

# Did you know ...

Over the past three decades, childhood obesity rates in America have tripled.

Nearly one in three children in America are overweight or obese. The numbers are even higher in African American and Hispanic communities, where nearly 40% of the children are overweight or obese.

Today's children make up the first generation in history to grow up less healthy than their parents.

If we don't solve this problem, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives.



## Let's Move Day

The North American Division has set aside **Sunday, September 21** as *Let's Move Day*. Whether you host a 5K run/walk, join a community event, or organize other activities, consider how your team can get as many people as possible involved in physical activity. Invite your community to join your church, school, or hospital as we move together and promote a healthier lifestyle. Remember to report your collective miles (or physical activity equivalent) on the website, as they will count toward our 2 million mile goal.

If we don't solve the problem of childhood obesity, our children will face problems like asthma, diabetes, heart disease, high blood pressure, sleep problems, depression, and bullying. The physical and emotional health of an entire generation and the economic health and security of our nation is at stake.

Your involvement is key to ensuring a healthy future for our children. Join the *Adventists InStep for Life* initiative, and let's work together to encourage, support, and track commitments to healthier lifestyles.

Visit [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) for:

- More information, resources, and a toolkit
- An *Adventists InStep for Life* commitment pledge
- Recording individual/group physical activity
- Stories of how others are getting involved

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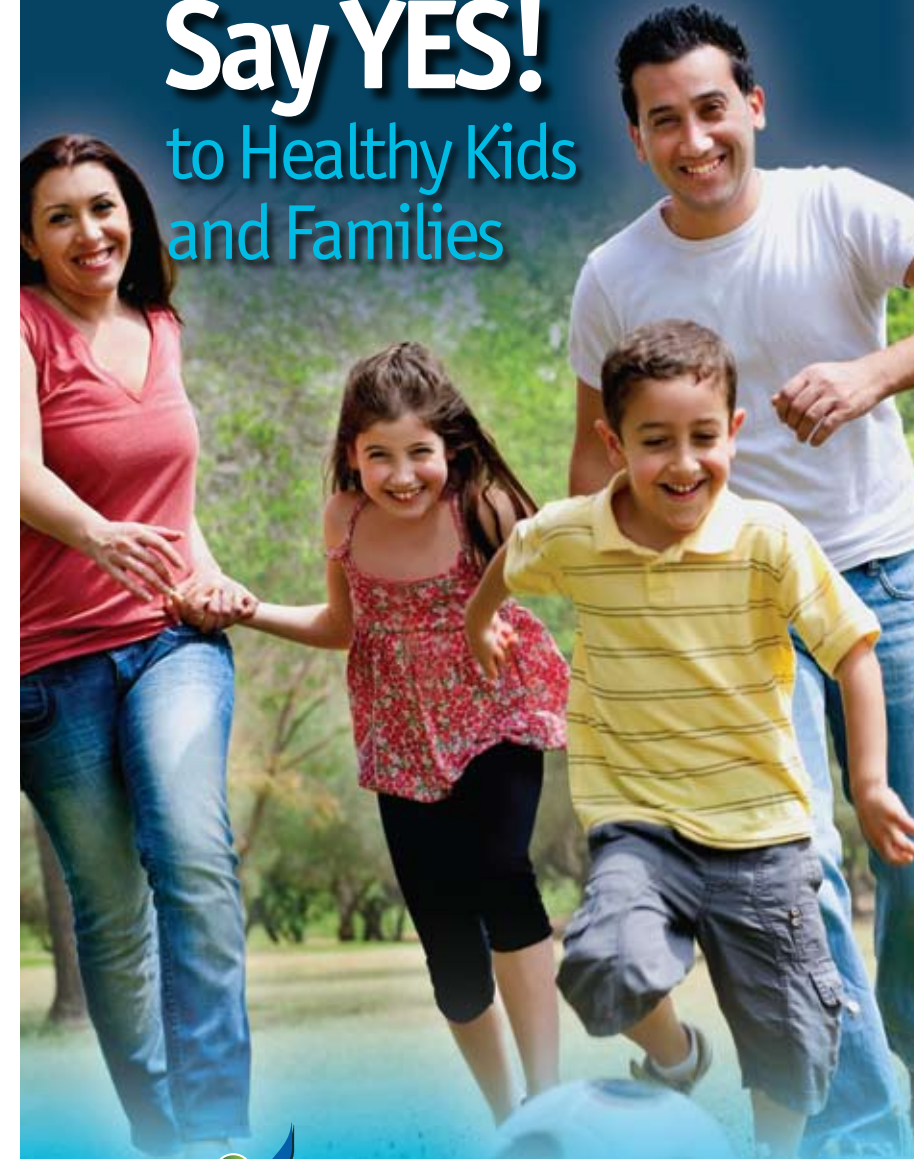


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NORTH AMERICAN DIVISION HEALTH MINISTRIES

# Adventists Say YES! to Healthy Kids and Families



“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



## Adventists Say YES! to Healthy Kids and Families

In 2010 the First Lady launched *Let’s Move* to fight the epidemic of childhood obesity. The Seventh-day Adventist Church has joined some 50 other faith and community organizations in supporting this national initiative.

### An Opportunity to Make a Difference

*Adventists InStep for Life* is a North American Division initiative sponsored by the Adventist Community Services, Children’s Ministries, Education, Health Ministries, and Youth Ministries Departments in order to mobilize every member and institution to get in step for life and make a significant impact on childhood obesity. Our goals are to:

1. Increase physical activity by:
  - Accumulating 2 million miles through walking and other activities
  - Helping 60% of Adventist students achieve the NAD and Presidential Active Lifestyle Awards
2. Focus on nutrition and increased fruit and vegetable servings by:
  - Launching 100 summer feeding sites (VBS, camps, community service activities)

- Starting 100 vegetable gardens in schools and/or churches (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

### What You Can Do ...

Join the team! Every church, school, and organization is encouraged to form an *Adventists InStep for Life* team to coordinate activities that inspire healthy eating and physical activity. Each of us has a role to play in reducing childhood obesity. Together we can make a difference!

#### Churches & Youth Groups

- Talk about childhood obesity in newsletters, bulletins, health nuggets, and sermons.
- Coordinate an *Adventists InStep for Life* club and set a walking goal for your church, Sabbath School class, or Pathfinder club.
- Promote the *NAD Active Lifestyle Award*.
- Provide healthy options at church potlucks.
- Offer healthy cooking classes.
- Offer a summer feeding program at VBS or community service outreach initiatives so kids have access to healthy meals when school is out.
- Start a community vegetable garden or farmers’ market.

#### Schools & Universities

- Share nutrition and exercise information in newsletters, bulletin boards, assemblies, and classes.
- Set a walking goal for your school and offer awards for the highest “steppers.”
- Encourage students to take the *President’s Active Lifestyle Challenge*.
- Provide healthy foods in school lunches, cafeterias, vending machines, and at school functions.

- Start a *Health Living Club* (or CABL organization on university campuses).
- Organize a 5K run/walk, bike-a-thon, or a summer sports camp in your community.
- Promote walking or biking to school. Celebrate *Walk to School* day and month in October.
- Plan a *Healthy Living Week* for your school.
- Start a community vegetable garden and invite students, parents, neighbors, and people who don’t have their own space to grow food.

#### Health Care Institutions

- Organize an athletic event to raise awareness of childhood obesity.
- Offer nutrition and healthy cooking classes.
- Look for ways in your community to improve access to healthy, affordable foods.
- Partner with local farmers to bring a farmers’ market to neighborhoods that lack access to fresh foods.
- Partner with local schools to offer salad bars at school lunches.
- Consider building or revitalizing playgrounds in your community.
- Offer grants or scholarships for community projects addressing childhood obesity.

“This is our time! As a church we have long talked about the importance of not just healthy minds and hearts but also healthy bodies. *Adventists InStep for Life* is a wonderful means for advancing our emphasis on health among kids and their families.”

— Dan Jackson  
President, North American Division

“More than ever the time has come for God’s message of healing and restoration to be heard. *Adventists InStep for Life* is a wonderful opportunity to make a positive impact for Christ in our communities.”

—Katia Reinert  
NAD Health Ministries Director

