-3 p.m.



Mediterranean for Life Info Session
Thursday, Jan 18, 2018 from 6:30-8:30pm



The contents of this fall 2017 newsletter are not intended to replace professional health care services, and we do recommend you see your health care professional for guidance and information relevant to your medical history. To view this newsletter electronically, please visit verdanthealth.org or to access it in a different format for people with disabilities, please call (425) 582-8558. Editor: Jennifer Piplic, (425) 582-8558 Design: jkc design



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