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READY, SET, GO! 5210 KITSAP

5210 Kitsap Community Newsletter



MARCH 2014, QUARTER ONE

Ready, Set, Go! 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 and vegetables**
- 2** hours or less **recreational screen time**
- 1** hour or more of **physical activity**
- 0** **sugary drinks, more water & low fat milk**

For more information visit:
5210kitsap.org

In the Spotlight: Kitsap Credit Union holds 5210 (+5) staff challenge

The Kitsap Credit Union (KCU) 5 week challenge was a great success! Staff stepped up—literally- to the challenge to incorporate 5210 plus 5,000 steps into their daily routines. The recent workplace challenge took place in all 16 KCU branches and had 50 active participants. Organizers teamed with branch managers for event promotion and relied on inter-office email to deliver 5210+5 messages. Posters were placed near stairs and elevators reminding everyone to “take the stairs”. Participating staff could enter weekly drawings for movie tickets, and two grand prize winners received FitBits. Nine staff were successful at doing 5210+5 every day.

Danielle MacLean of Kitsap Credit Union HR department, stated “we were surprised at

how much our employees enjoyed our 5210+5 challenge. It created a healthy competitive environment that got our employees moving.” KCU is planning another challenge in the Spring.

Congratulations to all who participated!



Kathy Thompson (above right) and Natalie Hageman (above left) are the winners of the FitBit drawing

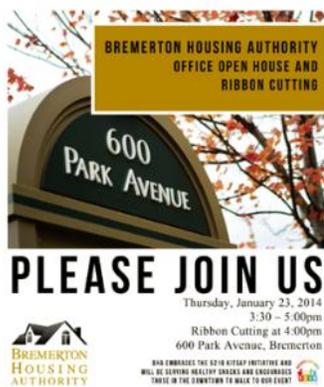
Partners find innovative ways to promote 5210

Healthy action starts here.

GET INVOLVED

Bremerton Housing

Authority: Recently celebrated the opening of their new building in Bremerton. At the successful open house, they highlighted their support of 5210 with an informational table, healthy food options and encouragement of participants to walk to the event.



YMCA: The 5210 Outreach program at the Bremerton YMCA is currently serving 203 students in two Bremerton elementary schools: West Hills STEM Academy and View Ridge. Numbers will increase as additional classrooms participate.

Kitsap Mental Health

Services: Kicked off their annual employee wellness fair in January where they promoted a 5-week challenge and signed up over 50 employees.

Suquamish Tribe: Community Health Program promotes “0 sugary drinks” with “Water Wednesday’s” providing fruit infused water at various locations. They are currently re-

vising 5210 materials to make them more culturally appropriate.

Central Kitsap School

District: Promoted a 5- week challenge at employee benefit fair held in the fall. Developed a toolkit so each nurse can partner with someone in their specific school to promote 5210 among staff in their buildings.

Kitsap Public Health

District: Held second 5-week challenge for staff.

Harrison Medical Center:

Celebrated National Heart Month during February and focused on healthy fruit and vegetable substitutions. They

served chocolate avocado mousse, black bean brownies and pumpkin spice cake to employees and visitors.

Peninsula Community

Health Services: Promoted a 5210 challenge by introducing a 4 week “ Ready. Set. Go!” program to all employees, which included a gift drawing at the end of the program for employees who participated. A second program was implemented to promote healthier drink options, “Thirsty Thursdays.” Every employee received bottled water on Thursdays. In addition, they have added a link to every employee desktop to the 5210 Kitsap website.

Ready, Set, Go! 5210 Kitsap is preparing to launch a **county-wide awareness campaign** and we need 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.

“Since the YMCA 5210 program has come to View Ridge we have noticed an awareness of healthy habits among student conversation at school...”

