## Agenda

### Meeting Topics

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<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
<th>Time</th>
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<tbody>
<tr>
<td>1. Public Session</td>
<td>no ppr</td>
<td>10:30-10:40</td>
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<tr>
<td>2. Director/Health Officer Report</td>
<td>no ppr</td>
<td>10:40-11:00</td>
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<td>3. Public Health Advisory Board (PHAB) Update</td>
<td>no ppr</td>
<td>11:00-11:10</td>
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<tr>
<td>4. Community Health Assessment</td>
<td>1-22</td>
<td>11:10-11:40</td>
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<tr>
<td>5. County Food System Planning Proposal</td>
<td>23-36</td>
<td>11:40-noon</td>
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### Special Council Meeting As the Health Board

10:30 a.m. Tuesday, October 2, 2018
Council Chambers, 311 Grand Avenue
AGENDA ITEM #4: Community Health Assessment

PRESENTER: Erika Nuerenberg, Assistant Director - Health Department

BOARD ACTION: Action Item ☑ Discussion FYI - Only

SIGNIFICANT POINTS OR EXECUTIVE SUMMARY
We recently completed a comprehensive Community Health Assessment, which contains both quantitative and qualitative data about health behaviors, social and economic factors, healthcare, and environmental factors that impact the health of residents. Staff presented initial findings of the Community Health Assessment at the joint Health Board/Public Health Advisory Committee meeting in July.

We also created drafts of school-district specific Community Descriptions, which break the countywide data into smaller geographic regions. We will hold eight listening sessions (one in each school district other than Bellingham and two in Bellingham) in September and October to gain insights and experiences with health by community members. Once completed in late fall, the Community Descriptions will serve as a useful tool for local governments in their planning efforts, and will help our staff and community partners identify where disparities in health exist within the county.

The Community Health Assessment and Community Descriptions are the basis for prioritization and a Community Health Improvement Plan that will include broad representation and targeted interventions to improve health. Prioritization will occur in the spring of 2019 and will include a countywide strategy and a “Community of Opportunity”, which is a geographic- or demographic-specific strategy.

This presentation will include more detail from the Community Health Assessment, initial findings from the Community Descriptions, and the process to reach a priority health issue to address over the next four years.

BOARD ROLE / ACTION REQUESTED
Review the final Community Health Assessment report and come prepared to:
- Share your thoughts and questions from the report.
- Promote the reports and prioritization meetings to your networks and constituents.
- Begin a discussion about how these reports can guide Health Board discussions and actions in 2019 and beyond.

ATTACHMENT(S)
- Community Health Assessment PowerPoint Presentation
What Goes Into Health?

We use this population health framework to measure our community's health.
Measuring Population Health: Qualitative & Quantitative Assessments

Assessing population health involves measuring both health outcomes and the factors that shape health outcomes.

- **160+ health indicators**
- **18 key informant interviews**
- **10 community listening sessions**
- **4 focus groups**
Key Findings

The good health outcomes Whatcom County is known for aren’t shared equally by everyone.
Key Findings

The good health outcomes Whatcom County is known for aren't shared equally by everyone.

Life expectancy at birth by race, 2011-2016
Total years of expected life at birth

WHATCOM COUNTY VS. WASHINGTON STATE
Source: Community Health Assessment Tool, Washington State Department of Health

<table>
<thead>
<tr>
<th>Race</th>
<th>WHATCOM COUNTY</th>
<th>2011-2016 Life Expectancy</th>
</tr>
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<tbody>
<tr>
<td>Hispanic as race</td>
<td></td>
<td>82.73</td>
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<tr>
<td>Asian/Pacific Islander</td>
<td></td>
<td>84.42</td>
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<tr>
<td>American Indian/Alaskan Native</td>
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<td>69.29</td>
</tr>
<tr>
<td>Black</td>
<td></td>
<td>83.71</td>
</tr>
<tr>
<td>White</td>
<td></td>
<td>81.43</td>
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</table>
Key Findings

Social & economic conditions make up 40% of what determines how healthy we are.

Whatcom County doesn't perform as well in these areas of health.

Youth and adult depression by gender, 2016

WHATCOM COUNTY

Sources: Behavioral Risk Factor Surveillance System: Healthy Youth Survey. Washington State Department of Health

<table>
<thead>
<tr>
<th>YOUTH DEPRESSION</th>
<th>ADULT DEPRESSION</th>
</tr>
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<tbody>
<tr>
<td>Percent of 10th graders who report depression</td>
<td>Percent of adult population who report depression</td>
</tr>
<tr>
<td>42%</td>
<td>29%</td>
</tr>
<tr>
<td>23%</td>
<td>15%</td>
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Key Findings

Social & economic conditions make up 40% of what determines how healthy we are.

Whatcom County doesn't perform as well in these areas of health.

Youth suicide contemplation, 2016
WHATCOM COUNTY
Source: Community Health Assessment Tool, Washington State Department of Health

Adult suicide deaths, 2016
WHATCOM COUNTY
Source: Community Health Assessment Tool, Washington State Dept. of Health
Key Findings

Social & economic conditions make up 40% of what determines how healthy we are.

Whatcom County doesn't perform as well in these areas of health.

 Victims of child abuse and neglect, 2011–2016
Rate of accepted referrals per 1,000 persons aged 0–17

WHATCOM COUNTY VS. WASHINGTON STATE
Source: Community Risk Profiles, Washington State Department of Social and Health Services
Key Findings

Social & economic conditions make up 40% of what determines how healthy we are.

Whatcom County doesn’t perform as well in these areas of health.
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Social & economic conditions make up 40% of what determines how healthy we are.

Whatcom County doesn’t perform as well in these areas of health.

Children who demonstrate kindergarten readiness by gender, English language learner, and income, 2016–2017

Percent of children who met 6 of 6 domains to demonstrate kindergarten readiness by gender, income, and English language learner

Source: Office of Superintendent of Public Instruction, State of Washington
Key Findings

Social & economic conditions make up 40% of what determines how healthy we are.

Whatcom County doesn’t perform as well in these areas of health.

On-time graduation rates by income, English language learner and homelessness, 2016

Percent of high school seniors who graduate high school within four years of starting, by income, English language learner, and homelessness
Key Findings

The physical environment comprises 10% of what determines how healthy we are.

Whatcom County doesn't perform as well in these areas of health.

“...it takes two buses to get to a grocery store, and if you have kids age 7 or older, you have to pay for the kids, right? So it's a $6 trip just to get to a grocery store and then you can only have two grocery bags on the bus ...”

Food environment index, 2010–2014

An index ranging from 0 (worst) to 10 (best) that weighs both limited access to healthy foods and food insecurity

WHATCOM COUNTY VS. WASHINGTON STATE
Source: County Health Rankings, Robert Wood Johnson Foundation
Key Findings

Among youth and adults, some personal health behaviors are trending in a good direction, others are not.
Key Findings

Among youth and adults, some personal health behaviors are trending in a good direction, others are not.

Chlamydia incidence by age and gender, 2016
Rate per 100,000 persons | WHATCOM COUNTY
Source: Community Health Assessment Tool, Washington State Department of Health

Rate per 100,000 persons | WHATCOM COUNTY
Source: Community Health Assessment Tool, Washington State Department of Health
Key Findings

Among youth and adults, some personal health behaviors are trending in a good direction, others are not.
Key Findings

Despite more people being covered for health care, some still have a hard time getting the care they need.

"...I am faced with deciding what medication my daughter is going to stop taking since I can't afford all of it ... I had something scheduled for my daughter but because the insurance was no longer valid they canceled it..."
Help us fill in the blanks for your community.

Your voice matters! Attend a listening session hosted by the Whatcom County Health Department to see local community health data, and tell us what health issues matter to you.

Health is many things. What is it for your community?
What’s coming up:

WORK TOGETHER
ENGAGE THE COMMUNITY
COMMUNICATE
SUSTAIN IMPROVEMENT RESULTS

01 ORGANIZE
02 ASSESS NEEDS & RESOURCES
03 FOCUS ON WHAT’S IMPORTANT
04 CHOOSE EFFECTIVE POLICIES & PROGRAMS
05 ACT ON WHAT’S IMPORTANT
06 EVALUATE ACTIONS
AGENDA ITEM #5: Food System Planning Proposal

PRESENTER: Rachel Lucy, Chair - Public Health Advisory Board

BOARD ACTION: Action Item ☑ Discussion FYI - Only

SIGNIFICANT POINTS OR EXECUTIVE SUMMARY
As outlined in the Health Planning Resolution from October, 2015, the Public Health Advisory Board (PHAB) has been working with the Whatcom County Health Department (WCHD) to “identify and recommend tools, processes, and opportunities to integrate a health perspective in community planning processes and decision-making.

Subsequent to the Resolution, the Whatcom County Council adopted many of the health recommendations put forth by the WCHD in collaboration with PHAB and community partners in the August 2016 Comprehensive Plan update. Additionally, the Council adopted a new section 7-L of the Economics Chapter focused on the local food system, with a goal to strengthen the local food system and take steps to improve conditions for a healthy, resilient, and prosperous economy. Specifically mentioned is the establishment of community-wide food system development plan.

Members of the Whatcom Food Network (WFN) and WCHD staff have been discussing the potential processes and avenues for developing a Food System Plan over the past year. At the March 2018 PHAB meeting, representatives from the WFN Food System Plan Workgroup requested support for a community-wide Food System Planning Task Force to identify the best route for Food System Plan creation. With the support of PHAB, the Whatcom County Health Board was presented with the need for a task force at their March 6, 2018 meeting. The Health Board approved a motion to assign PHAB the task of establishing a Task Force to look at food system planning.

The Task Force, made up of PHAB members, WCHD staff, Whatcom County Planning Department staff, representatives from the Whatcom Food Network, and other community stakeholders; has been meeting for the past few months to develop a proposal for a path forward. They have recommended a county-wide Food System Plan. The Task Force has determined that the best way to draft, implement, oversee, and update a Food System Plan is by establishing an official county Food System Committee. At the September 6th PHAB meeting, PHAB reviewed the Ordinance and unanimously agreed to bring the proposal to the Health Board for consideration of County implementation.

BOARD ROLE / ACTION REQUESTED
- Review Draft Ordinance establishing a Food System Committee
- Discuss and Approve the Ordinance

ATTACHMENT(S)
- Food System Plan Proposal, Whatcom Food Network
- Whatcom County Board of Health Minutes March 6, 2018
- Draft Ordinance Establishing the Food System Committee
- Example of a Food System Plan
- Proposed membership of Food System Committee
Food System Plan Proposal

Why a food system plan?

A vibrant local food system is a community asset to be protected, strengthened, planned for and celebrated. Whatcom County is home to a robust agricultural production industry, marine harvest industry, and an associated local consumption industry.

To maintain and advance the economic, social, and environmental health of our food system consideration must be given to its interconnected sectors; including land, water, fishing, farming, labor, processing, transportation, consumption, aquaculture and waste. Currently, food plans are being created for cities and counties all over the state. In 2010 former Governor Christine Gregoire issued Executive Order 10-02, directing state agencies to examine state food policy, food-related programs, and food-related issues. This Order recommended formation of a roundtable like group to develop a 25-year vision for the state's food system. An initial roundtable was convened and created a draft food system plan for the state. A second effort entitled the Washington State Food Policy Forum is currently underway and will be making regular updates to the State Legislature.

This, along with the new food system section added to the Economics Chapter of the Whatcom County Comprehensive Plan, makes it the perfect time for Whatcom to develop its own food system plan in order to support and foster a vibrant local food system locally.

What would a food system plan accomplish?

Currently:

- An estimated 30,000 individuals in Whatcom County experience food insecurity
- Market pressures make it increasingly difficult for farmers and food system workers to earn a living wage
- 61% of Washington adults are either obese or overweight due in part to the type of food consumed
- Farmland has decreased by roughly 1.02 million acres in WA since 1950

A robust Whatcom food system plan would be instrumental in addressing the root causes of these challenges and others, as well as:

- Identifying and ensuring stewardship of a long term food system vision for Whatcom County
- Serving as a key resource with action items for food system issues
- Addressing deficiencies in the food system
- Facilitating effective collaboration, problem solving, and shared learning across all food system and community stakeholders
What could a food system plan look like?
We propose that the Whatcom County food system plan take advantage of the considerable amount of work that has already been done and pattern it after the State plan. This would align Whatcom County with the larger statewide effort and streamline plan creation.

The four key action areas, outlined in the State plan, and for a Whatcom Food System Plan could be:

1) Healthy People: where everyone has access to nutritious local food and hunger is eliminated. Where all farmers, workers, and consumers are fully supported in addressing health impacts across the food system.

2) Strong Local Economies: where our food system maintains and strengthens local economic development. It supports diversity in size and scale and builds the economic viability of local food systems. Our farmers and food system workers earn a living wage.

3) Environmental Sustainability: where our land, soil, air, water and biodiversity are conserved, protected and restored. We address challenges such as climate change and limited water supply while maintaining our commitment to thriving local businesses.

4) Valued Workforce: where all farmers, workers and consumers are treated with fairness and respect. A diversity of cultures is appreciated and supported.

Within each of these key action areas the plan would address:
- Key area challenges & opportunities
- Current programs in place
- Food system goals & strategies to achieve goals
- Action items for the next 3 years for the variety of sectors within each action area

What are the next steps and how do I get involved?
To keep the conversation and momentum moving forward the Whatcom Food Network is currently looking for others interested in participating and is actively seeking feedback from stakeholders. We would greatly appreciate your feedback and participation.

To provide written feedback, or be added to the Whatcom Food Network Listserv (where we will keep everyone apprised) please email WhatcomCommunityFoodNetwork@gmail.com.

Process:
CALL TO ORDER

Council Chair Rud Browne called the meeting to order at 10:30 a.m. in the Council Chambers, 311 Grand Avenue, Bellingham, Washington.

ROLL CALL

Present: Barry Buchanan, Barbara Brenner, Rud Browne, Todd Donovan, Satpal Sidhu, and Timothy Ballew

Absent: Tyler Byrd

1. PUBLIC SESSION

No one spoke.

2. DIRECTOR/HEALTH OFFICER REPORT

Regina Delahunt, Health Department Director, spoke about transitioning the Women, Infants, and Children (WIC) program to a community health center. She answered questions about the continuing need for the service; whether participants will get better service from another provider; the advantages of co-locating the service with primary care, which the Health Department no longer provides; using the general funds on another program to continue supporting children; the role of public health; the connection between the Health Department and people who are eligible for the WIC Program; comparison with the food stamp program; other agencies having a lower operating cost than the County; the value of the food benefit that’s distributed; plans for the current WIC Program staff; potential impact to the Nurse Family Partnership Program; convenience to the client by co-locating the program with other services; other providers are already providing the WIC Program services; and caseloads of the other providers.

Kelly Molaski, Health Department, answered questions on the different demographics between SeaMar and County clients.

Delahunt gave a staff report about opioid use prevention efforts, expansion of the crisis triage facility, and the status of State and County drug take-back statutes.

Dr. Greg Stern, Health Officer, spoke about the role of the public health system and updated the Board about this year’s influenza outbreak. He answered questions on the influenza strain that circulated locally, how long a vaccine lasts, and the best time to get the vaccine.
3. PUBLIC HEALTH ADVISORY BOARD (PHAB) UPDATE

Rachel Lucy Cecka, Public Health Advisory Board Chair, gave a report on the PHAB bylaws in the Board packet, organizing a joint meeting of the PHAB and Board, and topics to discuss at a joint meeting.

Board members indicated they would like to discuss the following items at a joint meeting with the PHAB:
- Homeless issues and their contributing factors
- The impacts of the opiate use crisis
- The Women, Infants, and Children (WIC) program
- High-risk users of the community health programs
- How much the Health Department should provide direct services
- Improving the information on the return on investment for taxpayer dollars and for citizens who adopt best health practices
- The local rate of child abuse and neglect being higher than the State’s rate
- The language barriers to accessing health information

Browne stated the PHAB will schedule a joint meeting between the Board and the PHAB.

The Board concurred by general consent.

4. HEALTHY PLANNING RESOLUTION UPDATE

Rachel Lucy Cecka, Public Health Advisory Board (PHAB) Chair, introduced the presentation.

Astrid Newell, Health Department, and Chris Elder, Planning and Development Services Department, referenced and read from the summary in the Board packet. They submitted and read from a presentation on Healthy Planning Resolution (on file). The Board should assign the PHAB the task of establishing a Task Force to look at food system planning. They answered questions.

Staff and Board members discussed how they connect with large grocery chains to carry local produce, the lack of a grocery in east county, zoning issues that may impact food access, working with the Port of Bellingham on economic development to convert raw material into processed material, moving away from a program that brings in federal funds, and home gardens.

Buchanan moved to assign the PHAB the task of establishing a Task Force to look at food system planning.

The motion was seconded.

The motion carried by the following vote:
Ayes: Ballew, Brenner, Browne, Buchanan, Sidhu, and Donovan (6)
Nays: None (0)
Absent: Byrd (1)
5. GENERATIONS FORWARD WORK AND FUTURE POLICY OPPORTUNITIES

Rachel Lucy Cecka, Public Health Advisory Board (PHAB) Chair, introduced the presentation and stated they want to keep the focus on child and family wellbeing for 2018. They want to continue the progress they made in 2017.

Astrid Newell, Health Department, stated it’s a collaborative initiative to think about how to support children and families as a system in Whatcom County. They need additional participation from the Health Board, including a Board Member to serve as a designated liaison for the Generations Forward work. They will continue this discussion at the Council’s Public Works and Health Committee.

Staff and Councilmembers discussed the City of Bellingham’s level of participation in affordable housing.

ADJOURN

The meeting adjourned at 12:10 p.m.

The County Council approved these minutes on April 10, 2018.
ORDINANCE 2018-______

ESTABLISHING WHATCOM COUNTY CODE 2.47, CREATING A WHATCOM COUNTY FOOD SYSTEM COMMITTEE INTENDED TO DRAFT, IMPLEMENT AND PROVIDE OVERSIGHT FOR A COUNTY-WIDE PLAN TO STRENGTHEN OUR LOCAL AND REGIONAL FOOD SYSTEM

WHEREAS, Whatcom County is home to a robust agricultural production and marine harvest industry; and

WHEREAS, the Whatcom County Health Board adopted a healthy planning approach; and

WHEREAS, the Whatcom County Agricultural Strategic Plan calls for broader consideration of “food security issues, which may include providing local food supplies to food banks, schools and institutions, vocational training opportunities in agricultural operations and preserving heritage or artisanal foods.”; and

WHEREAS, Goal 7L in the Whatcom County Comprehensive Plan calls for the County to, “Strengthen the local food system and take steps to improve conditions for a healthy, resilient, and prosperous food economy”; and continues on Policy Goal 7L-8 which states “Support establishment of communitywide food system development plans”; and

WHEREAS, the Whatcom Food Network conducted a Community Food Assessment to assess needs and opportunities within our food system in 2011, and then updated it in 2013 and 2017,

WHEREAS, over one in five residents of Whatcom County regularly struggle to obtain nutritious, quality food; and

WHEREAS, sixty-one percent of Washington adults are either obese or overweight to in part to the type of food consumed; and

WHEREAS, farmland has decreased by roughly 1.02 million acres in Washington State since 1950; and

WHEREAS, market pressures and the cost of land make it increasingly difficult for farmers and food system workers to earn sustainable income; and

WHEREAS, recent economic changes to the grocery industry including consolidation and increased transportation costs have led to “Food Deserts” that impact our communities of need in Whatcom County; and

WHEREAS, the strong public interest in addressing issues relating to food security requires a system-wide approach, involving issues relating to farming and fishing, agricultural labor, processing and distribution, food consumption and waste.

NOW, THEREFORE, BE IT ORDAINED by the Whatcom County Council that Whatcom County Code Chapter 2.47 is hereby established, creating a Whatcom County Food System Committee as outlined in Exhibit A to this ordinance.
BE IT FURTHER ORDAINED that the tasks to be accomplished by the Committee are as follows:

A. Utilizing and building upon the work of the Community Food Assessment, conduct stakeholder outreach, assess current assets and challenges, and draft a report on the current state of these challenges in Whatcom County.

B. Develop a Food System Plan for Whatcom County that works towards a food system that includes healthy people, a strong local economy, environmental sustainability, and a valued workforce with measurable goals and specific benchmarks to be met. The Food System Plan will be developed with input from the Agricultural Advisory Committee, the Marine Resources Committee, the Public Health Advisory Board and other appropriate policy groups.

C. Identify prioritized action items, funding needs, and specific timeframes for decision-making and completion for Whatcom County to implement the Food Plan, for confirmation by the County Council.

D. Oversee the implementation of these action items.

E. Conduct oversight and review implemented programs for effectiveness, including updating the Community Food Assessment as necessary.

ADOPTED this _____ day of __________, 2018.

ATTEST: WHATCOM COUNTY COUNCIL
WHATCOM COUNTY, WASHINGTON

Dana Brown-Davis, Clerk of the Council  Rud Browne, Council Chair

APPROVED AS TO FORM: WHATCOM COUNTY EXECUTIVE
WHATCOM COUNTY, WASHINGTON

Civil Deputy Prosecutor  Jack Louws, County Executive

( ) Approved   ( ) Denied

Date Signed: _______________________

10/02/2018 Health Board Agenda Packet Page 30
Chapter 2.47

WHATCOM COUNTY FOOD SYSTEM COMMITTEE

Sections

2.47.010 Established
There is hereby established a Whatcom County Food System Committee.

2.47.020 Purpose
The purpose of the Whatcom County Food System Committee is to draft, implement, provide oversight for, and regularly update a county-wide food system plan to strengthen our local and regional food system.

2.47.030 Function
The Committee will consider best practices and make recommendations to the County Council, County Executive, the Whatcom County Health Board, and other appropriate officials regarding issues relating our countywide food system.

2.47.040 Appointed Members
The Food System Committee shall include the following nine members appointed by the Whatcom County Executive and confirmed by the County Council:

A. Four members representing Healthy Food Economies, preferably one representative each with experience in Farming (local sales), Farming (export sales), Fishing, and Food Processing/Distribution

B. Two members representing Healthy People, preferably one representative each with experience in Food Consumption and Nutrition/Public Health

C. One member representing Healthy Workforce, preferably with experience in Labor issues

D. One member representing Healthy Environments, preferably with experience in Natural Resources

2.47.050 Term of Office

2.47.060 Organization – Meetings

2.47.070 Staff and Funding Support

2.47.080 Reporting
E. One member representing the Whatcom Food Network

2.47.050 Term of Office
The term of office for appointed members shall be four years; provided that the terms of the those first appointed shall be staggered so that four will be appointed for two years, and five will be appointed for four years. The member representing the Whatcom Food Network shall be appointed for two year terms to align with changes in Whatcom Food Network membership duties. Appointment of members shall comply with Chapter 2.03 WCC.

2.47.060 Organization – Meetings
A. Meetings of the committee shall be open and accessible to the public and shall be subject to the Open Public Meetings Act.

B. At every meeting, the committee will schedule an open session to take public comment.

C. Written records of meetings, resolutions, research, findings and recommendations shall be kept and such records shall be submitted to county staff and shall be made public, including posting on the county website.

D. The committee shall adopt its own rules and procedure for the conduct of business.

E. The committee shall elect a chairperson from among its members who shall preside at its meetings.

F. The committee shall determine its meeting schedule and agenda, but shall meet at least quarterly.

G. The committee may form and appoint ad hoc committees to work on specific issues, so long as at least two committee members are also members of the ad hoc committee.

2.47.070 Staff and Funding Support
The committee will have full support from the Council, the County Executive’s Office, and County Department staff to conduct and complete its tasks in an efficient and effective manner. The Whatcom County Health Department will provide the primary staff support for this Committee.

2.47.080 Reporting
At least annually, no later than June 30 of each year, the Committee will provide a report and recommendations to the County Council and Executive on their progress towards completing the goals of this group.
SUMMARY OF RECOMMENDATIONS

The Kitchen Cabinet made quick progress and achieved a great deal of consensus on the deliverables. At the end of the process, there were over 140 action items recommended for implementation; 127 were identified as “high priority”. A complete list of those action items can be found in Appendices A and B.

Three overarching action items were identified as essential to measuring progress under the Initiative. These items are:

**Develop a local food system data collection system.** During this phase, King County pulled as much data as possible from available resources at the local, state, and national level. It was apparent that there was insufficient data focused on King County’s local food system. Therefore, data collection of the local food system will be a priority under the Initiative.

**Develop a legislative strategy (local, state and federal) in which to house local food system and access to healthy, affordable food needs.** The Kitchen Cabinet identified action items that called for major policy changes critical to reaching the targets. King County will determine how best to capture these action items and present it to decision makers.

**Put in place a funding strategy to fund Local Food Initiative work.** Some of these action items will require a funding stream to implement. Throughout the process, the Kitchen Cabinet treated resources as a critical piece of implementation but it was not a limiting factor in identifying strategies and action items that were most critical to success. There are existing funding sources, both public and private, that fund local food systems work, which either King County or Cabinet members have experience using and will continue to use. A major “next step” will be to identify additional temporary and permanent funding to supplement current resources.

A. King County’s Food Economy

King County is the largest food market in Washington, thanks to a growing population tied to a growing economy. According to Washington’s Office of Financial Management, King County’s population is expected to grow to 2.3 million by 2025. As the population continues to grow, the demand for food will increase as well. Currently, restaurants and grocery retailers account for 88 percent of the estimated $6 billion food market in King County; however, there is a rising trend of direct markets such as farmers’ markets. In 2012, there were over 40 farmers markets in King County accounting for an estimated $20 million in sales. Given that 97 percent of King County farmers are small- to mid-size farmers, farmers markets along with, or Community Supported Agriculture (CSAs) and other direct market retail outlets have become primary sources of revenue generation for King County farmers. Therefore, not only must King County continue to support existing market channels for local food but it must also begin exploring new markets to support it.
B. Access to Healthy, Affordable Food in King County

Food insecurity, hunger, obesity, and inequitable access to healthy, affordable food are complex problems. King County’s Equity and Social Justice Annual Report released in November 2014 identified access to healthy, affordable local food as a major equity determinant – an essential need for each person. In developing the deliverables under the Healthy, Affordable Food Access goal, the Cabinet recognized that strategies for an improved local food system and improved food access in low-income communities are inextricably linked to a range of major social and political issues such as poverty, transportation, social justice and commodity-subsidized agriculture. The ultimate goal from the Cabinet is to pursue near and long-term remedies and solutions to achieve equitable access to healthy, affordable food. The work ahead will necessitate multi-pronged approaches by government, business, nonprofits and communities to make measureable impacts.

There are many existing efforts to improve access to healthy, affordable food and additional resources are needed to bring these programs to scale. Thus the Kitchen Cabinet emphasizes that the following set of strategies require a commitment to fund them in a sustainable, long-term manner. The recommendations under this goal reflects actions that can occur locally, support existing and new county-wide efforts to increase access to healthy food, and find innovative solutions to address disparity and food security challenges.

Target 1: Increase Consumption of Healthy Fruits and Vegetables

*Increase consumption of fruits and vegetables by 2025. Middle and high school youth - from 24 percent to 30 percent. Adults - overall consumption from 12 percent to 20 percent with a focus on disparately affected populations.*

Current Situation:

A “healthy food” is a plant or animal product that provides essential nutrients and energy to sustain growth, health, and life while satiating hunger. Only 12 percent of all King County adults and 26 percent of King County middle and high school age youth consume recommended levels of fruits and vegetables, and there are significant disparities (Behavioral Risk Factor Surveillance System, 2011 and 2013, Healthy Youth Survey). In King County, consumption of fruits and vegetables is linked to race and income. There are communities with less healthy food access, less healthy eating, and coincident diseases. Eating fruits and vegetables lowers the risk of developing many chronic diseases, provides important nutrients for the human body, and can also help with weight management. Creating greater access to quality and affordable fruits and vegetables is an important step to increasing consumption.
Target 2: Food Security

While King County strives for elimination of food insecurity, the target by 2025 is to reduce food insecurity from 14 percent to 10 percent.

Current Situation:
Food security is defined as “the access by all people at all times to enough food for an active, healthy life.” Food insecurity refers to “limited or uncertain availability of nutritionally adequate and safe food or limited or uncertain ability to acquire acceptable food in socially acceptable ways.” (U.S. Dept. of Agriculture). In King County, 271,380 (14.0 percent) residents lacked access to enough food for an active, healthy life in 2012 and 79,320 (19.2 percent) King County children lived in food-insecure households (Feeding America, Map the Meal Gap). According to recent surveys, there are significant disparities in access to food and food security. Food insecurity is more likely among low income households, adults with low educational attainment, and those out of work. African Americans/Blacks and Hispanics/Latinos are more likely to run out of food than whites or Asians and multiple race individuals are less likely to run out of food than Hispanics. In South King County, more people run out of food when compared to other parts of the County. The strategies defined in this report are focused on communities of highest need.

Strategies and Action Items:

**Strategy 1**: Increase the number of healthy food procurement policies in King County institutions (schools, child care, hospitals), with an emphasis on institutions serving priority populations.

Action items under this strategy include providing resources and technical assistance to institutions regarding healthy eating, policy development/implementation support, and identifying and securing funding sources to implement and facilitate these policies.

**Strategy 2**: Improve school nutrition environments, with emphasis on schools with high eligibility rates for school meal programs.

King County will partner with schools and school districts to implement strategies such as breakfast after the bell and farm-to-school.

**Strategy 3**: Increase the number of King County farmers markets with nutrition incentive programs for Supplemental Nutrition Assistance Program (SNAP) recipients, with emphasis in South King County.

Under this strategy, the focus is to make Electronic Benefit Transfer (EBT), SNAP and other nutrition incentive programs available to consumers in King County farmers markets, with an emphasis in South King County.
Whatcom County Food System Committee

- Healthy Food Economies (4)
- Healthy People (2)
- Healthy Workforce (1)
- Healthy Environments (1)
- Whatcom Food Network Representative (1)