



We envision a community in which healthy food and physical activity opportunities are accessible and affordable for all.

GOALS

Increase equitable access to healthy foods and opportunities for active living.

Cultivate a community that prioritizes healthy eating and active living.

CORE VALUES

Equity

Education
&
Skills

Collaboration
&
Partnerships

Life Course
View



*In 2017, 40.2% of Kitsap adults were at a healthy weight (BMI=18.5-24.9) **

*In 2018, 20% of Kitsap youth (grade 8) report eating 5 or more fruits/vegetables daily. ***

Invested Partners: Kitsap Public Health District, Kitsap Strong, Kitsap Transit, Olympic Educational Service District 114, Peninsula Community Health Services, Suquamish Tribe, WSU Kitsap Extension, YMCA-PKC



We know that an individual's health is deeply connected to the community in which they live, work and play. To reduce obesity and its resulting impacts, we focus on policies, systems and environmental change strategies. By working together we can create change to support a healthier lifestyle for all.

STRATEGIES

- Improve access to markets that sell or provide high quality fruits and vegetables in underserved communities.
- Improve access to safe and affordable places for physical activity.
- Provide opportunities to build skills and knowledge regarding healthy foods and beverages.
- Establish policies and programs that increase physical activity.

*In 2017, 43% of Kitsap adults report 1 or more hours of physical activity on average each day.**

*In 2018, 73% of Kitsap youth (grade 8) did not meet the recommendation for 60 minutes of physical activity 7 days a week.***



* Kitsap County Core Public Health Indicators, December 2018

** Washington State Healthy Youth Survey 2018

Learn more about how you can make a healthier Kitsap @

kitsapheal.org

COMMUNITY