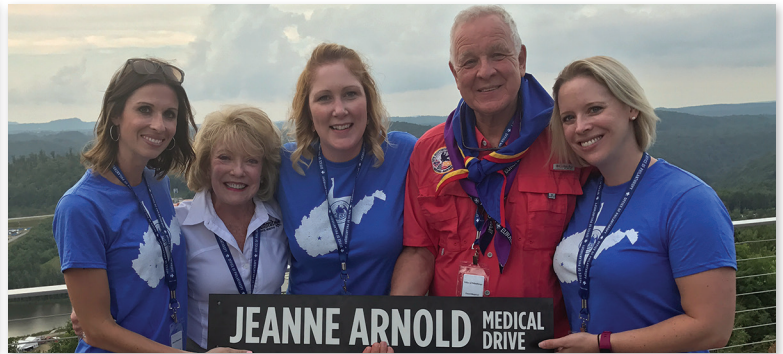


ARNOLD HEALTH LODGE GROUNDBREAKING AND ROAD DEDICATION

45,000 scouts, leaders, and staff attended the 2017 National Jamboree at Summit Bechtel Reserve in July. Jeanne and Ed Arnold, both longtime supporters of the Boy Scouts of America and one of only two couples to have both received the Silver Buffalo award, have contributed funding to support the construction of two facilities at the Summit. In 2013, the Arnold Logistics Center was completed and was one of the first constructed buildings on the property. This year at Jamboree, **Jeanne Arnold Medical Drive** was dedicated

at the entrance to the site of the new **Jeanne and Edward H. Arnold Wilderness Medical Center**. During a ceremony that highlighted not only their financial contributions, but their dedication to the Boy Scouts of America and the overall mission to improve health and wellness of our youth, the Arnolds officially broke ground for the construction of this new facility. Thanks to the philanthropy of the Arnolds and many others, Summit Bechtel Reserve is now the permanent home of the National Scout Jamboree.



BSA UPDATES



SCOREBOARD: TROOP INTERVENTION

Welcome to Penn State PRO Wellness
SCOREBOARD

Learn new tips for a healthier lifestyle and have fun along the way.

The Penn State PRO Wellness Scoreboard will help you and your team track healthy eating, sleep, physical activity and water intake while engaging in friendly competition.

Grab a friend and start keeping score today!

[SIGN UP TODAY »](#)


Already on Scoreboard?

Site Name

Password

[SIGN IN »](#)

Forgot site name or password?



The Penn State PRO Wellness SCOREBOARD is part of a web-based intervention pilot study aimed to improve overall health outcomes for scouts and their families. The intervention, which occurred March through June 2017, included four components: surveys, online tracking, family involvement, and focus groups. Participants were engaged in the study over the course of 12 weeks where they tracked and monitored vegetable intake, steps, water, and sleep. Success was measured in a number of ways:

- 77 scouts participated
- 6,788,400 total steps were recorded
- Average of 12,036 steps daily, 8.7 hours sleep, 5.8 glasses of water, 2.6 veggie servings
- FROM BASELINE, 58% decrease in soda in the household, 75% increase in vegetables consumed daily, 54% increase of bottled water in the household



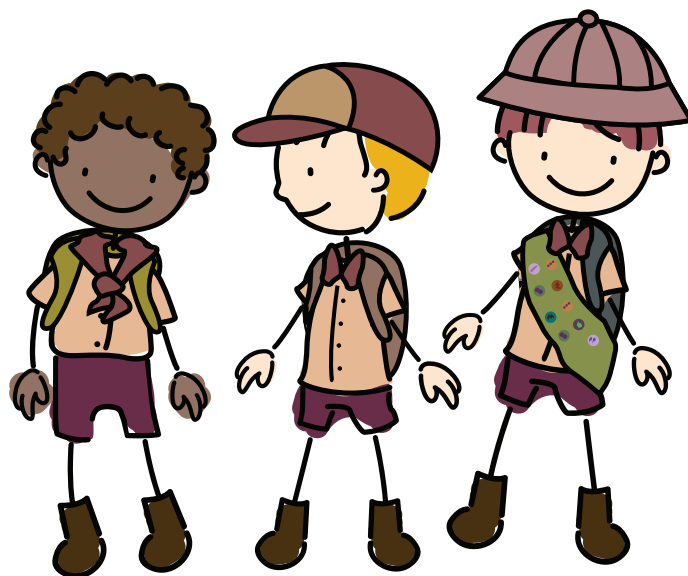
MAKING PROGRESS AT CAMP

Our work with Boy Scouts of America addresses healthy living at multiple levels—including scouts and their families, as well as their troop, council and region. Stemming from engagement on the Boy Scouts of America's National Presidential Task Force to Address Childhood Obesity, PRO Wellness has partnered with summer camps in three states (PA, GA, AZ) to implement Operation Revamp Camp, which includes evidence-based practices for healthful nutrition and improved physical activity. Troop leaders and Scouts have expressed overwhelming support for Operation Revamp Camp with favorable results realized in improved nutrition content of dining hall meals, satisfaction with food choices, increased activity, and Trading Post sales.

Visitations of PRO Wellness staff at Phoenix, Atlanta, and Pennsylvania camps took place throughout the summer to collect data and ensure smooth implementation. A promotional video has been completed and we are eager to share it with other camps nationally to highlight what can be done to increase health initiatives at camp.



- Participating camps offered an average of 34% healthier products out of all food products sold. This is a huge improvement, but we will continue to strive for at least 50% healthier products in all trading posts.
- 5/7 camps participating in the healthier trading post initiative implemented strategic product placement.
- Bert Adams food sales increased per person, reaching the highest sales they have ever seen.
- 4/7 camps limited dessert to once/day.
- 5/7 camps noted they were having a hard time keeping up with the demand for fruits and vegetables: Bashore, Bert Adams, Mack, Tuckahoe, Woodruff.
- 2/7 camps participated in the Step-Up Challenge. Both reported that they plan to boost marketing efforts for this even more next year.
- 2/7 camps limited bug juice.
- Most camps improved their salad bars and added protein options.
- ALL camps offered more whole grains.
- ALL camps served fruit at least two times per day.



BETTER TOGETHER UPDATES



SAVE THE DATE: BETTER TOGETHER SUMMIT, OCTOBER 10, 2017

Better Together is a cross-functional collaborative established to bring together community organizations all working toward the common goal of improved community health. The **Better Together Lebanon County Steering Committee**, made up of 34 members from 18 unique organizations, has been busy planning the **2nd Annual Better Together Summit to take place on October 10, 2017**. Members of the action teams (physical activity, healthy food access, and family and community engagement) have been meeting regularly to plan breakout sessions, finalize 2018 mission and goals, and maximize collaborative efforts to help make Lebanon County and healthier place to live.

Key Note Speakers at the October 10th Summit include:

- Ms. Jeanne Arnold, RN, Philanthropist and Chair of the Childhood Obesity Taskforce for Boy Scouts of America: Summit Purpose and Successes
- Kenny Mojito, CEO of United Way Lebanon: Overview of Challenges
- Action Team Co-Chairs: Goals for 2018

Recent Achievements

- **The Healthy Food Access Action Team** has displayed healthier food options available while at the Lebanon fair.
- Organizations are discussing the possibilities of additional community gardens as a result of collaborations between many businesses. The American Heart Association (Better Together partner) has been funded to sponsor more school gardens in Lebanon County!
- **The Physical Activity Action Team** is planning walking tours during parades and other community events.

**SUMMIT SAVE THE DATE:
OCTOBER 10, 2017**



NOTABLE MENTIONS

IN THE COMMUNITY

Penn State PRO Wellness shared updates on Boy Scouts of America initiatives at:

- The Penn State Cancer Institute in Hershey, PA in August
- National Association of County and City Health Officials (NACCHO) Annual Meeting in Pittsburgh, PA in July

Jeanne Arnold presented Boy Scout Summer Camp Healthy Initiatives at the National Jamboree at the Summit Bechtel Reserve in West Virginia in July and the Top Hands Conference in August.

The COMPASS team submitted a proposal to the American Camp Association National Conference in February 2018 to conduct a session highlighting camp work.



Coming Soon

Jeanne Arnold, Matt Adams, Jason Baldrige, and Tom Morin will be presenting at general session, an elective session, and as exhibitors at the **National Outdoor Conference in Philmont, NM in September 2017**.



Resources Now Available!

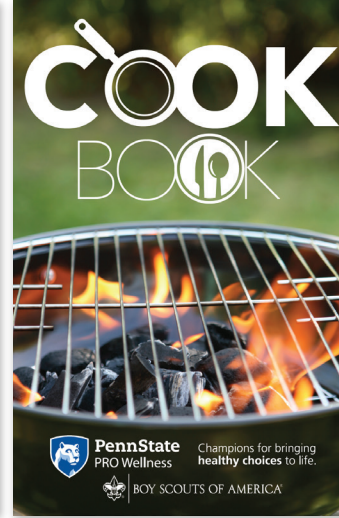
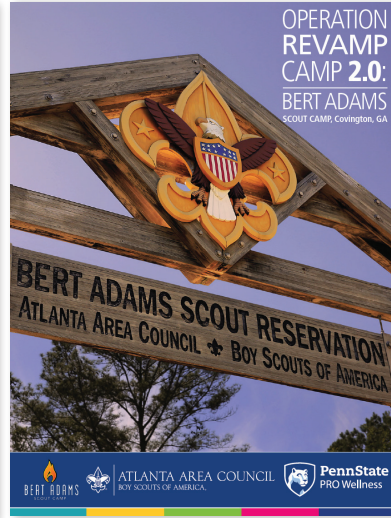
Penn State PRO Wellness has highlighted the success of **Summer Camp Initiatives** and **Operation Revamp Camp 2.0 at Bert Adams Scout Camp, Covington, GA**. Please contact PRO Wellness to receive a copy of each.

Ph: 717.531.1440

E-mail: COMPASS@pennstatehealth.psu.edu

Check out the video testimonial for Operation Revamp Camp at

<http://bit.ly/BSARevampCamp>.



BOY SCOUTS OF AMERICA®

Boy Scouts of America is one of the nation's largest and most prominent values-based youth development organizations. Boy Scouts of America provides a program for young people that builds character, trains them in the responsibilities of participating citizenship and develops personal fitness.

For more than a century, the Boy Scouts of America has helped build the future leaders of this country by combining educational activities and lifelong values with fun. Boy Scouts of America believes — and, through over a century of experience, knows — that helping youth is a key to building a more conscientious, responsible and productive society.



PennState PRO Wellness

Penn State PRO Wellness is committed to educating and inspiring youth and their families to eat well, engage in regular physical activity, and become champions for bringing healthy choices to life. PRO Wellness provides healthy eating and active living strategies to approximately 800 schools in Pennsylvania, as well as communities and corporate business partners. Advised by over 50 corporate, government and academic officials, PRO Wellness is highly visible in the health and wellness arena and positioned as a statewide thought leader in obesity prevention. As an integral component of Penn State Health Milton S. Hershey Medical Center's community service mission, our approach of prevention, research and outreach provides schools, communities and like-minded organizations with program development and implementation, assessment and evaluation, capacity building, technical assistance, collaborative partnerships and access to proven wellness interventions. For more information, visit www.med.psu.edu/PROwellness/BSA.