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October 21, 2013



Transforming the health of South Seattle and South King County: Community Transformation Grant (CTG)

Increasing Access to Swimming and Water Recreation for All



The goal of CTG

- Collaborative effort to change where we live, work and play so all King County residents can be physically active, have access to healthy foods and drinks and live in tobacco-free environments
- Focused on cities and communities in South Seattle and South King County
- City level focus: Increase opportunities for physical activity through active transportation and recreation

Why focus on policy, system, environment change

- Policy, systems and environmental (PSE) changes have long-term and sustainable impacts
- Broader reach
- Work best together with strong programming and outreach
- By focusing on PSE changes instead of solely on programs, funds can have the widest reach and impact



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HEALTHY KING COUNTY COALITION
Mobilizing communities to achieve health equity

Public Health
Seattle & King County



Tukwila has smoke-free parks

Congratulations on smoke-free parks policy passed on July 15, 2013!

Tukwila joins 15 other park systems in King County in being smoke-free

Tukwila Parks & Recreation
Policy & Procedure Manual

PARK OPERATIONS
Section 800

Policy	Tobacco-Free Parks	Policy #	800.01
Effective Date	July 15, 2013		
Last Revised	NEW		
Approved By	Ryan Stiles	Date	7-15-13

PURPOSE OF POLICY:

City parks and trails are intended for healthy enjoyment of all citizens, including children and youth. Tobacco use in the proximity of children and adults engaging in or watching outdoor recreational activities at City-owned or operated parks and facilities is detrimental to the health and can be offensive to those using such facilities.

POLICY STATEMENT:

1. To help protect the health, safety and welfare of the citizens of Tukwila, the use of tobacco or other unapproved nicotine delivery products is discouraged in all city parks and outdoor



Single gender swims

- Help expand exercise and recreation opportunities for women and/or men who cannot swim in a co-ed environment because of cultural, religious or personal reasons.
- In sync with Tukwila Pool's vision to provide a sustainable and efficient pool that exceeds the community's needs.

Physical activity

- The American Academy of Pediatrics recommends at least 60 minutes of physical activity a day; swimming is one option¹
- The American Academy of Pediatrics (AAP) recommends swimming lessons starting after age one²
- Knowing how to swim creates opportunities for other water recreation (e.g. kayaking, rowing, and surfing) and jobs (e.g. lifeguard)

1. Centers for Disease Control and Prevention. Fact sheet for health professionals on physical activity guidelines for children and adolescents. June, 2009. Available at:

http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Fact_Sheet_Children.pdf

2. Spear BA et al. Recommendations for treatment of child and adolescent overweight and obesity. *Pediatrics*. 2007;120;;S254-S288.

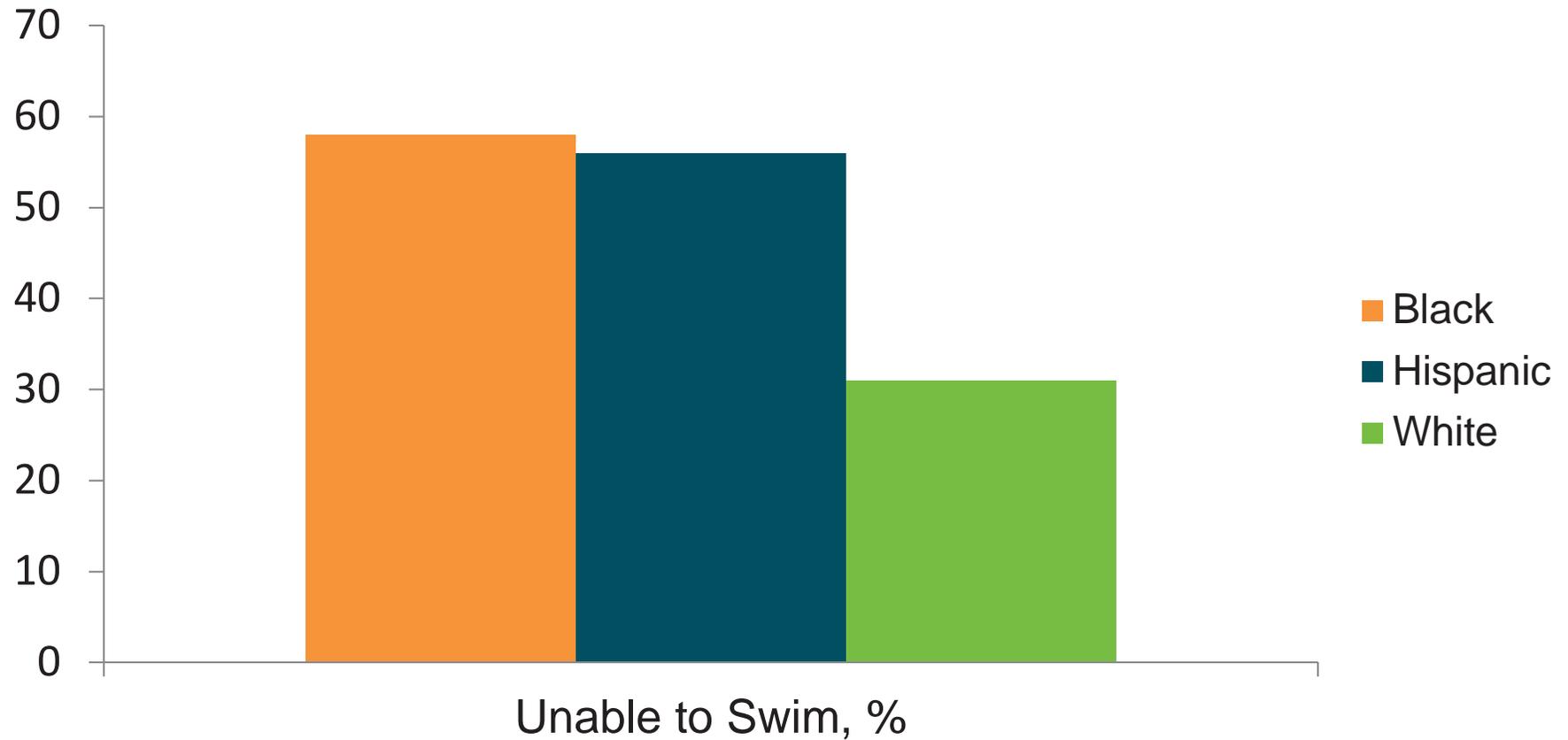
Safety

- Drowning is the 2nd leading cause of unintentional injury death for children ages 1 to 14 years, and the 5th leading cause for people of all ages¹
- Death rates for blacks are significantly higher than the overall death rate ¹
- Racial/ethnic disparity in drowning death rates was greatest among children aged 5–14 years¹
- Taking formal swimming lessons is associated with an 88% reduction in drowning risk²

1. Centers for Disease Control Unintentional Drowning: Get the Facts <http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>

2. Brenner R, Taneja G, Haynie D, et al. The association between swimming lessons and drowning in childhood: a case-control study. *Arch Pediatr Adolesc Med.* 2009; 163(3):203–210.

Health equity



1. Irwin, C.C., Irwin, R.L., Ryan, T.D., Drayer, J. Urban minority youth swimming (in)ability in the United States and associated demographic characteristics: Toward a drowning prevention plan. *Injury Prevention*, 2009, 15: 234-239.

Offering single gender swims

ChangeLab Solutions works with neighborhoods, cities, and states to transform communities with laws and policies that create lasting change. They helped assess policies related to single gender swims.

- There are publicly available single gender swims in several communities locally and nationally including Seattle, New York City, Portland, San Diego and Columbia, MD.
- They did not find any lawsuits specific to single gender swim sessions.
- Without statutory or case law specific to single gender swims, the law and potential liability is still unclear.

Recommendations include:

- Schedule single gender sessions when the pool would otherwise be closed or is least utilized.
- Offer sessions for both men and women regardless of religious, cultural or ethnic background.
- Contact Tukwila City Attorney and Equity and Diversity Commission.

Single Gender Swims in Seattle and King County

- There are 8 women swim programs in King County offered by YMCA, Seattle Parks, Evergreen Pool and Kent Meridian Pool currently offer public women swim programs
- There is strong community interest in having women swim programs at the Tukwila pool

Dear the tukwila pool advisory committee

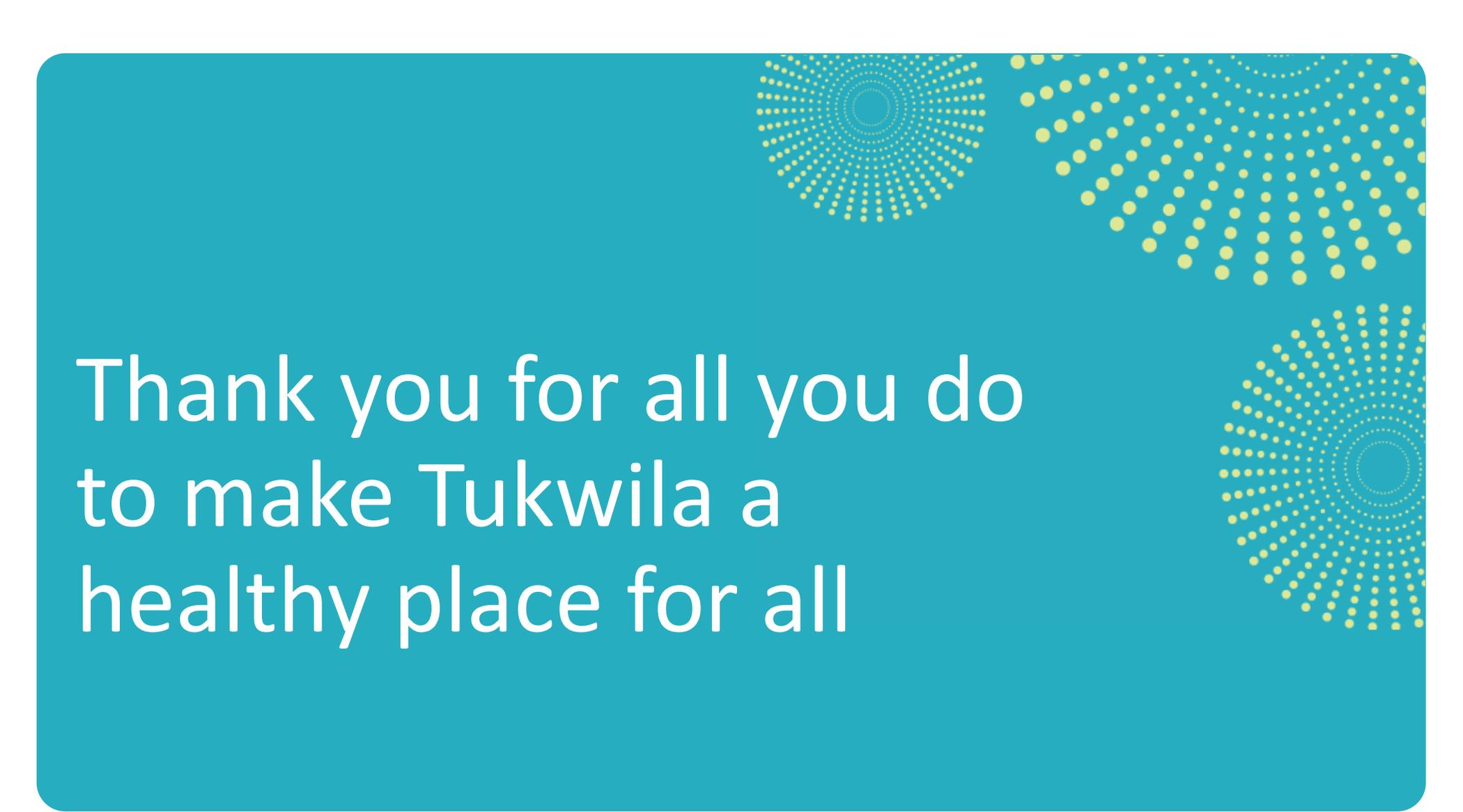
once I heard that the tukwila pool was starting to have a women only swim, I was so happy because in my religion women cant just go swimming in public, we have to have certain guidelines to follow in order to go swimming such as finding an indoor pool, having the windows covered etc. The tukwila pool staff have done a wonderful job in accomadating our need & for that reason



Tukwila Pool

- This is a huge community asset – it's essential to have a public pool!
- Be proud that you have a pool that is available to all – many communities are struggling to have one
- You have high quality, committed staff who work hard to provide options for everyone



The background of the slide is a solid teal color. In the upper right corner, there are three decorative elements made of yellow dots: a circular pattern of concentric rings of dots, a larger circular pattern of dots, and a smaller circular pattern of dots.

Thank you for all you do
to make Tukwila a
healthy place for all