



READY, SET, GO!

5210 Kitsap

5210 Kitsap Quarterly Newsletter
Issue 4, December 2014



- **Get UP and Go Challenge**
- **Community Partners and 5210**
- **What is 5210 Kitsap?**
- **Get Involved**
- **Upcoming Events**

“Our food should be our medicine and our medicine should be our food.” ~Hippocrates

Get UP and GO Challenge Community Awareness Campaign

5210 Get Up and Go Challenge information is being spread throughout the county at community events, farmers markets, and outreach through local businesses. Many Kitsap residents have taken up the challenge to adopt proven healthy behaviors by incorporating 5210 into each day!

Trackers have been distributed via the Kitsap Regional Library system, and at events at the Bremerton Farmers Market, Naval Avenue Elementary School and the Bremerton Halloween Safe Trick or Treat Extravaganza.

The Kitsap Regional Library not only partnered with us to be a tracker pick up/drop off site, they created *Get Up and Go Challenge* displays in the library as well as a 5210 themed bookmark and promoted the challenge on their website.

The Bremerton Farmers Market is a gathering of local farmers and crafters in Bremerton’s Evergreen park. The 5210 Kitsap group set up fun games and events which focused on healthy behaviors. Over 50 children and adults spun the 5210 wheel to answer a question about fruits and vegetables each participant was given a Get Up and Go challenge tracker and won a Frisbee.

At Naval Avenue Elementary School Family Farmers Market event, the 5210 Kitsap group members engaged families and promoted 5210 and the community challenge via games and an educational table.

The well attended Bremerton Halloween Safe Trick or Treat Extravaganza was a perfect place to promote a 5210 challenge! The 5210 team, some dressed as healthy fruits and vegetables, played 5210 glow in the dark ring toss and “fruit and vegetable spin the wheel” with hundreds of Trick or Treaters who received 5210 themed prizes along with their challenge trackers.

Many workplaces have also promoted the challenge among their staff. Participants are in the process of tracking 5210 behaviors for 4 weeks, using the 5210 tracker form.

Trackers must be returned by December 31, 2014 at participating drop off sites to receive a prize.



It's not too late to take the challenge. Trackers can be picked up at any Kitsap Regional Library location.

Community Partners Promote 5210

Central Kitsap School District

The school nurse supervisor is getting the 5210 challenge out to staff and plans another challenge at various school sites after winter break. Additionally, the Central Kitsap School district website has added a link to the 5210Kitsap.org webpage.

A partnership between all Central Kitsap elementary P.E. teachers and the Kitsap Medical Society is being formed to promote nutrition, provide a variety of activities, and educate parents and children about safety. This event will be held on April 19, 2015. The Health Fair and Fun Run will be hosted at the President's Hall at the Kitsap County Fairgrounds.

Suquamish Tribe

The Suquamish Tribe kicked off their 5210 Four Week Challenge at the health fair on October 16th. 44 people signed up at the event and 14 agreed to be Challenge Champions for their department. The Tribe encouraged others to join us through the first week of

Kitsap Mental Health Services

KMHS launched a 4-week Get Up and Go Challenge at their Wellness Fair held on November 5th (80+ signed up so far) and plan a follow-up at their All-Staff meetings later that month.

Additionally, efforts are underway to distribute the 5210 Community Newsletter by e-mail to KMHS' nearly 400 employees.

Kitsap Public Health District

The Get Up and Go 5210 challenge was presented in October at an All Staff meeting. 23 people have signed up so far. The Health District plans on offering an additional prize via their SOS committee.

Naval Hospital Bremerton

The Naval Hospital has partnered with Hawk Elementary and have started 5210 promotions for students. The Naval Hospital is also conducted a 5210 challenge for their "Super Department" award

Harrison Medical Center

FreshStart Harrison's employee wellness program, asked employees to focus on one of the 5210 behaviors for 30 days. These 30-day challenges were distributed to all 2,400 employees with information about each behavior. Additionally, fresh fruits and vegetables have been highlighted in the salad bar and grab and go stations in the Cherry Ave Eatery.

YMCA- Silverdale

The YMCA plans on launching a 5210 challenge for staff which helps to promote physical activity. They also included 5210 messaging at the Halloween event and Thanksgiving Day fun run ("Turkey Trot").

Bremerton Farmers Markets

Julia Zander, Bremerton Farmers Market manager, announced that the Farmers Market was awarded USDA funding which will support all Kitsap markets jointly to help promote healthy

November. The challenge runs through December 5th.



in November.

Bremerton Housing Authority

Hosted a staff Wellness Fair on November 12 and kicked off the 5210 Get Up and Go challenge.

nutrition and 5210 messaging.

North Kitsap Schools




The nurses are emailing the 5210 community challenge out to their staff during the month of November.

What is 5210 Kitsap?

Small steps make a big impact

5210 Kitsap is a countywide initiative to increase physical activity and healthy eating to reduce obesity in Kitsap County. Throughout Kitsap County, people are hearing about 5210 in work, school, healthcare, childcare, and community settings. The 5210 behaviors are based on science and recommended by the medical community to promote good health.

Be healthy every day and strive for:

- 5** or more fruits & vegetables 
- 2** hours or less recreational screen time 
- 1** hour or more of physical activity 
- 0** sugary drinks, more water & low fat milk 

Here's How You Can Get Involved:

5210 Kitsap needs you!

Want to get involved?

- Stay informed by attending 5210 quarterly meetings and being on our email list.
- Share the message by distributing 5210 campaign materials in your organization and sharing the message with your partners.
- Participate in activities by putting on a 5210 event, volunteering to help at a county level event, or sponsoring an event

For more information visit: 5210Kitsap.org



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Upcoming Events

December

Get Up and Go Challenge Deadline

December 31, 2014

January

5210 Kitsap Quarterly Meeting

Tuesday, January 27, 2015

3-4:30pm

Sinclair Conference Room,
Health District