CASE STUDY

5210 KITSAP PEDOMETER PROGRAM

KITSAP COUNTY

DESCRIPTION AND PURPOSE: 5210 Kitsap is a community-wide obesity prevention initiative that encourages healthy eating and physical activity. The initiative promotes daily intake of 5 or more servings of fruits and vegetables, no more than 2 hours of recreational screen time, 1 or more hours of physical activity, and 0 sugary drinks in a day. The initiative was established in 2011 and kicked off in 2013.

Last year, the Kitsap Public Health District and Harrison Medical Center developed the pedometer program to introduce 5210 to school-age children. The five-week program starts with an overview and then highlights each area of 5210 over the subsequent four weeks. Teachers are provided a resource binder of activities and can choose how to incorporate the 5210 message into their lesson plan. The students get pedometers to wear during school hours to track their steps, and the teacher calculates the class total every week.

So far, the program has been tested at two schools, totaling five third-grade classrooms. At the first school in Bremerton, the PE teacher delivered the program. At the second school in South Kitsap, the program was combined with a healthy body curriculum and led by classroom teachers.

CHALLENGES AND SOLUTIONS: The number of pedometers is limited, so the kids cannot take the pedometers home to measure the steps they take outside.
of school. Another challenge is the program is still being tested and analyzed, so it is unknown how to best deliver the program to promote physical activity in schools. At the Bremerton school, pedometers showed no increase in steps between week one and five. Kitsap Public Health reflected that there was no way of knowing if the students had increased physical activity outside of school, and in school they might not have had increased opportunity for physical activity. For the South Kitsap school, the classroom teachers were encouraged to make changes in the classroom. The pedometer data is yet to be analyzed, but teachers reported adopting strategies such as having students stand and walk in place if they finished a lesson early.

**COSTS AND FUNDING:** There was no budget specifically for the pedometer program. Harrison Medical Center procured the pedometers, which were approximately $10 each for an estimated classroom total of $300. The resource guide for each teacher cost about $5 each. The staff time involved in the program was counted under the promotion of the larger community-wide initiative. Interns assisted with data entry and setting up the pedometers.

**IMPLEMENTATION TIME-FRAME:** The development of the program took between six to nine months. This involved putting together the resource guide, procuring the pedometers, and getting contacts for introducing the program. The Bremerton school was in spring of 2015 and the South Kitsap school in the fall. Kitsap Public Health is analyzing the data from the South Kitsap school and will use the results to determine the direction of the program. They are currently working on a version for preschool children that will not involve pedometers.

**COMMUNITY INVOLVEMENT:** Kitsap Public Health and Harrison Medical Center partnered to develop the program. The PE teacher at the Bremerton school was a champion for the program, which led to its implementation there. Other school staff members and the superintendent became involved with 5210 by hosting a challenge among themselves with the pedometers. The superintendent and the hospital CEO attended the end-of-program celebration.

**BENEFITS AND RESULTS:** The pedometer program was successful as a vehicle to deliver the 5210 message into the classroom and initiate conversations around physical activity and other health behaviors. Teachers reported that the children were excited about the pedometers. Although the Bremerton school showed no increase in pedometer steps, teachers at the South Kitsap school spoke of introducing changes in the classroom so that kids could be more active. The pedometer program has also helped to spread awareness about 5210 to the larger community through the families of participating students, an article in the local newspaper, and a community meeting with the superintendent co-presenting.

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