



# READY, SET, GO!

## 5210 Kitsap

5210 Kitsap Quarterly Newsletter  
Issue 6, November 2015



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*"Unity is strength . . . when there is teamwork and collaboration, wonderful things can be achieved."*  
–Mattie Stepanek

## **Arc Friendship Walk**

### Community Partners in the Spotlight

On October 15, Bremerton Housing Authority sponsored an Arc Friendship Walk at Evergreen Park in Bremerton to raise awareness and promote healthy lifestyles for disabled individuals. The Kitsap Public Health District joined the event by providing support and promoting 5210. It was a beautiful day to be at the park, raise awareness and meet new friends.



## **5210 Kitsap Quarterly Meeting**

### Save the Date.

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 and new ideas to promote healthy eating and physical activity even more broadly in Kitsap.

Tuesday, January 26, 2016

3-4:30pm

Sinclair Conference Room, 4<sup>th</sup> floor, Norm Dicks Government Center

Please RSVP to [k.boysen-knapp@kitsappublichealth.org](mailto:k.boysen-knapp@kitsappublichealth.org)

# 5210 Kitsap Partner Survey

Making real change!

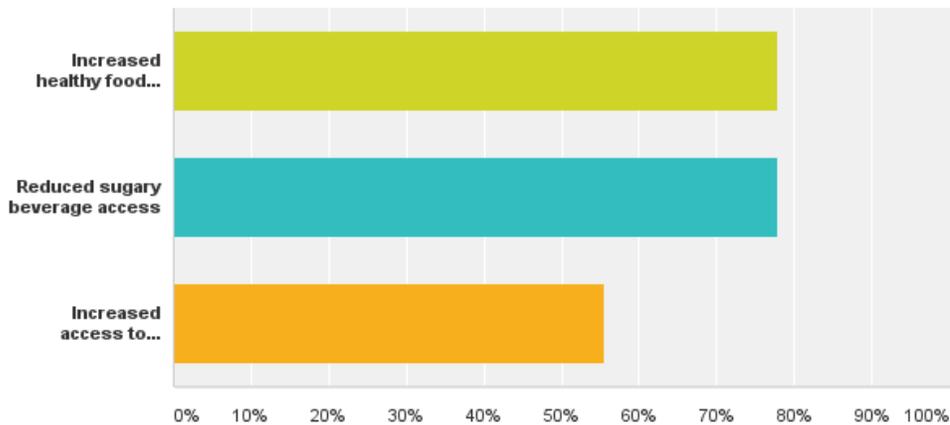


In October the health district implemented a short survey to collect information from 5210 Kitsap partners about how they've supported 5210 Kitsap in their organizations. Thank you to all of you for completing the survey and contributing to a better understanding of our 5210 Kitsap story. A special shout out to Christina Eckley with South Kitsap Helpline who was the first partner to complete her survey!

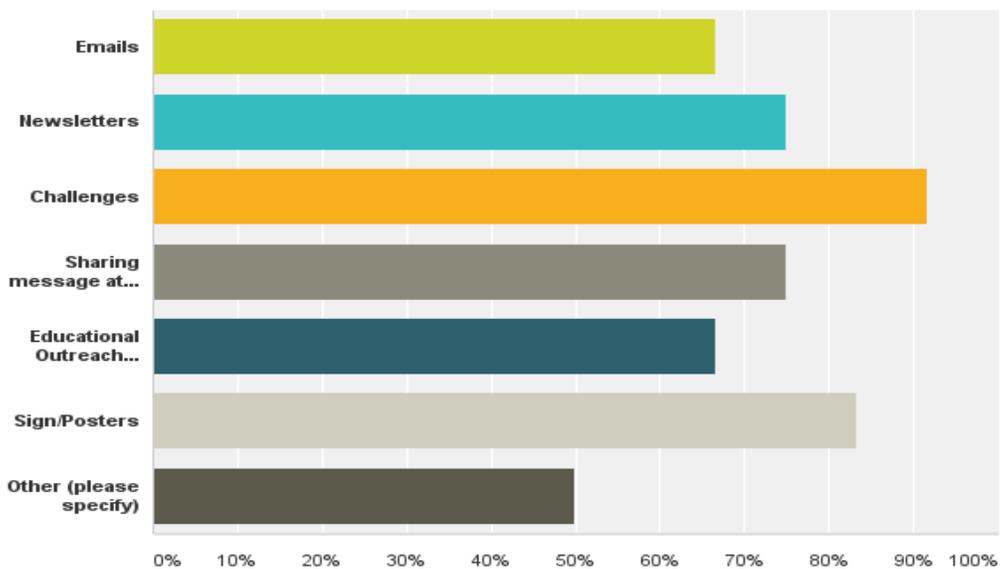
This is some of what we learned:

- All organizations surveyed reported reaching over 100 people with their 5210 messaging.
- All organizations surveyed reported they plan to use 5210 materials in the future.

Since the implementation of 5210, has your organization done any of the following?



If your organization is currently using 5210 materials, what are you doing?



Missed the survey? We want to hear from you! Please share what you are doing to promote 5210 by emailing Yolanda at [yolanda.fong@kitsappublichealth.org](mailto:yolanda.fong@kitsappublichealth.org)

## Community Partners Promote 5210

### Kitsap Public Health District

Promoting “HealthLinks” workplace wellness assessment and the Workplace Wellness Policy Development Guide. Steps for Schools Pedometer project is being launched at South Colby Elementary School. Also finalizing a 5210 Childhood curriculum in partnership with the Suquamish Tribe.

### Bremerton YMCA

5210 continues to be a part of the “Learn to Swim” program.

### Silverdale YMCA

Kim shared an activity done with the YouthFit group on limiting sugar intake.

### Navy Hospital

5210 continues to be promoted in the hospital.

### Suquamish Tribe

The Community Health Department is facilitating a Chronic Disease Self-Management Program group. Participation is great and they are looking at starting a second group soon.

### Kitsap Mental Health Services

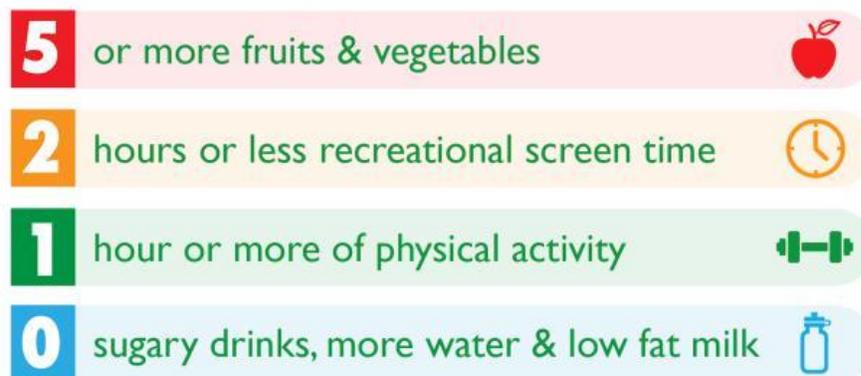
Held their wellness event mid-October. Over 100 employees participated.

## 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](http://5210Kitsap.org)