



DIVISION: COMMUNITY HEALTH

CHRONIC DISEASE AND INJURY PREVENTION PROGRAM

HEALTHY COMMUNITIES, HEALTHY PEOPLE



Our program looks at health through a life-course perspective: We recognize that our health is based in the environments in which we live, learn, work, and play. We focus our work on equity that supports good health and reduces risk of chronic disease.

WHAT WE DO

Our program's core activities center around state and federal grants, including:

- **Youth Cannabis Prevention** — We work at the policy, systems, and environment levels to prevent youth substance use.
- **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** — We improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose a physically active lifestyle.
- **Commercial Tobacco Prevention** — We support people who want to quit using commercial tobacco, prevent youth and young adults from starting tobacco use, protect people from secondhand smoke and vape emissions, and take strategic steps to eliminate tobacco-related disparities.
- **Local Strategies for Physical Activity & Nutrition (LSPAN)** — We work with community partners to implement evidence-based strategies to improve nutrition and physical activity.
- **Age-Friendly Public Health Systems** — We collaborate with Kitsap County Aging and Long-Term Care to identify the challenges and opportunities of an aging society and support an Age-Friendly Public Health System.

A SYSTEM-LEVEL APPROACH TO PUBLIC HEALTH

Kitsap residents benefit both directly and indirectly from our program's work. Directly, we work with groups such as early childhood education directors, youth advisory councils, and SNAP-eligible residents to provide resources and opportunities to increase health.

Indirectly, we consult with city and county staff and elected officials as they develop plans and policies, advocating for systems and environments that nurture healthy lifestyles.

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2022 HIGHLIGHTS

CHRONIC DISEASE AND INJURY PREVENTION

AT A GLANCE

PROGRAM NAME: Chronic Disease and Injury Prevention

MANAGER: Dana Bierman

2022 FTE STAFF: 7

GRANTS & SPECIAL FUNDING SOURCES FOR 2022:

- Youth Cannabis Prevention
- Commercial Tobacco Prevention
- Supplemental Nutrition Assistance Program Education (SNAP-Ed)
- Local Strategies for Physical Activity & Nutrition (LSPAN)
- Age-Friendly Public Health Systems (AFPHS)
- Foundational Public Health System state funding

Thank you to our funders and community partners for their continued support!

EMPLOYEE SPOTLIGHT

Sydney Perales, MPH
Public Health Educator

I have always had a passion for civil service. In college I studied public affairs and developed an interest in community health. The field of public health was the perfect combination of these two interests.

Engaging and collaborating with community has provided me with continuous opportunities for learning and connection.



Because the nature of our work for the Youth Cannabis and Commercial Tobacco Prevention Program (YCCTPP) is policy, systems, and environmental change, it takes time to see the effects of our activities on population health. The strength of our partnerships is one way to show that we are making a difference in the community.

As a part of YCCTPP, we have been excited to continue building relationships with community partners through our mini grants program. Prevention does not rely only on educating on the health effects of substance use. We also work with our partners to offer opportunities for youth to be engaged in the community and build leadership and healthy coping skills, which we know helps protect against substance use.

2022 ACCOMPLISHMENTS

- **We awarded mini-grants** to eight organizations in Kitsap County to support youth engagement activities.
- **We worked with the Kitsap Public Health Board to declare May 2022 “Kitsap Moves Month,”** encouraging residents to increase healthy activity.
- We were one of the selected local health jurisdiction programs to receive **Age-Friendly Public Health System funding** from the state Department of Health.
- **We supported the Kitsap Breastfeeding Coalition in advancing scholarships** to attract more breastfeeding specialists in Kitsap County.

The **Kitsap Moves** campaign was created to inspire community members to get the recommended amount of daily physical activity. In a local 2021 survey, more than half of respondents reported worsening physical activity since the beginning of the COVID-19 endemic.



Kitsap Moves rallied partner organizations to encourage physical activity through events and education. The campaign will return in 2023 with a focus on healthy movement in the workplace.

Learn more at kitsapheal.org/kitsapmoves

LEARN MORE & CONNECT

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Scan this QR Code with your smartphone camera to visit our program page.

