

WE'RE IN — ARE YOU?

Community leaders share **5-2-1-0** Challenge lessons

BY OLYMPIC PENINSULA HEALTHY COMMUNITY COALITION

This July, community leaders from across Clallam County embarked on a month-long challenge to live healthier lives, and build new habits or change old ones. Nineteen leaders were challenged to adopt the “Live 5-2-1-0” principles promoted by the Olympic Peninsula Healthy Community Coalition, a county-wide non-profit working to decrease chronic disease in our region.

During the entire month of July, participants tried to incorporate four healthy habits into each day.

- Eat **5** servings of fruit and vegetables
- Reduce recreational screen time to **2** hours or less
- Engage in **1** hour of physical activity
- Drink **0** sugar-sweetened beverages

These four lifestyle behaviors have been found by researchers to be the most powerful steps one can take to prevent chronic diseases such as cancer, heart disease, arthritis and diabetes over the long-term.

It's a great time for you, your family and even your co-workers to adopt this Challenge, too. The weather is great for being active and outdoors, and fresh produce is abundant across the Peninsula.

If attempting all four habits at once seems overwhelming for you, choose to start with the one that is easiest. Try it for a week, then add another. Make it fun, give yourself time to develop new routines and focus on your successes.

5-2-1-0 is evidence-based and nationally recognized as a great way to incorporate healthier habits into your daily routine, not only for this month, but also as a part of lasting change.

Find 5-2-1-0 printable tracking sheets at 5210clallam.org and learn more from these healthy leaders about their Challenge experience at facebook.com/olympicpeninsulahealthycommunitycoalition

Are YOU up to the challenge? Keep this handy pull-out to help track your challenge progress.

The Olympic Peninsula has a higher than usual rate of premature death and chronic disease that can often be better managed or prevented through lifestyle changes such as healthy diet and exercise. The Olympic Peninsula Healthy Community Coalition works to make our community a healthier place. 5-2-1-0 is adapted from LetsGo.org.

Meet Our **5-2-1-0** Healthy Leaders Team

Nineteen community leaders recently completed the second annual Healthy Leaders 5210 Challenge. They each provided answers to the following questions.

IMPACT How did the 5210 healthy habits impact you?

OBSTACLES From your leadership lens, what do you see as the most difficult obstacles we face in Clallam County to achieving good health?



CELESTE SCHOENTHALER

EXECUTIVE DIRECTOR, OLYMPIC COMMUNITY OF HEALTH

IMPACT This challenge helped me focus on how much time I spend on my phone and computer. Also, I had an unexpected medical procedure that limited my ability to participate in my usual physical activity routine, so I found other ways to get my daily 60 minutes.

OBSTACLES It's hard to eat really healthy everywhere, especially on a budget.



MICHAEL DASHIELL

EDITOR, SEQUIM GAZETTE

IMPACT Travelling while on this challenge was interesting — it caused us to be more purposeful about what to eat and how to exercise. I have more energy now and feel better about what I eat for the most part. The key is having ready-to-go fruit and veggie snacks available.

OBSTACLES We spend so much time at work, or stressing about work, that we can't conceive of taking a step back, looking at our own health and realizing what changes we need to make. Instead we tend to medicate with TV or poor eating habits. Good health isn't always easy, but it's far from impossible; it mostly takes a mental shift and development of daily habits.

5-2-1-0 continued on Page 8 >>

5210CLALLAM.ORG

5

5 OR MORE FRUITS AND VEGGIES

2

LESS THAN 2 HOURS OF SCREEN TIME.

1

AT LEAST 1 HOUR OF ACTIVITY

0

0 SUGAR-ADDED BEVERAGES

Olympic Peninsula 
Healthy Community Coalition
CONNECT. PARTNER. INSPIRE.



KATE DEXTER

DEPUTY MAYOR, CITY OF PORT ANGELES

IMPACT I was already exercising many days a week but making the effort every day was challenging. This challenge was a reality check for my daily recreational screen time consumption — it was more than I thought! While traveling, I did not get all of my exercise but by planning ahead I was able to keep up on the veggies and fruit. It felt good to not completely derail my eating while away from home.

OBSTACLES Eating a home-cooked meal can be a real challenge and it is easier to grab something pre-made on the way home. Busy families, limited budgets, and exposure to high-sugar, low-nutritional value foods can make healthier choices a real challenge. More community education, particularly with children, would be great.



PATSENE DASHIELL

FORMER COMMUNICATIONS & COMMUNITY RELATIONS COORDINATOR,
PORT ANGELES SCHOOL DISTRICT

IMPACT We traveled during the challenge and it was difficult to get our activity on some of those days. It became a fun game to scope out healthy food options at airports, ballparks and restaurants! I have an internal voice now asking, what fruits

and vegetables can I put into my meal plan today. I plan to continue 5210 on a daily basis.

OBSTACLES Americans love to work hard and overcommit, leaving out adequate time for taking good care of ourselves. It takes vigilance to stock the kitchen with smart snacks, fresh vegetables and fruit, and prepare healthy meals. Maybe the real problem is “lack of intentionality.” If 5210 is a priority when planning my day, I’m more likely to get the exercise done!



ERIC LEWIS

CHIEF EXECUTIVE OFFICER, OLYMPIC MEDICAL CENTER

IMPACT The biggest impact was definitely eating five servings of fruits and vegetables. I felt better eating this way and I was able to reduce the amount of processed food that I consumed. Limiting recreational screen time was hard, especially on weekends. I am trying to reduce how often I look at my smart

phone and watch TV — except for Seahawks games.

OBSTACLES We need to work on having a culture of wellness in Clallam County where the healthy choice is the easy choice, and focus on changing unhealthy habits over time. Try substituting an unhealthy habit with new healthy habit... such as, instead of eating cookies to relieve stress, walking a mile each day to relieve stress would make a huge positive difference.



RUSS BRITTON

PASTOR, DUNGENESS VALLEY LUTHERAN CHURCH

IMPACT The pursuit of zero sugary drinks heightened my awareness of how much sugar is in so many beverages. It was a great help to carry a water bottle everywhere, which affirms availability is crucial to making better choices. It is worth mentioning that taken together, when living these four healthy habits, I generally slept better. The checklist was a concrete way of adhering to this challenge.

OBSTACLES Convenience is a formidable adversity when the easier options are not necessarily the healthier options. The path of least resistance is something we are all vulnerable to. We need to be honest about the help we need and the habits and surroundings we need to change to make better choices.



SHARAH TRUETT

CLEANING PROGRAM COORDINATOR, WSU EXTENSION

IMPACT As a new mom I don’t have enough hours in the day. It is important for me physically and mentally to find an hour for myself, but it is challenging. Participating in the challenge allowed me to give myself permission to exercise instead of doing chores. For me, breaking the hour into 20-minute chunks and scheduling them into my day will be more do-able.

OBSTACLES Fresh, healthy food can be more expensive than junk food. Having fresh, healthy food available for folks of all income levels is critical. And helping people learn how to prepare it is really important.



ARIANNA FLORES-CISNEROS

COMMUNITY RESOURCE NAVIGATOR, NORTH OLYMPIC HEALTHCARE NETWORK

IMPACT Realizing how much time I was spending on my phone was shocking. After a challenging first week, I found myself spending more time outdoors and feeling better overall. Once I started prepping my fruits and veggies for the week, it was much easier.

OBSTACLES Many individuals face food insecurity, inadequate housing, homelessness, substance abuse, poverty, adverse trauma, etc. which make it difficult to focus on health and can make one feel they have no control over their health. We need to empower people to take control of their well-being and promote simple, yet effective, healthy habits that are attainable.



BENJI ASTRACHAN

VISTA COMMUNITY FOOD PROJECT COORDINATOR, WSU EXTENSION

IMPACT I’ve become pretty conscious of screen time and have done a good job of stopping before two hours. Since I often hike or spend weekends outdoors, I get plenty of exercise. Spacing it out over the week was a bit harder, so I added some after-work sports with friends.

OBSTACLES Clallam County is currently fourth highest in Washington State for adult food insecurity, and second highest for child food insecurity — that’s 1 in 4 children without consistent access to food. We also have a wealth of opportunities to support local farmers and provide healthy sustainably-grown food to our community members, regardless of their social or economic backgrounds.



JIM STOFFER

BOARD MEMBER, SEQUIM SCHOOL DISTRICT & SEQUIM CHAMBER

IMPACT Ensuring I got five servings of fruits and vegetables, along with cutting out sugary drinks (except for needing a Dr. Pepper every now and then), kept me focused on meal planning for my busy schedule.

OBSTACLES More activities for our youth. The City of Sequim, YMCA, Boys & Girls Club and Sequim School District are working together to increase opportunities, but we need the whole community.



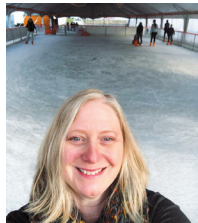
JENNIFER BURKHARDT

CHIEF HUMAN RESOURCES OFFICER & GENERAL COUNSEL,
OLYMPIC MEDICAL CENTER

IMPACT My daughter asked for a strawberry frappuccino and since we did 5-2-1-0 together we had a good discussion about the fruit content being healthy, while at the same time, it counted as a sugary drink for the day. It was a great

opportunity for us to talk about nutrition and wellness in a positive way. I stepped up the fruit and vegetable intake and the impact was huge! I had more energy and felt better. This really emphasized that “food is medicine,” and that good nutrition is foundational for wellness.

OBSTACLES Health equity is an issue, so making healthy options for diet and exercise easy and accessible, especially for all children, is important.



WENDY SISK

CHIEF EXECUTIVE OFFICER, PENINSULA BEHAVIORAL HEALTH

IMPACT Committing to five fruits and veggies made me realize I was not eating nearly as many as I thought. I also found that leftover veggies reheat really well so I brought lunch to work more often. Ten-minute walks throughout the day gave me more pep in my step and reduced stress. I look

forward to continuing this.

OBSTACLES Locally, we grow some of the most amazing and healthy food in the nation, but we are surrounded by low-cost, easily accessible, poor-quality food as well. Everyone needs access to healthy food options and the education to know how to make these foods as easy as junk food alternatives.



M. E. BARTHOLOMEW

STEERING COMMITTEE MEMBER, COMPASSION CLALLAM COUNTY

IMPACT Two hours or less of screen time was a huge challenge until I left on vacation. Zero hours has become the new normal and I don't even miss it! While traveling, the glass of wine with my sisters was hard to pass up. Otherwise, I already do zero sweetened beverages!

OBSTACLES The most difficult obstacle we face is our sugar-holic society, where sugar is used to celebrate, to gather with friends, to reward children, adults and ourselves. It requires work to get away from its far-reaching, ubiquitous presence in our lives. Its effect on our bodies contributes to the diabetes epidemic.



PATTY WAITE

EXECUTIVE DIRECTOR, PARENTING MATTERS FOUNDATION

IMPACT Probably the biggest impact was the movement. On vacation it was easy, but starting a new job, I had to make some deliberate choices to get that one hour. So, I jogged to the mailbox (an uphill climb) for the morning paper, and the afternoon mail to tack on additional time. Knowing I had to

check those boxes each day was motivating.

OBSTACLES Apathy and food addiction. I know a lot of folks who are well aware of what they “should” be doing to improve their health, yet continue in their old familiar and comfortable lifestyles.



JODY POTTER

WELLNESS MANAGER, LOWER ELWHA WELLNESS CENTER

IMPACT I was not raised with regular fruits in my diet, so I had to work at adding those. My colleague, Marissa, encouraged me to join her in walking our fur friends in the morning before work. Getting some exercise in during work in small intervals helped throughout the day.

OBSTACLES As a community, we need to educate people about access to food, jobs and care. Resource guides are awesome, however, there is a need to spread information beyond what we are currently doing.



LEE SCHILLING

GROUP EXERCISE COORDINATOR, OLYMPIC PENINSULA YMCA

IMPACT I focused on eating five servings of fruits and vegetables and drinking more water, and found I have more energy. I plan to continue this as an ongoing habit. Focusing more on meal prep saves time, money and ensures healthy choices.

OBSTACLES When we prioritize being healthy: mind, body and spirit, and make choices to support that, the result is inevitable. We can support healthy societal norms by being an example in attitude and action.



LARRY JEFFRIES

FOUNDER, MEALS FOR SEQUIM KIDS FUND

IMPACT As administrator for a couple of Facebook groups, I need to learn to work smarter and reduce my screen time. I affirmed my efforts to eat five servings of vegetables, add some fruits, and meet my hour of daily activity including three days of vigorous activity at the gym.

OBSTACLES Economic challenges of daily life that make eating unhealthy the easy option, lack of awareness of all the helping organizations and services available, and a robust community buy-in to become a healthy community.



CATHERINE MCKINNEY

PROGRAM COORDINATOR, CLALLAM MOSAIC

IMPACT Since movement is vital to good health and mood, returning to exercise as a priority improved my health so much more than just loosening up stiff muscles. After accidentally hurting my foot, I discovered chair exercises. I also found that splitting up the hour was easier and more productive for me.

OBSTACLES For those with disabilities, some obstacles are shared by all: finances, transportation, education, learned food preferences, time, and habits. Added to these common obstacles are the challenges of literacy, cooking skills, and specific supports for healthier behaviors, such as opportunities to exercise in fun and engaging ways.



MARISSA MARTIN

REGISTERED DIETITIAN & DIABETES COORDINATOR,
LOWER ELWHA WELLNESS CENTER

IMPACT Reducing recreational screen time showed me how much time I had to do things like play my ukulele, read or play with my puppy. Having more time increased my productivity.

OBSTACLES There are excellent resources and services focused on helping residents achieve good health, but I believe getting the information to those who could need it is an obstacle.

Join our Healthy Leaders in taking the 5210 Challenge!

Eat at least **5** servings of fruits and vegetables per day!

Shoot for less than **2** hours of recreational screen time!

Try for at least **1** hour of physical activity per day!

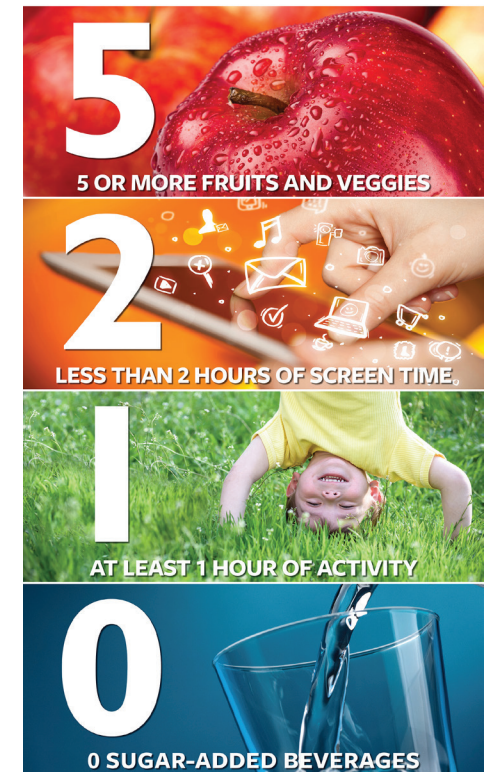
Aim for **0** sweetened beverages per day!

Healthy habits start at home and take time to develop. This handy tracker will help you adopt healthier habits and record your success! Check each box for the habit(s) you accomplish each day. 5210 is fun for everyone. Challenge your family and your friends.

Sunday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Monday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Tuesday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
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Saturday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

☐ + ☐ + ☐ + ☐ = **Total**



Adapted from LetsGo.org

How did you do?

30-59 checkmarks = good start, keep trying, new habits take time to learn. Focus on one new habit at a time.

60-84 checkmarks = terrific, you're doing great. Now add one more healthy habit to each day.

85-112 = 5210 Super Star!

Share your success with others and show them how well 5210 works for you.

Challenge sheets available at www.olympicmedical.org/challenge



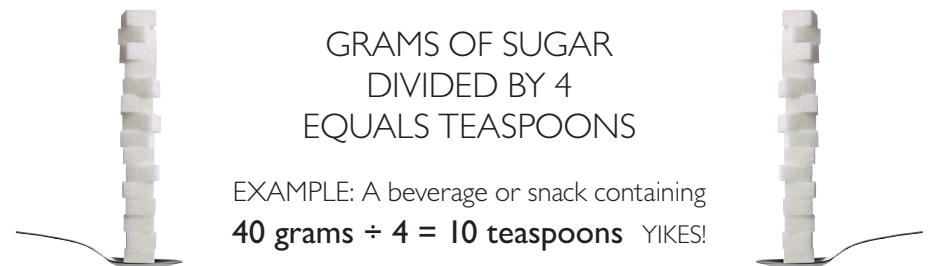
Olympic Medical Center
encourages healthy lifestyle habits.

Make healthy choices to improve your life and reduce your chances of developing chronic conditions such as diabetes, heart disease, high blood pressure and cancer.

LEARN SUGAR MATH

GRAMS OF SUGAR
DIVIDED BY 4
EQUALS TEASPOONS

EXAMPLE: A beverage or snack containing
40 grams ÷ 4 = 10 teaspoons YIKES!



Rethink your sugary drinks and snacks!