

What is it all about?

Vision

Our vision is to have residents of Kittitas Valley communities pursue an active and healthy lifestyle.

Mission

Our mission is to develop an infrastructure within Kittitas County, by means of a local coalition of key individuals from both public and private entities, that supports healthy lifestyles through planning, policy development and implementation of programs that promote wellness through physical activity and good nutrition.

What we know about Kittitas County residents

- 23.6% of Kittitas County adults consume at least five servings of fruits and vegetables per day.
- 17.8% of 10th graders consume at least five servings of fruits and vegetables per day.
- 57.9% of adults participate in either moderate physical activity for at least 30 minutes per day on 5 or more days a week, or vigorous activity for at least 20 minutes per day on 3 or more days.
- 52.9% of 10th graders are physically active for 60 minutes or more 5 or more days each week.
- 57.5% of Kittitas County adults are considered overweight or obese.

(Data compiled from the 2007 Behavioral Risk Factor Surveillance Survey and the 2008 Healthy Youth Survey)

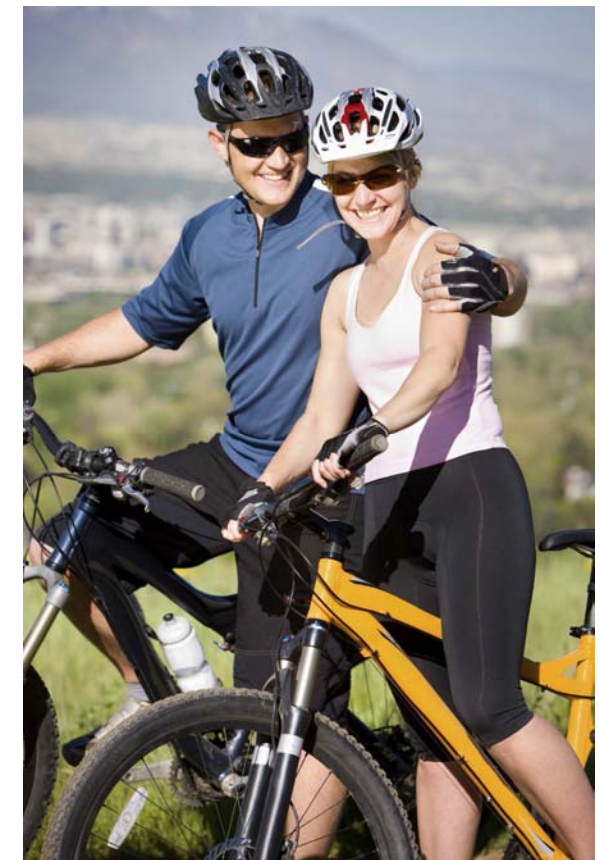
For more information on Shape Up

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What's been shaping up in Kittitas County?



- Help maintain & facilitate community coalitions
- Support community gardens
- Create & support child care gardens
- Establish produce donation and gleaning programs
- Conduct community food assessments
- Support nutrition & gardening education efforts
- Work with local small food retailers to increase choices and access to healthy food for their customers.



- Help schools evaluate, improve & implement wellness policies
- Coordinate Farm to School efforts & community connections
- Support parent groups in projects that help increase activity and improve nutrition in their schools
- Work with schools to implement safe routes to schools programs and help improve the walkability and bikeability of schools.
- Research school siting issues



- Help local governments with comprehensive plan language
- Work with Non Motorized Transportation plans
- Help draft trails plans
- Implement pilot projects in planning documents
- Conduct surveys
- Support community grant applications
- Create relationships and help foster policy for walkable, bikeable communities

