



READY, SET, GO!

5210 Kitsap

5210 Kitsap Quarterly Newsletter
Issue 4, May 2015



- **Bremerton YMCA**
- **Get Up and Go Challenge Summary**
- **Community Partners and 5210**
- **5210 Quarterly Meeting**
- **5210 at Recent Events**
- **What is 5210 Kitsap?**
- **Get Involved**
- **Upcoming Events**

“Great things are not done by impulse, but by a series of small things brought together.”
~Vincent Van Gogh

The Bremerton YMCA

Community Partners in the Spotlight

Since December 2014 the Bremerton Family YMCA has provided 5210 programming to Bremerton third grade students from Naval Avenue, West Hills STEM Academy and View Ridge Elementary. In the past few months the YMCA has provided 187 students with physical education and insight into living a healthy life through 5210 messaging. By the end of the school year every third grader from the Bremerton School District will have received five sessions (5 total hours) of 5210 programming. This program has been implemented in conjunction with the YMCA’s Opportunity to Swim initiative which is committed to providing free swim lessons to every third grader in our Bremerton schools. The kids play gym games, engage in nutritional conversations, and state the 5210 message every session. In March the YMCA will be working with Kitsap Lake Elementary and certainly look forward to offering them increased physical activity and guiding them in a positive direction.



Get Up and Go Challenge

Community Awareness Campaign Summary

The first community-wide **Get Up and Go 5210 Challenge** was a success! The involvement of our project and community partners was critical to our goal of raising awareness about everyday healthy eating and physical activity. Several partners displayed posters, passed out trackers, launched the challenge as a workplace wellness activity and posted challenge info on their websites. **5210 Kitsap** has reached a broader community!

5210 was promoted by:

- **The creation, duplication and distribution of 5210 trackers and promo posters:** Over 1000 trackers and 50 posters were distributed and displayed throughout the county.
- **The purchase of 5210 Flying Discs and Glow Sticks:** These items were used to support promotion of the challenge and get the 5210 message out at events like the Naval Avenue Elementary Farmers Market Family Night and the Bremerton Halloween Extravaganza event. Parents expressed appreciation of a non-candy treat for their kids.
- **The creation of a 5210 ring toss game:** The game challenged youth to get a ring around a 5-2-1 or 0 water bottle and got them engaged in talking about healthy nutrition and physical activity.

5210 Kitsap Quarterly Meeting

Want to learn more about the 5210 Kitsap initiative? Join us for the next quarterly meeting where 5210 implementation ideas will be shared. This meeting's focus will be on what's happening in our community to promote 5210, including a special activity led by Kyle Johnson of the Bremerton YMCA.

Tuesday, June 9, 2015

3-4:30pm

Chambers Meeting Room, lobby level, Norm Dicks Government Center

5210 at Recent Events in the Community

March

Senior Providers Breakfast at the Willows

March 17, 2015

Art Walk

Givens Community Center

March 26, 2015

Wellness and Safety Fair

Orchard Heights Elementary

March 27, 2015

Military Appreciation Day

KC Fairgrounds

March 28, 2015

April

Fun Run and Health Fair

KC Fairgrounds

April 12, 2015

OESD Early Childhood

Conference

April 30, 2015

Community Partners Promote 5210

Naval Hospital Bremerton

5210 principles are promoted on a bulletin board in the hospital where trackers are also available.

Kitsap Credit Union

KCU has done both 4 and 5 week challenges (add +5 for 5000 steps/day) and given out Fit Bits as prizes. 25 staff were involved with this most recent challenge (10%).

Kitsap Public Health District

The 5210 Get up and Go community challenge was presented at an All Staff meeting with 23 people signing up. The Kitsap Public Health District Staff are working on internal Workplace Wellness policies (healthy food procurement and physical activity are included) along with a policy development guidebook. They also worked on an Early Childhood focused 5210 curriculum. KPHD shared the 5210 message at the Bremerton YMCA Healthy Kids Day in April.

Harrison Medical Center

Harrison Medical Center promoted their 4th 5210+8 campaign starting in September. The *FreshStart* wellness program created 30 day challenges for each behavior. Harrison employees have been asked to help create additional 30 day challenges that will be used throughout the year.

Suquamish Tribe

A tailored 5210 message and challenge were promoted at health fair and via staff email. Doing “Thirsty Tuesdays” with herb teas and healthier coffee creamer for the winter months. Going to produce posters of tribal members doing healthy traditional activities. Also worked on Early Childhood 5210 curriculum with Yolanda from KPHD.

Bremerton Housing Authority

The Get up and Go community challenge was promoted at a BHA Wellness Fair in November 2014. 5210 activities are incorporated throughout the year. The Bremerton Housing Authority continues to promote healthy food options at meetings and employees bringing healthy foods to potlucks.

Bremerton Farmers Markets

Bremerton Farmers Market supports Healthy Communities on May 21 (5/21) They will be celebrating local, nutritious foods and promoting community programs and services for their shoppers at the market.



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:



Here's How You Can Get Involved:

Ready, Set, Go! 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

Upcoming Events

May/June

**Bremerton Farmers Market
Supports Healthy
Communities Event**

Thursday, May 21, 2015

4-7:00pm

Evergreen Park

**12th Annual Strong
Families Fair
Port Gamble S'Klallam
Tribe's Children and
Family Services
Department**

Friday, June 19, 2015

**5210 Kitsap
Quarterly Meeting**

Tuesday, June 9, 2015

3-4:30pm

Chambers Conference

Room, Norm Dicks

Government Center