



READY, SET, GO!

5210 Kitsap

5210 Kitsap Quarterly Newsletter
Issue 8, May 2016



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"I can do things you cannot, you can do things I cannot; together we can do great things." – Mother Teresa

In the Spotlight

5210 Kitsap Timeline

In order to know where we are going, we decided to look at where we've been. Great work everyone!



5210 Kitsap Quarterly Meeting Recap and Save the Date

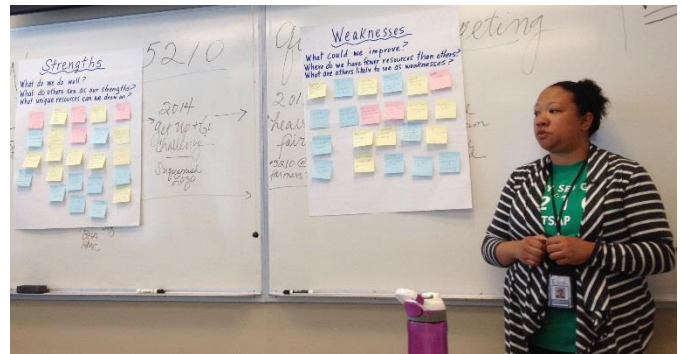
Thank all of you who attended the April 26th 5210 Kitsap quarterly meeting. Your input on a 5210 Kitsap Timeline and SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis will guide us as we look at the possibility of future coalition development to move the 5210 initiative forward in our county.

Want to learn more about the 5210 Kitsap initiative? Join us for the next quarterly meeting where 5210 implementation ideas will be shared.

Tuesday, August 16th, 2016, 3-4:30 p.m.

4th floor, Norm Dicks Government Center

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



Community Partners Promote 5210

Kitsap Public Health District

Three 5210 Display Kits have been created and are available to loan out: Physical Activity, Healthy Eating and Self-Monitoring your Blood Pressure.

OESD 114 Head Start/EHS

OESD moving the 5210 Childhood Resource Guide into several sites. Shared an example of how they are engaging parents in 5210 and collecting some data.

Suquamish Tribe

5210 Childhood Resource Guide teacher training is scheduled for May 6th. Starting 3rd Wisdom Warriors group.

Bremerton YMCA

5210 will be promoted at Healthy Kids Day on April 30th. Planning end of year celebration for 3rd graders who have learned about 5210 in the swim program. Looking for ways to engage parents in 5210.

Kitsap Regional Library

Looking for ways to incorporate 5210 messages at the libraries; some outlets include lunches served during the summer, subject based backpacks they loan out, the summer reading program and their active website.

Silverdale YMCA

5210 will be promoted at Healthy Kids Day on April 30th. Launching a countywide weight loss challenge.

Navy Hospital

5210 promoted in the hospital; looking at promotion at several sites and on ships.

Kitsap Transit

Event on May 12th for 30 transportation coordinators. 5210 and workplace wellness presentation by Yolanda and Karen from KPHD. May 20th is "Bike to Work" day. Look for several events throughout the county.

Bremerton Housing Authority

Completed a HealthLinks assessment as a workplace wellness strategy.

Peninsula Community Health Services

5210 promotion on bulletin boards in each clinic site

Workplace Wellness at the OESD

5210 promotion is one way workplaces support both physical activity and healthy eating while at work. OESD 114 completed a Health Links assessment and are using the resulting recommendations report to recruit member to a newly formed wellness committee that will plan activities. They recently held a “healthy potluck” for staff, sending out links to healthy recipe websites prior to the potluck. KPHD staff members attended providing an informational table on sugars, fats and sodium. They also led a demonstration on chair exercises. For community partners interested in workplace wellness contact Karen Boysen-Knapp at k.boysen-knapp@kitsappublichealth.org

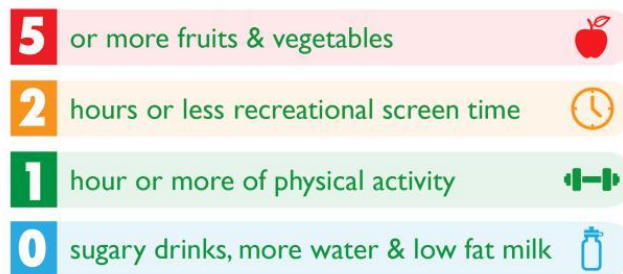


What is 5210 Kitsap?

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