



## Adventists Say Yes! to Healthy Kids and Families

### The Need

Nearly one in three children in America are overweight or obese, increasing their risk for asthma, type 2 diabetes, heart disease, high blood pressure, sleep problems, depression, and bullying. Some of the contributing factors are decreased exercise, bigger portion sizes, more refined foods, and the inability for low-income families to access healthy foods.

### The Challenge

The First Lady launched *Let's Move* in February 2010 to solve the problem of childhood obesity within a generation, so that kids born today reach adulthood at a healthy weight. The Seventh-day Adventist Church has joined some 50 other faith and community organizations in supporting this national initiative to fight the epidemic of childhood obesity.

*"The 'Let's Move' initiative is consistent with our church's approach to ministering to people physically, mentally, socially and spiritually."*

~Ted Wilson  
General Conference President

### The Opportunity

The Seventh-day Adventist Church promotes a message of healthful living among its members. Principals, teachers and parents can help make schools healthier places by providing quality nutrition, integrating physical activity during the day, and teaching children about the importance of embracing a healthy, active lifestyle. *Adventists InStep for Life* is also an opportunity to carry out the *Reach North America* NAD theme by reaching out to share this message of healthful living and make a positive impact for Christ in our communities. Small, simple changes can make a big difference in preventing childhood obesity.

The North American Division has set the following goals for *Adventists InStep for Life*:

1. Increase physical activity by:
  - Accumulating 2 million miles through walking and other activities
  - 60% of Adventist students achieving the NAD Presidential Active Lifestyle Award (United States only) or NAD Active Lifestyle Award
2. Focus on nutrition and increased fruit and vegetable servings by
  - Launching 100 summer feeding sites (at least one church and school site per conference)
  - Starting 100 vegetable gardens or farmer's markets (at least one church and one school garden per conference)
3. Engage kids, youth, parents, schools and the community in working together to fight obesity

## The Plan

Every school in the North American Division is encouraged to form a *Adventists InStep for Life* team to identify how you can incorporate this initiative as you carry out your education and mission outreach strategies. You may also want to include constituent church leaders, Home & School leaders, health professionals, parents, youth and any others who might join in the fight against childhood obesity. Together, explore the following list of activities and see which ones could work best for your school.

- Spread the word about childhood obesity in conversations, newsletters, bulletin boards, assemblies and classes.
- Coordinate an *InStep for Life* club and set a walking goal for your school. Offer awards for the highest “steppers.”
- Encourage students to get physically active by taking the *President’s Active Lifestyle Challenge* ([www.presidentschallenge.org](http://www.presidentschallenge.org)). The NAD goal is for 60% of students to achieve this award. They can also earn the NAD Active Lifestyle Award.
- Host a *BodyWorks* program for healthy teens (<http://www.womenshealth.gov/bodyworks/>)
- Organize fun physical activity events, like a 5K run/walk, bike-a-thon or a summer sports camp in your community.
- Promote walking or biking to school once a week or month ([www.saferoutesinfo.org](http://www.saferoutesinfo.org))
- Celebrate *Walk to School* day and month in October ([www.walktoschool.org](http://www.walktoschool.org))
- Start or join a Health Living Club (or *CABL* organization on university campuses).
- Plan a Healthy Living Week for your school.
- Take the *Healthier US School* challenge (<http://www.fns.usda.gov/tn/HealthierUS/checklist.pdf>).
- Provide healthy options at school lunches, vending machines and school functions.
- Engage students in learning about nutrition and making balanced and healthy choices.
- Offer healthy cooking classes for students and parents.
- Start a community vegetable garden at your school and invite students, parents, neighbors and people who don’t have their own space to grow food. (Apply for funding from NAD Healthy Kids Grant).
- Offer a summer feeding program to ensure that children have access to healthy meals when school is out.
- Start a CSA club (community supportive agriculture) by partnering with local farmers to bring a farmer’s market to neighborhoods that lack access to fresh foods.
- Engage students in gleaning programs ([www.endhunger.org](http://www.endhunger.org))
- Consider community service projects that help students be active and encourage others to be active and healthy.
- Meet with community leaders to encourage them to sign your city up as a *Let’s Move City* and discuss ways you can partner to fight childhood obesity.

### ***Let’s Move! Day***

*The North American Division has set aside Sunday, September 20 as Let’s Move! Day. Whether you host a 5K run/walk, join a community event, or organize other activities, consider how you can get as many people possible involved in physical activity on this date. Together, we can make a difference!*

**For more information, resources, and a tool kit, visit:** [www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org)

