

The CANOPY



News from the Verdant Health Commission, serving South Snohomish County • Spring 2018

Diabetes: Are you or is someone you know at risk?

Nine out of 10 people with prediabetes do not know that they have it. This statistic from the Centers for Disease Control and Prevention is alarming. At the Verdant Health Commission, we want to help our community members identify if they are at risk of developing diabetes and find support to prevent or manage it.

"Developing diabetes can negatively impact the quality of your life," said Verdant commissioner and exercise physiologist Bob Knowles. "We want to help people find tools to make small changes that can help them improve their lifestyle and prevent this chronic disease and others like hypertension."

The infographic below will help you identify if you might be at risk for developing prediabetes or type 2 diabetes. There is also a short test that can help identify if you are at increased risk—visit doihaveprediabetes.org or text RISKTEST to 97779. Talk with your healthcare provider to see if additional testing is needed.

The good news is, if you have prediabetes or diabetes, there are supports in place for you within our community.

(continued inside)

**Do you
have type 2
diabetes?**

**Are you
at risk of
developing
type 2
diabetes?**

**Local support
& resources
next page**

WHO'S AT RISK for prediabetes or type 2 diabetes?

You could have prediabetes or type 2 diabetes and not know it—there often aren't any symptoms. That's why it makes sense to know the risk factors:



45+ years old



Physically active less
than 3 times/week



Family history of
type 2 diabetes



High blood pressure



History of gestational
diabetes*



Overweight

*Diabetes during pregnancy. Giving birth to a baby weighing 9+ pounds is also a risk factor.

DID YOU KNOW... African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk.

If you have any of the risk factors, ask your doctor about getting your blood sugar tested.



If you are at risk of developing type 2 diabetes:

Diabetes Prevention Program*

The year-long program includes small-group education around healthier eating, physical activity, reducing stress, and other behavior changes. Find the location that works best for you:

- YMCA of Greater Seattle—multiple sites
 - » Programs offered by staff at Dale Turner (Shoreline) and Northshore (Bothell) YMCAs and additional locations around King County.
 - » Includes 3-month membership to the YMCA.
 - » To learn more or sign up, call (206) 344-3181.
- Verdant Community Wellness Center in Lynnwood
 - » Program offered by diabetes educators from Swedish Edmonds.
 - » To learn more or sign up, call (425) 640-4395.

If you have type 2 diabetes:

Free Diabetes Support Group

The monthly drop-in meeting organized by Swedish Edmonds diabetes educators offers up-to-date information on current topics in diabetes care. The group typically meets from 3-4 p.m. on the 4th Wednesday of the month at the Verdant Community Wellness Center and is open to individuals with type 1 or 2 diabetes. Visit verdanthealth.org/events or call (425) 582-8600 for specific dates.

Diabetes Education at Swedish Edmonds*

- A 3-part education program to teach strategies to manage diabetes.
- Classes offered in daytime or evening throughout the year.
- Call (425) 640-4395 to register.

*There could be a cost associated with the program. Depending on where you live and/or what insurance coverage you have, this program may have no out-of-pocket cost to you.



Do you know a beginning swimmer?

Verdant supports an injury-prevention program to help beginning swimmers in the Edmonds School District service area build skills and confidence in and around the water. Vouchers have also been distributed to all third-graders for ongoing beginner swim lessons. Youth who are eligible can access free lessons available through the Lynnwood Rec Center, Mountlake Terrace Recreation Pavilion, Dale Turner YMCA pool, and Yost pool (summer only) in Edmonds through a partnership between these pools and the Verdant Health Commission. If you know a youth who might qualify, check with the pools directly to find out when their next swim evaluations take place. In Mountlake Terrace, a free swim (for the first 150 people) is taking place during the Lifeguard Expo on Friday, June 1, 2018, from 4:30-5:45 p.m. at the Pavilion, and they can evaluate beginning swimmers at that time.

The Power of Community
Message from the Superintendent

The Verdant Health Commission recognizes that good health is so much more than just the absence of disease. It is also about those things that influence us daily: our wealth or poverty, our education level, the environment in which we live and work. Numerous research studies show that having a sense of community and feeling connected are key predictors of positive health outcomes. Mark Hyman, author and physician, sums it up best: “The power of community to create health is far greater than that of any physician, clinic, or hospital.” When we work together to address those conditions that affect us most—and that have the harshest consequences for our most vulnerable neighbors—we demonstrate the strongest representation of community.

Last month at the Verdant Healthier Community Conference, I was privileged to recognize those who exemplify care and compassion within our community, honoring the four individuals and organizations featured at right along with our elected board of commissioners. It takes a lot of heart and grit to take on the problems of our small corner of the world yet the award recipients do so in ways that have meaningful and lasting impact for so many. Congratulations to these recipients for their hard work and to everyone in our community who helps connect us.

As always, we invite you to learn more about Verdant and our work by visiting our website at verdanthealth.org or calling (425) 582-8600.



Sincerely,

Robin Fenn, Ph.D., LICSW
Superintendent

The following awards were given at the Verdant Healthier Community Conference:



Innovative Program Award: “Issues that Matter” program run by Sno-Isle Libraries and accepted by Sno-Isle Executive Director Jonalyn Woolf-Ivory



Outstanding Community Advocate Award: Giselle Zapata-García of Latinos Promoting Good Health



Service to Our Community Award: State Health Insurance Benefits Advisor (SHIBA) volunteers, seen here with the Verdant commissioners



Community Collaboration Award: Hero’s Café Planning Committee

Meet Me at the Park

Learn more at verdanthealth.org/events

Join us for free activities and fun at these family-friendly events!

- Tuesday, July 10, 6:30 p.m. at Wilcox Park
- Tuesday, July 17, 6:30 p.m. at South Lynnwood Park
- Tuesday, July 24, 6:30 p.m. at Daleway Park



© Emerson Imaging

Seeking volunteers to lead walks this summer

Do you enjoy walking and want to volunteer this summer leading walks in our community? The South County Walks program includes daytime and evening community walks throughout the summer, and we are looking for interested volunteers to help! An information and training session will take place on Thursday, June 14, 2018 from 5:30-6:30 p.m. at the Verdant Community Wellness Center. Please email sue.waldin@verdanthealth.org or call (425) 582-9412 to RSVP or get more information.



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.

Current Programs & Community Investments

The Verdant Health Commission provided \$6.1 million in programs to support community health in 2017, including the four programs featured on the following pages and the complete list to 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)

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, visit verdanthealth.org or call (425) 582-8600.



Board of Commissioners

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



Bob Knowles



Deana Knutsen



Fred Langer,
RN, Esq.



J. Bruce Williams,
MD, FACP



Karianna Wilson

Mobile Medical Clinic

The Lynnwood Mobile Medical Clinic is on-site at the Community Life Center on Tuesday each week, offering free or low-cost preventive and primary care, typically to uninsured and under-insured patients with chronic health conditions. The physicians, physician assistants, nurse practitioners, and nurses volunteer their time to support this clinic, which is overseen by Puget Sound Christian Clinic. The 40-foot mobile clinic includes two exam rooms and a nursing station, offering a comfortable and safe environment for the patients. Call (206) 363-4105 ext. 230 for an appointment.



Girls on the Run

Trained coaches lead small teams of 3rd to 8th grade girls through a research-based curriculum that includes discussions, activities, and running games. The program is designed to help them build life skills such as self-confidence, developing healthy relationships, managing emotions, and establishing a lifetime appreciation for health and fitness. Teams complete a service project during the program and a celebratory 5K, scheduled for June 2, 2018 in Everett. Volunteers are needed for the event. Visit girlsontherunsnoco.org, call (206) 931-7551, or email megan.wolfe@girlsontherun.org to learn more.



Nutrition Education & Cooking Demonstrations



Which foods to eat and which to limit can be confusing, especially when chronic diseases and our own personal preferences need to be considered. At the Verdant Community Wellness Center, we offer free and

low-cost classes taught by registered dietitian nutritionists to help support our residents, and new classes are added monthly. If you have not checked our calendar to see what we are offering, now is a great time to take a look! Visit us online at verdanthealth.org/events or call (425) 582-8600. Pre-registration is required due to limited space.



Family Support Advocates



Four Edmonds School District elementary schools now have an advocate in place to provide wrap-around prevention services to support the

student and family. With support from Verdant, Family Resource Advocates are staffed at Beverly, Cedar Valley, Cedar Way, and College Place elementary schools. They work with families and students to connect to medical, dental, and behavioral healthcare, as well as provide support for the early detection, prevention, and treatment of mental health and drug and alcohol issues. Their connection with school staff and the community means that families have advocates they can trust and turn to when needed.





HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

4710 196th St SW
Lynnwood, WA 98036
(425) 582-8600 • info@verdanthhealth.org

 verdanthhealth.org

 facebook.com/VerdantHC

 [@verdanthhealth](https://twitter.com/verdanthhealth)

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.

PRSR STD
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT #1

Postal Customer
ECRWSS

Get Involved: Free Community Health & Wellness Events

Learn about all of these free events and others, by visiting verdanthhealth.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.



Cooking Demo: Spring Salads

Thursday, May 10 from 1–2:30 p.m.



Info Session: What is Mindfulness?

Tuesday, June 19 from 6–7:30 p.m.



Staying Physically Active as You Age

Thursday, June 14 from 1:30–2:30 p.m.



Survive & Thrive with Chronic Kidney Disease

Wednesdays, July 11–August 15
from 6–7:30 p.m.

Call (425) 259-1907 to pre-register.



Cooking Demo: What's Fresh in June?

Monday, June 18 from 6–7:30 p.m.



The contents of this spring 2018 newsletter are not intended to replace professional health care services, and we do recommend you see your healthcare professional for guidance and information relevant to your medical history. To view this newsletter electronically, please visit verdanthhealth.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: Jason Becker Creative



Printed on recycled paper with soy-based inks