



READY, SET, GO!

5210 Kitsap

5210 Kitsap Quarterly Newsletter
Issue 5, September 2015



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“All of our dreams can come true, if we have the courage to pursue them.”
~Walt Disney

Steps for Schools

Community Partners in the Spotlight.

Naval Avenue Early Learning Center celebrated the completion of a five week 5210 Steps for Schools program. Harrison Medical Center supplied three 3rd grade classrooms with pedometers and supplies to be successful in increasing physical activity and healthy eating. The post program celebration was attended by all three classrooms, teachers, school principal, Bremerton Superintendent, Harrison President and Kitsap Public Health District Assistant Community Health Director. The celebration included a physical activity ice-breaker, recognition of the steps achieved and a 5210 pop quiz which the children aced!



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 5210 even more broadly in Kitsap.

Tuesday, October 27, 2015

3-4:30pm

Sinclair Conference Room, 4th floor, Norm Dicks Government Center

Please RSVP to k.boysen-knapp@kitsappublichealth.org

Strong Families Fair Port Gamble S'Klallam Tribe

5210 was promoted at the 12th Annual Strong Families Fair put on by the Port Gamble S'Klallam Tribe's Children and Family Services Department on Friday, June 19, 2015.



Community Partners Promote 5210

Kitsap Credit Union

KCU formed a wellness committee. "Wellness Ambassadors" at unrepresented branches also meet once per month. Did an employee interest survey; #1 interest was a health club subsidy. Have been ordering FitBits at a discount; employer subsidizes part of the cost and the balance is deducted from employee's payroll. Have distributed 120 so far with 15 more on a list for a 2nd order. New walking challenge begins on June 14th. Looking for other discounts for employees. Also sending out a monthly newsletter.

Kitsap Public Health District

KPHD Workplace Wellness policies (healthy food procurement and physical activity are included) have been finalized and incorporated into a workplace wellness policy development guidebook. Recently trained in the UW/ACS "HealthLinks" model; a workplace wellness assessment and employer support program. 5210 will be incorporated.

Central Kitsap School District

Promoting eating school breakfast. Also work with intermediate kids – took parts of the 5210 message and did "Think about your drink" and "Live outside the box".

Bremerton YMCA

5210 will be a part of summer camps; also with Teen Late Night. Hope to get b 5210 back into the schools next school year.

Silverdale YMCA

Jennifer reported on "Healthy Eating on a Budget" class and cooking demo; setting a date in June. Also kicking off "Youth Fit".

Bremerton Farmers Markets

Bremerton Farmers Market supported Healthy Communities on May 21 (5/21) at Evergreen Park. They celebrated local, nutritious foods and promoted community programs and services for their shoppers at the market.

Harrison Medical Center

Harrison Medical Center created a year-long campaign called "Harvest of the Month" which focuses on local fresh fruit. Each month a different produce item is featured with recipes and fun trivia to help employees eat more veggies!

Suquamish Tribe

Scheduling lessons with kids in summer childcare to do healthy eating activities like Fran did during spring break. "Tasting Kits" are popular.

Kitsap Mental Health Services

Recent "90 day countdown to a smoke free campus" included 5210 promotion. (KMH went to a smokefree campus on June 1). It was a big event: smoking sheds were removed, smoothies and veggie trays were provided along with walks around the campus. Also popular are "Free Fruit Fridays".

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

September

Farmers Market Family Night

September 18, 2015
Naval Avenue Elementary School
3:30-6pm
(Naval Ave families only)

October

5210 Kitsap Quarterly Meeting

October 27, 2015
Kitsap Public Health District
Sinclair Conference Room
3:00-4:30pm