Using Science and Technology to Improve Your Local Community Roundtable

U.S. Department of Health & Human Service's Center for
Faith-Based and Neighborhood Partnerships (The Partnership Center)
*Let's Move!* In Your Community

Over the past three decades, childhood obesity rates in America have tripled and today, nearly one in three children in America are overweight or obese. Many of these children will face chronic obesity-related health problems like diabetes and heart disease, as well as social stigma.

A variety of factors have led us to this place today. Americans now consume more fast-food and sugar-sweetened beverages, and they eat outside their homes more often. Kids don't always have access to healthy foods, especially fruits and vegetables, in stores in their communities. Children are also getting less physical activity in school and at home. Many kids spend hours in front of TVs and computers. They don't always live in places where it is safe to walk, bike, and play.

To help change these trends, First Lady Michelle Obama started *Let's Move!* This initiative has an ambitious goal: to reverse the trend of childhood obesity within a generation. She wants to make sure that all children in this country grow up healthy, and she is calling upon all of us to make that happen.

We welcome the input of 4H-ers about how you would bring *Let's Move!* into your community. Specifically, we invite you to consider these questions:

- What do you see where you live? What barriers are there to physical activity and healthy eating?
- What types of solutions could help? How would you change your home, school, place of worship, or community?
- What role are you willing to play? How can you take a leadership position and galvanize your community toward healthier living?
- Does Let's Move appeal to youth of all ages?

Please use the resources below to learn more about *Let's Move!*, healthy living, physical fitness, and nutrition. Don't feel like you need to limit yourselves to these sites; feel free to use other resources that you may know about.

We are very interested in hearing your own ideas on how we can help kids live healthier lives. Thanks in advance!

RESOURCES

*Let's Move!* website: www.letsmove.gov

*Let's Move Faith and Communities*: www.letsmove.gov/communities

White House Task Force on Childhood Obesity Report to the President: http://www.letsmove.gov/white-house-task-force-childhood-obesity-report-president

4-H Healthy Living Program: http://www.4-h.org/youth-development-programs/kids-health/

MyPlate: www.choosemyplate.gov

President's Council on Sports, Fitness, and Nutrition: www.fitness.gov

Safe Routes to School: http://www.saferoutesinfo.org/

Junior Master Gardener: http://jmgkids.us/

Access to Affordable and Nutritious Food: http://www.ers.usda.gov/Publications/AP/AP036/