



Building a Healthier Generation

COPC ANNUAL REPORT 2018

In 2018, [COPC](#) continued work in several important sectors, most notably in early learning, schools, and community-wide. In the early summer we finally saw the completion of a multi-year rules process undertaken by the Washington State Department of Early Learning (now incorporated into the newly-created Department of Children, Youth & Families) that set forth stronger standards for licensed child care providers, including in the areas of nutrition, physical activity and screen time.

While pushing for initial enactment of policy change is perceived as the most visible part of policy development, the importance of staying close to policy implementation can be quite critical to overall success. In this past year, with critical funding support from the Laura and John Arnold Foundation, COPC worked hard to ensure that Seattle's Sugary Beverage Tax got off to a strong start. Also, COPC was pleased to again participate in the Healthy Kids, Healthy Schools grant review process where we learned that schools filed \$10 million of grant submissions for the \$2.25 million available, demonstrating a clear need to maintain this particular grant program. We were heartened to see how serious OSPI is with this grant program, including their commitment to equity, enabling schools with higher free and reduced lunch rates to successfully compete for these grants.

So, thank you to all of our partners that make our work possible – our funders, our coalition members (and their networks) and our grass roots supporters. Let's keep working together to make healthy choices easier for all Washingtonians! Now let's look at these policy successes in more detail.



POLICY SUCCESSES

Early Learning Standards

One of the cornerstone policy priorities for the COPC in the past few years has been to improve physical activity, nutrition and screen time standards in licensed child care across Washington State. The Department of Early Learning, now incorporated into the newly-created Department of Children, Youth and Families, signed off on new rules earlier this summer that will go into effect on August 1, 2019. The proposed licensing requirements include:

- Nutrition standards: requiring snacks to include a fruit or vegetable; prohibiting the serving of flavored milk and sugar-sweetened beverages; making water readily available; and accommodating/supporting breastfeeding mothers
- Physical activity standards: promoting both moderate and vigorous activity, including time outdoors and a mixture of activities
- Screen time standards: limiting screen time for kids over 2 years old and intentional screen time is prohibited for kids under two years old

Note that there are close to 6,000 licensed day care providers in our state that serve approximately 130,000 children. Childcare settings are critical places for obesity prevention efforts. When healthy eating and physical activity habits are learned and practiced during the early years, they can last a lifetime.

Healthy Kids, Healthy Schools

Back in 2015 COPC helped create the first round of funding for school health improvement through state capital grant funds, for kitchen and physical education equipment, as well as water bottle filling stations. This first round was quite successful, as the state agency administering the funds, OSPI, received almost \$18 million of requests for the \$5 million allotted. This clear need for additional funds paved the way for another round of grant funding for schools across Washington State.

Additional Successes

COPC was also pleased to play a supporting role in a number of other policy successes in the 2018 legislative session:

- Breakfast After the Bell (HB1508): schools that serve a significant number of low-income students would offer a Breakfast After the Bell program.
- E-bikes (SB 6434): established a legal framework consistent with national standards which provide e-bike industry greater certainty in our state.
- Youth Athletic Facilities (YAF) funding: \$4.077 million for new youth athletic facilities.
- WA Wildlife and Recreation Program (WWRP): \$80 million in funding for the 2017-19 biennium.

POLICY IMPLEMENTATION

Sugary Beverage Tax – City of Seattle

As we noted in our 2017 Annual Report, we were very proud to have been a leader in the enactment of a strong sugary drink tax ordinance in the City of Seattle. We did not rest on our laurels and worked to ensure a strong launch to the initial policy implementation that began on January 1, 2018. Budgeting for the 2019 fiscal year began in September 2018 and COPC (through the [Seattle Healthy Kids Coalition](#)) maintained a strong presence.

Healthy Kids, Healthy Schools – Statewide Grant Effort

This grant effort was announced in the summer of 2018 with applications due late September. COPC was proud to sit as a grant reviewer for this (and the previous) grant process for OSPI. Once again, the grant program was over-subscribed, with school requests netting over four times the allotted amount.

2019 POLICY PRIORITIES

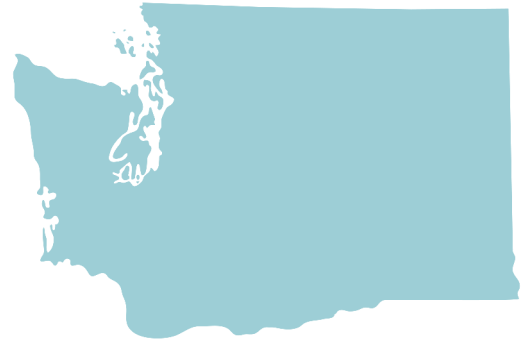
*In the upcoming 2019 legislative session
COPC will be featuring two top priorities:*

HEALTHY FOOD INCENTIVES IN FOOD BENEFIT PROGRAMS

Accessing healthy food can be difficult, especially for those who struggle with the typical high cost of healthier foods. We request an investment in technology upgrades to food benefit programs that allow healthy food incentives to seamlessly be added back onto their food benefit (EBT) card. We also request funding to continue providing such incentives under the highly successful Food Insecurity Nutrition Incentive (FINI) program. Current federal funding for these incentives will run out by the end of 2019.

SUSTAINING HEALTHY KIDS, HEALTHY SCHOOLS GRANTS

Schools play a significant role in helping kids develop healthy habits in their early, formative years. We support renewed funding at an increased level for the Healthy Kids, Healthy Schools grant program for schools to purchase school kitchen equipment, water bottle filling stations and physical education equipment. A total of \$17.9m was requested in 2016 with \$5m available, and almost \$10m was requested in 2018 with \$2.25m available. This shows an ongoing strong need from schools to increase and sustain funding for this grant program.



OUR FUNDERS

Arcora Foundation
Laura and John Arnold Foundation
Foundation for Healthy Generations
Seattle Children's
Voices for Healthy Kids
Washington State Hospital Association
Washington State Department of Health

ADVISORY/PARTNERSHIP BODIES

COPC is directly involved with multiple partners and collaboratives that promote healthy communities strategies and initiatives around our state on a wide variety of issues. See below for a current list:

- American Heart Association -- Policy Committee
- [Governor's Council for the Healthiest Next Generation](#)
- Health Coalition for Children and Youth
- [Healthy King County Coalition](#)
- [Prevention Alliance](#)
- [Public Health Roundtable](#)
- [Safe Routes to School Action Network](#)
- [Seattle Healthy Kids Coalition](#)
- WA State Dept of Health – Community Health Advisory Committee (CHAC)
- [Washington's Food Insecurity Nutrition Incentives \(FINI\) Project](#)

MEMBERS

Action for Healthy Kids – WA Chapter
American Academy of Pediatrics – WA Chapter
American Cancer Society's Cancer Action Network
American Cancer Society, Inc.
American Diabetes Association
American Heart Association
Arcora
Beecher's Pure Food Kids Foundation
Cascade Bicycle Club Education Foundation
Children's Alliance
Coalition for Safety and Health in Early Learning
Feet First
Forterra
Foundation for Healthy Generations
Healthy King County Coalition
Let's Move Cheney
MultiCare Health Systems
Nutrition First
Odessa Brown Children's Clinic
Physical Therapy Association of Washington
Public Health Roundtable
Sea Mar Community Health Centers
Seattle Children's
Seattle and King County Public Health
Seattle Parks and Recreation
Snohomish Health District
Spokane Regional Health District
Tacoma Pierce County Health Department
Transportation Choices
WA Assoc. of Community & Migrant Health Cntrs
Washington Bikes
Washington Recreation & Park Association
Washington School Nutrition Association
WA State Assn of Local Public Health Officers
WA State Academy of Nutrition and Dietetics
Washington State Dairy Council
Washington State PTA
Washington State Public Health Association
Washington Trails Association
WithinReach
Virginia Mason Memorial Hospital

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Childhood
Obesity
Prevention
Coalition

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