

WASHINGTON STATE ALLIANCE OF Ys Statewide Pioneering Healthier Communities Initiative (SPHC)

SPHC is part of the Y's Healthier Communities Initiatives that engage leaders, convened by local Ys and YMCA state alliances, in policy, system and environmental (PSE) change efforts that support and promote healthy lifestyles. These efforts empower communities with proven strategies and models to create and sustain positive and lasting change for healthy living. SPHC focuses on states with high rates of childhood obesity.

The Obesity Epidemic

Childhood obesity threatens the health of our young people and their future potential. According to the Centers for Disease Control and Prevention, obesity now affects 17 percent of all children and adolescents in the United States—triple the rate from just one generation ago. In 2012, 25 percent of children (ages 2-4 and receiving WIC services) were overweight or obese in Washington state and 23 percent of 10th graders in Washington's schools were overweight or obese.

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WASHINGTON ALLIANCE OF Ys

- Olympic Peninsula YMCA
- Skagit Valley Family YMCA
- South Sound YMCA
- Walla Walla YMCA
- Wenatchee Valley YMCA
- Whatcom Family YMCA
- Yakima Family YMCA
- YMCA of Grays Harbor
- YMCA of Greater Seattle
- YMCA of Greater Tri-Cities
- YMCA of Pierce and Kitsap Counties
- YMCA of Snohomish County
- YMCA of Southwest Washington
- YMCA of the Inland Northwest
- YMCA at Washington State University

SPHC PARTNER ORGANIZATIONS

- American Heart Association
- Childhood Obesity Prevention Coalition
- Group Health Cooperative
- Office of Superintendent of Public Instruction
- Robert Wood Johnson Foundation
- Seattle Children's Hospital
- Washington State Alliance of Ys
- Washington State Department of Agriculture
- Washington State Department of Early Learning
- Washington State Department of Health
- Washington State Government
- Washington State Governor's Office
- YMCA of the USA

Through the SPHC Initiative, the Washington Alliance of Ys convenes state and community leaders to work together to implement strategies that support healthy living.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATING HEALTHY FUTURES

WASHINGTON STATE ALLIANCE OF Ys Statewide Pioneering Healthier Communities Initiative



The Washington State Alliance of Ys—SPHC

Our **VISION** is a united Washington State fostering healthy living in healthy communities

Our **MISSION** is to collaborate on statewide policy, system and environmental changes to achieve a reduction in childhood obesity by increasing access to healthy foods and beverages and increasing opportunities for physical activity in all communities

Our **GOAL** is Healthy Children in Healthy Communities



“The SPHC Initiative enables the Alliance to strengthen its capacity to take on obesity prevention efforts in a more integrated fashion, both locally and statewide. The Alliance is supporting the multitude of local and statewide childhood obesity prevention efforts already underway and identifying gaps and barriers to address.”

Mike West, Chair of the Alliance and President/CEO of the South Sound YMCA

PRIORITIES

The Washington State Alliance of Ys—Statewide Pioneering Healthier Communities (SPHC)

Physical Activity at School

Increase the time, intensity and duration of physical activity during the school day and before- and after-school programs

SPHC Supports:

Initiatives to include Healthy Eating Physical Activity (HEPA) and Screen Time Standards when creating licensing regulations for Washington’s child care providers



School Foods and Beverages

Ensure that all foods and beverages served and sold in schools meet or exceed the most recent Dietary Guidelines for Americans

SPHC Supports:

Initiatives to include HEPA and Screen Time Standards when creating licensing regulations for Washington’s child care providers

Initiatives to furnish contemporary water bottle filling stations in under-served schools



Physical Activity in Communities

Increase physical activity by improving the built environment in communities



SPHC Supports:

Initiatives to increase physical activity including Safe Routes to School, Safe & Complete Streets and adding “Health” as a new state transportation systems policy goal

These SPHC priorities align with three of Robert Wood Johnson Foundation’s (RWJF’s) policy priorities that evidence suggests will have the greatest and longest-lasting impact on our children. The work of our SPHC is made possible by funding from the RWJF via the YMCA of the USA.

If we don’t reverse the childhood obesity epidemic, the current generation of young people could be the first in U.S. history to live sicker and die younger than their parents’ generation.