

Resolution/Proclamation No. 008 2013
“Ready, Set, Go! 5210 Kitsap” Obesity Prevention Day

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 with healthier residents; 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;
- **Zero** sugary drinks; and

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

WHEREAS,

- Less than one in three Kitsap 8th graders or adults report eating at least **five** fruits and vegetables each day; and
- Only four in ten Kitsap 8th graders report **two** hours or less recreational screen time each day; and
- Less than half of Kitsap 8th graders and less than four in ten adults report at least **one** hour of physical activity each day; and
- Only one in three Kitsap 8th 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

WHEREAS, 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.

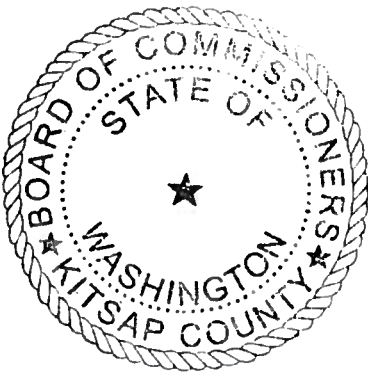
NOW, THEREFORE, BE IT PROCLAIMED that **Kitsap County Board of Commissioners** do hereby proclaim the day of January 29, 2013, as

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

in JURISDICTION NAME HERE and encourages schools, businesses, healthcare providers, early childhood and after-school providers, other organizations, and the people of JURISDICTION NAME HERE 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.

Adopted this 14th day of January 2013.

**BOARD OF COUNTY COMMISSIONERS
KITSAP COUNTY, WASHINGTON**





Josh W. Brown, Chair



Charlotte Garrido, Commissioner



Robert Gelder, Commissioner

ATTEST:



Dana Daniels, Clerk of the Board