



## PROCLAMATION

**WHEREAS**, on January 29, 2013, "Ready, Set, Go! 5210 Kitsap" launches its countywide initiative to combat the growing obesity epidemic by promoting healthy eating and active living, with the vision of creating healthier communities; and

**WHEREAS**, "Ready, Set, Go! 5210 Kitsap" promotes a consistent message of four healthy behaviors each day: **Five** or more fruits & vegetables; **Two** hours or less of recreational screen time; **One** hour or more of physical activity; and **Zero** sugary drinks; and

**WHEREAS**, more than six in ten Kitsap adults are overweight and more than one in four Kitsap 8<sup>th</sup> and 10<sup>th</sup> graders is overweight; and

**WHEREAS**, less than one in three Kitsap 8<sup>th</sup> graders or adults report eating at least **five** fruits and vegetables each day; and only four in ten Kitsap 8<sup>th</sup> graders report **two** hours or less recreational screen time each day; and less than half of Kitsap 8<sup>th</sup> graders and less than four in ten adults report at least **one** hour of physical activity each day; and only one in three Kitsap 8<sup>th</sup> graders reports drinking **zero** sugary beverages at school in the past seven days; and

**WHEREAS**, obese children and adolescents are more likely to be obese as adults and are therefore more at risk for associated adult health problems such as high cholesterol, high blood pressure, heart disease, type 2 diabetes, sleep apnea, stroke, several types of cancer, and osteoarthritis; and

**WHEREAS**, children and adolescents who are obese are at greater risk for social and psychological problems such as stigmatization and poor self-esteem, and because significant disparities exist among the obesity rates of children and adults based on ethnicity and economic status; and

**WHEREAS**, physical activity and proper nutrition are important throughout a person's life, because of the beneficial effects on health and body weight, mental health, and a person's ability to learn, and to prevent and manage chronic diseases.

**NOW, THEREFORE**, I, Steven Bonkowski, on behalf of the City Council, do hereby proclaim the 29<sup>th</sup> day of January 2013, as

***"READY, SET, GO! 5210 KITSAP: OBESITY PREVENTION DAY"***

in the City of Bainbridge Island, Washington and encourage schools, businesses, healthcare providers, early childhood and after-school providers, and the people of the City of Bainbridge Island, Washington to observe the day with appropriate programs and activities with the goal of promoting healthy eating and active living and increasing awareness of obesity among individuals of all ages and walks of life.

Signed this 23<sup>rd</sup> day of January 2013

  
Steven Bonkowski, Mayor

