

Yakima Valley Nutrition & Physical Activity Resource Guide





Acknowledgement

Health Communication Research Program (HCRC) | Together WE STRIDE Research Project

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Preface

The Health Communication Research Center at the Fred Hutchinson Cancer Research Center (Fred Hutch) currently collaborates with community-based organizations in the Yakima Valley of Washington State on projects to address childhood obesity. At the request of the partnering community-based organizations, the Fred Hutch Health Communication Research Center in partnership with the Center for Community Health Promotion created this guide to bring awareness about nutrition and physical activity resources and services available to community members in the Yakima Valley.

The information was gathered by soliciting input from our partnering community-based organizations about known existing programs and services related to nutrition and physical activity. As a result, the information in the guide is not exhaustive.

The information is arranged in four ways:

- 1) Information about the community-based organization
- 2) Resources/services available in that organization
- 3) Eligibility to receive the services
- 4) Contact information for the organization

If your organization would like to be included in this guide for the next edition or if you have questions, please contact Genoveva Ibarra at the Fred Hutch Center for Community Health Promotion (509-837-6359) or Sonia Bishop at the Fred Hutch Health Communication Research Center (206-667-5952). All information is current as of April 2017.



Overview of Childhood Obesity

Childhood obesity rates in the Yakima Valley of Washington State are alarming: 34% of youth are obese compared to the state average of 23%. Nationally, it is 17%. A large proportion of overweight and obese children in the Yakima Valley are Hispanic; Hispanics represent 47% of the population in Yakima County and 67% of the population in the Lower Yakima Valley. Healthy nutrition and engaging in physical activity can help prevent childhood obesity.

The CDC nutrition guidelines for healthy eating in childhood and adolescence are as follows:

- A variety of fruits and vegetables
- Whole grains
- Fat-free and low-fat dairy products
- A variety of protein foods
- Oils

These guidelines also recommend that individuals limit calories from solid fats (major sources of saturated and trans fatty acids) and added sugars (soda, fruit drinks, dairy desserts, grain desserts), and reduce sodium intake.

The CDC physical activity guidelines are as follows:

- **Aerobic activity.** 60 minutes or more each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Vigorous-intensity aerobic activity should be included at least 3 days per week.
- **Muscle strengthening.** Include muscle-strengthening activities, such as gymnastics or push-ups, at least 3 days per week as part of your child's 60 or more minutes.
- **Bone strengthening.** Include bone-strengthening activities, such as jumping rope or running, at least 3 days per week as part of your child's 60 or more minutes.

Included in this resource are community-based organizations who are providing programs related to nutrition and physical activity.



Yakima Valley Farm Workers Clinic (YVFWC)

Toppenish Medical-Dental Clinic – Primary Care Nutrition Services

ABOUT: The Primary Care Nutrition Services Clinic in Toppenish offers free nutrition counseling for its patients. They also offer individualized support to help patients prevent and manage diabetes, high blood pressure, and high cholesterol. Services include helping patients reach a healthy weight; manage food allergies and digestive issues.

RESOURCES/SERVICES AVAILABLE:

- Free Primary Care Nutrition Services.
- Free Grocery Tours in English and Spanish to a local grocery store led by a Registered Dietitian Nutritionist to teach attendees how to make healthy, budget-friendly choices. These tours are offered at the YVFWC in Yakima, Toppenish, Grandview & Mid-Valley.

ELIGIBILITY: Services are offered for patients of all ages as long as they are YVFWC patients. To enroll into the program, a patient can schedule an appointment with a Registered Dietitian or just ask to meet with the Registered Dietitian during their visit with their Primary Care Provider.

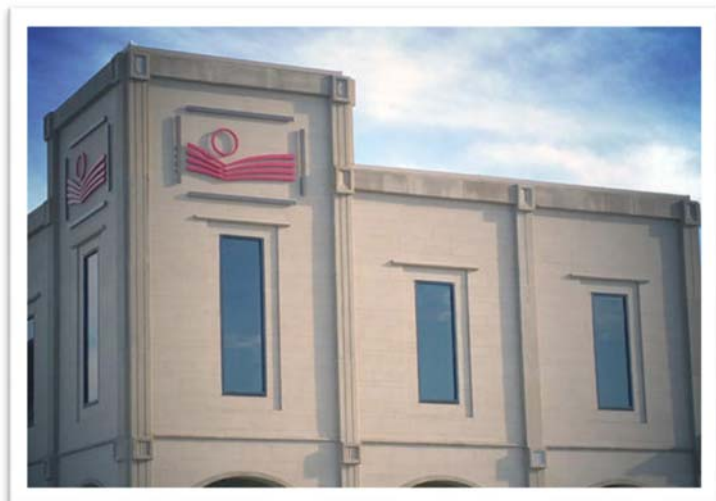
LANGUAGES: Services offered in Spanish and English.

CONTACT INFORMATION:

Contact: Dianely Acevedo

Location: 510 W First Avenue, Toppenish WA 98948

Phone: (509) 865-5600, Ext. 2336



WSU Extension

ABOUT: WSU Extension collaborates with community organizations to provide education around nutrition, meal preparation and physical activity to families in the Yakima Valley with limited resources. They also provide information regarding how/where to sign up for basic food resources through Washington State Department of Social and Health Services (DSHS) and local food banks/pantries.

RESOURCES/SERVICES AVAILABLE:

- Expanded Food & Nutrition Education Program (EFNEP) for low-income families with children living in the Yakima Valley who are disproportionately affected by hunger and poor nutrition. This is an integrated research program that measures outcomes.
- Supplemental Nutrition Assistance Program - Education Program (SNAP-Ed) assists families/individuals in the upper Yakima Valley by promoting messages that are consistent with the Dietary Guidelines. It also teaches skills in healthy eating and food selection and the importance of physical activity. This is also an integrated research program that measures outcomes.

ELIGIBILITY: Program applicants at 200% or below the poverty to qualify for assistance. The EFNEP program is directed towards parents of children under 18 years of age and youth ages 5-18. The SNAP-Ed program is directed towards seniors, at-risk mothers, school students and families. Interested applicants can seek more information through WSU Extension's nutrition educators (see contact information below).

LANGUAGES: Services offered in Spanish and English.

CONTACT INFORMATION:

Nutrition Educators at WSU Extension

(<http://extension.wsu.edu/yakima/>)

Contact person: Gina Ord

Location: 2403 S. 18th. St. Suite 100,
Union Gap, WA 98903

Phone: (509) 574-1600



WithinReach/ParentHelp123

ABOUT: WithinReach is a statewide agency that helps to connect people with local health, food and child development resources.

RESOURCES/SERVICES AVAILABLE:

- Food Resources for families that are making ends meet but need more food.
- Summer Meals Program that provides free meals and snacks for kids and teens during the summer months.
- Family Health Hotline that provides eligibility screening and application assistance for individuals needing services in their community.
- Health Insurance - Friendly, local, and knowledgeable staff to help individuals understand and apply for health insurance based on their needs and budget.

ELIGIBILITY: Individuals can call the Family Health Hotline to inquire about their eligibility for programs/resources.

LANGUAGES: Services offered in Spanish, English, Vietnamese and more.

CONTACT INFORMATION:

Within Reach: <http://www.withinreachwa.org/> or <http://parenthelp123.org/>

Contact Person: Maggie Kizer

155 N.E. 100th St., #500

Seattle, WA 98125

Direct Phone: (206) 830-5160

Main Phone: (206) 284-2465

Family Health Hotline: 1-800-322-2588



Toppenish Safe Haven

ABOUT: Safe Haven Community Center (SHCC) is part of Yakima Valley Farm Workers Clinic (YVFWC), which coordinates a variety of services for both youth and adults in the community of Toppenish. Safe Haven's mission is to educate and nurture youth and adults, while inspiring them to become productive, caring leaders who strive to revitalize their community.

RESOURCES/SERVICES AVAILABLE:

- Town Halls – 3rd Tuesday of the month
- Senior Program – Wednesdays at 10am
- Bead Workshops
- Pokemon League
- Open Computer Lab
- Baby & Me Parent Peer Group
- 21st Century After School Program:
 - For kids 1st – 5th grade (afterschool – 5:30pm)
 - For kids 6th – 12th grade (afterschool – 7:00pm)

Please follow the Safe Haven's Facebook page (see below) for updates on all upcoming events.

ELIGIBILITY: Services are available to all Toppenish community members. For information regarding associated fees (if any), please refer to the "contact the information" section below.

LANGUAGES: Services offered in Spanish and English.

CONTACT INFORMATION:

Safe Haven Coordinator: Adrian Almanza
(AdrianA@yvfwc.org)

Office location:

410 Washington Avenue

Toppenish, WA 98948

Phone: (509) 865-1804 ext. 2780

Hours (M-F 9:00am – 7:00pm)

www.facebook.com/SHCommunityCenter

and www.ncactopp.org



WIC Nutrition Services

ABOUT: WIC is a health and nutrition program for women, infants and children. It is a source for nutrition education, breastfeeding support and education, and assistance in finding healthcare and other community services.

RESOURCES/SERVICES AVAILABLE:

- Monthly Nutritious Food checks to qualifying individuals to purchase healthy supplemental foods from WIC-authorized stores.
- Nutrition Education – available at each clinic visit.
- Breast Feeding Promotion and Support – provide breast pumps if needed.

ELIGIBILITY: To qualify for services, applicants must live in Washington, be a pregnant, postpartum or breastfeeding woman, an infant, or a child under 5 years old. Applicants must also meet income requirements.

LANGUAGES: Services are offered in Spanish and English.

CONTACT INFORMATION:

The WIC program is housed in eight clinics throughout six cities in the Yakima Valley. To find a clinic, please call: 1-855-942-4622 or visit their local YVFWC (www.yvfwcwic.org)



Inspire Development Center

ABOUT: Inspire services are a network of inter-related programs for seasonal, migrant and economically disadvantaged clients. Services include a holistic approach for the entire family.

RESOURCES/SERVICES AVAILABLE:

- Migrant Seasonal Head Start for children ages 1 month to 5 years of age. Comprehensive quality childcare services for infants, toddlers and preschool children of migrant and seasonal farmworker families. This program focuses on nutrition, health, parent involvement and all areas of development with play as the primary avenue of instruction.
- Early Head Start a child development program consisting of comprehensive two-generation services that may begin before the child is born and focus on enhancing the child's development and supporting the family as primary educators of their children during the critical first three years of the child's life.
- Region X Head Start (RHS) comprehensive services that help children grow mentally, socially, emotionally, and physically. Children receive nutritional assessments and dental care, vision and hearing tests as well.
- Early Childhood Education and Assistance Program serves 4-year-old children whose family income is at or below 100 percent of the federal poverty level. One of the program's primary objectives is to establish a classroom environment that promotes creative thinking, self-direction and positive social development.
- Child & Adult Care Food Program (USDA) the program's main objective is to provide comprehensive nutritional services for children. Participants receive breakfast, lunch and mid-morning and afternoon snacks. A nutritionist processes nutritional health referrals and provides current nutritional information. Center staff teaches children the basics of sound nutritional habits, and assist parents in the preparation of nutritious family meals and snacks.

ELIGIBILITY: Services based on income eligibility. Inspire accepts numerous forms of income proof. Applicants can call and visit one of the centers throughout the Yakima Valley.

Inspire Development Center (Continued)

LANGUAGES: Services offered in Spanish and English.

CONTACT INFORMATION:

Inspire programs can be found in 8 different locations in the Yakima Valley.

Call the main number: 1-877-644-7268

Administrative Office number: (509) 837-2225

Visit the Administrative office:

105 S Sixth Street, Suite B, Sunnyside, WA 98944

Website: <https://inspire-centers.org/Home.aspx>



ACT! – Actively Changing Together

(Virginia Mason/Memorial)

ABOUT: ACT! is a healthy lifestyle program for overweight children/teens 8-14 years of age, and their parent/guardian. It is an evidence-based nutrition and physical activity program for families.

RESOURCES/SERVICES AVAILABLE:

- Weekly (12 weeks) group sessions for parents and children led by a nutritionist and physical activity coach.
 - Sessions are offered twice a year and include games, activities, and light meals.
- 3-month family membership to the YMCA for use between sessions.
- Onsite childcare for children not enrolled in ACT!
- Fitness assessments pre/post program upon request.

ELIGIBILITY: A healthcare provider referral is required to enroll (may be a doctor, registered nurse (school nurse), registered dietitian or any licensed health care provider) and child/teen must have a body mass index (BMI) greater than the 85th percentile. Referral form can be found on website below. An ACT! Coordinator will then contact referred individuals to discuss participating in the program and help them enroll.

LANGUAGES: Classes are offered in Spanish and English at the Yakima Family YMCA.

CONTACT INFORMATION:

ACT! Coordinator: Martin Sanchez

Phone: (509) 225-3179 or 509-577-5015

Email: act@yvmh.org

Website: <https://www.yakimamemorial.org/medical-services-actively-changing-together.asp>



Northwest Communities' Education Center (NCEC)/Radio KDNA

ABOUT: NCEC/Radio KDNA has provided educational and service-oriented services to Yakima Valley community members since its inception in 1979. Their services reach community members both through their on-air programming and through their local office in Granger, Washington.

RESOURCES/SERVICES AVAILABLE:

- All day educational radio programming regarding subjects like nutrition, pesticides, community events etc.
- Individuals interested in additional information or local resources can inquire via phone or visit the local office.

LANGUAGES: Services offered in Spanish and English.

CONTACT INFORMATION:

Office location: 121 Sunnyside Ave, Granger, WA 98953

Phone: Business (509) 854-2222 or Radio Line (509) 854-1900

Email: info@kdna.org



Toppenish Swimming Pool & Water Safety Classes

ABOUT: The Toppenish Swimming Pool is open through the summer for the general public and hosts water classes taught by its lifeguards and other pool related services.

RESOURCES/SERVICES AVAILABLE:

- Season Passes (Purchased at Parks and Recreation)
 - Resident Individual \$75.00 Family \$120.00 (6 people same address)
 - Non-resident Individual \$90.00 Family \$150.00 (6 people same address)
- Daily Admission Fees: Ages 12 and under \$2.00, Ages 13 and over \$3.00
- Water Safety Classes: Resident \$25.00, Non-resident \$32.00

ELIGIBILITY: Entry is fee based.

LANGUAGES: English

CONTACT INFORMATION:

Phone: (509) 865-2220



Additional Local Programs

Resources and contacts:

TSI program: FREE. Students in Toppenish schools have the opportunity to join variety of sports. Grades 2nd and 3rd attend Mondays & Wednesdays and students grades 4th and 5th attend Tuesdays & Thursdays. Transportation is limited. Elementary schools have registration forms. It is supervised by an adult and 4-5 students. They provide healthy snacks. Contact information: 509-945-4465.

Performance Training: FREE. Grades 6th, 7th & 8th, the purpose is to get students stronger and ready to join sports. Trainings are Mondays through Thursdays.

Recreation Opportunities: Cost is \$17 for in City residents and \$21 for those residing outside the Toppenish City limits. Students get a t-shirt for participating. Parents/Students interested may go to the City Hall in Toppenish to register. Starts in September with soccer, then basketball, fast pitch and ends with summer soccer.

If interested in other activities available to the community of Toppenish, contact James Cole the Parks and Recreation Director for the City of Toppenish for more information. Cell phone number 509- 728- 6475.

21st century Northwest Community Action Center (NCAC): FREE. An exercise and nutrition curriculum for Toppenish students through 21st Century at Valley View Elementary, Buena Library (elementary), and Safe Haven (k-12). This is not a “weight loss” program but it is a fun way to learn the importance of good nutrition and exercise. Parents can call NCAC at 509-865-7630. Erika Ochoa is the Health Promotion Coordinator at NCAC and individuals interested in more information can call her or email her for more information. erikao@yvfwc.org

Grow Happy Kids: An online nutrition education program funded by the supplemental Nutrition Assistance Program (SNAP) and operated through Washington State University’s SNAP-Education program.

Aimed to educate families on nutrition, healthy food choices and recipes, and to offer communities opportunities to access healthy food at lower costs. Once in the website <http://growhappykids.org/> individuals are directed to the Yakima County’s page <http://extension.wsu.edu/yakima/health-wellness/snap-ed/> to search for local Food Sense SNAP-Ed programs and other nutrition information and activities for students, parents, and teachers. Program Contact is Holly B. Lacell, SNAP-Ed Nutrition Education Assistant, (509) 574-1600 or holly.lacell@wsu.edu



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