



PROCLAMATION

“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; 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 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; only four in ten Kitsap 8th graders report **two** hours or less recreational screen time each day; 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 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, Tim Matthes, Mayor of the City of Port Orchard, do hereby proclaim the day of January 29, 2013, as **“Ready, Set, Go! 5210 Kitsap” Obesity Prevention Day** in Port Orchard and encourage schools, businesses, healthcare providers, early childhood and after-school providers, other organizations, and the people of Port Orchard 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 22nd day of January 2013


Timothy C. Matthes, Mayor