

A NOTE FROM JEANNE ARNOLD



Today, one in three children is overweight or obese, threatening to shorten the life expectancy of our youngest generation due to associated health risks such as high blood pressure, high cholesterol, cancer, diabetes, and asthma. The American Heart Association reports that childhood obesity is now the number one concern of parents,

topping both drug abuse and smoking. Not only is the obesity epidemic an international healthcare priority, it is a matter of national security, with 27% of young adults ages 17-24 too overweight or out-of-shape to join the military.

Thanks to organizations like **Boy Scouts of America**, we hope to change these statistics. When organizations such as Boy Scouts of America prioritize and invest in child health, together, we have the ability to improve the lives of the next generation.

With the support of the **Pennsylvania Dutch Council, New Birth of Freedom Council, Atlanta Area Council, and the Grand Canyon Council**, we have had the opportunity to trial and refine programs aimed to encourage good nutrition, increased physical activity, and healthy choices. In collaboration with council leadership, summer camp staff, troop leaders, and scouts, we are monitoring tolerance to change, acceptance, and overall program success prior to implementation on a broader level.

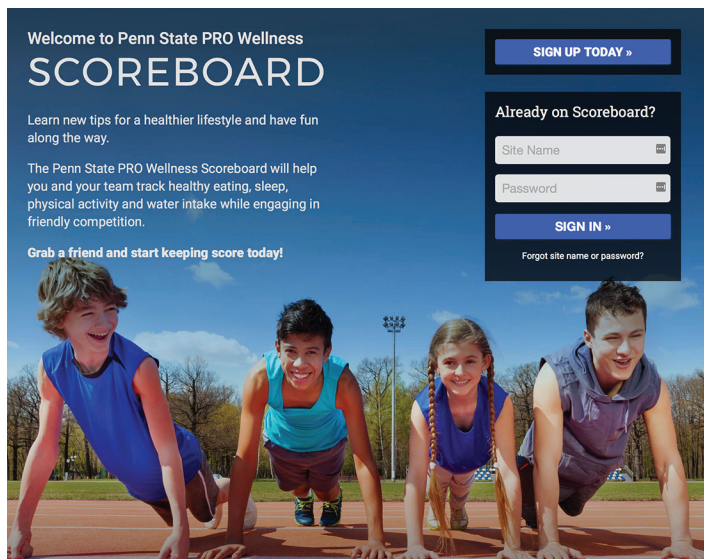
Penn State PRO Wellness values research and evidence-based strategies to combat public health threats, such as obesity. With the investment and collaboration of Boy Scouts of America, as well as willing councils, the collective team has the expertise, passion, and drive to make a difference across Boy Scout councils nationally. I look forward to the years to come and continual collaboration with Boy Scouts of America and Penn State PRO Wellness.

- Jeanne Arnold

BSA UPDATES



SCOREBOARD: TROOP INTERVENTION



The healthy habit tracker and competition, via **Penn State PRO Wellness' SCOREBOARD**, is currently taking place with troops in the **PA Dutch Council**. Scouts are participating in a competition within patrols in which reaching recommended daily step counts, vegetable intake, water intake, and sleep earns them points. Additionally, Penn State PRO Wellness has made a resource website available for participating troops to pilot. The website includes recipes, resources to earn merit badges in a more healthful way, and energetic activities for families and troops. The current study has 76 participating scouts from six troops. The competition runs through early June, at which time a winning team will be awarded. Results will be coming soon!



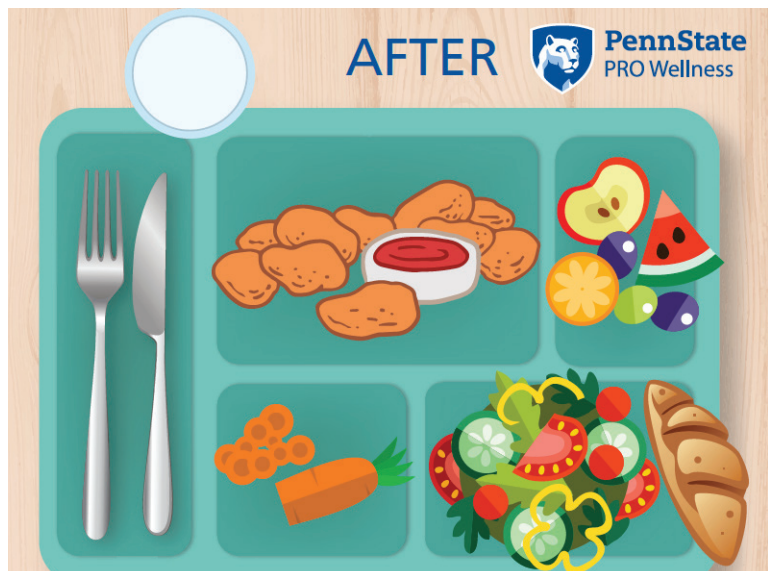
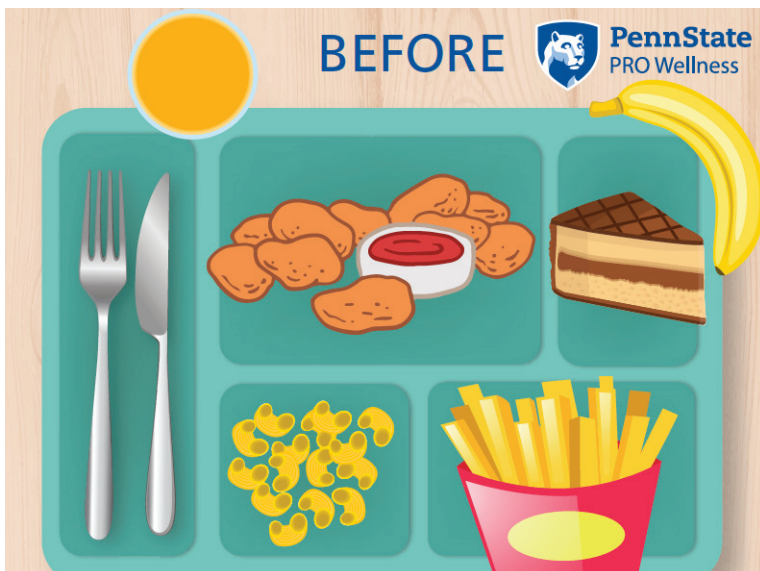
MAKING PROGRESS AT CAMP

Camp staff are geared up with modified menus, revamped trading posts and physical activity challenges for seven participating camps in four councils. We have met with council leadership from all four councils, including an on-site visit to **Bert Adams Scout Camp in Atlanta, GA**, to discuss implementation of new menus and trading post options, to create healthier access standards for cracker barrels and the cooking badge, and to discuss camp gardening opportunities. This year, we are eager to start piloting and refining an online camp toolkit available to assist camps remotely with implementation of healthy modifications.

Looking ahead, camp starts June 4 in Atlanta and Phoenix, and June 11 and 18 in Pennsylvania. PRO Wellness staff will be on site weekly in PA, and periodically in AZ and GA. Additionally, a promotional video is planned to feature the original healthy initiatives at **Camp Bashore**, and will be shared with other prospective camps upon completion.



Trading Post Adjustments: Right
Menu Adjustments: Below



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BETTER TOGETHER UPDATES



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

The **Better Together: Lebanon County** initiative, which translates camp successes into the community, hosted a successful summit in October 2016 welcoming 82 organizations and over 200 people to discuss current programs and needs, and to encourage local organizations to work more collaboratively together to improve the health and quality of life for its community residents.

Monthly steering committee meetings with individuals representing 18 unique organizations have been critical at moving this vision forward. From this group, community leaders have emerged to form action teams to address healthy food access, physical activity, and family and community engagement. Steering committee member **Matt Adams, PA Dutch Scout Executive** has joined the family and community engagement team to engage scouts and their families in this effort.

Looking forward, we are excited to announce the second annual **Better Together Summit on October 10, 2017 at Lebanon Valley College in Annville, PA**, where Action Teams will share goals for 2018 and encourage community participation.

Sharing Successes

The **PA Dutch Council** has led an initiative to collaborate between **Camp Bashore** and local school gardens. This relationship will be mutually beneficial, as scouts will learn about basic gardening at summer camp, and at the same time, help to maintain school gardens during the summer months.

Additionally, collaboration among the **YMCA, the American Heart Association, and WellSpan Health System** has resulted in a community garden. Cooking demonstrations hosted by WellSpan and the American Heart Association in Lebanon, PA have all "sold out". We are excited to see organizations who previously worked independently, working together to benefit the community, as a result of the Better Together initiative.

NOTABLE MENTIONS

IN THE COMMUNITY

The **Better Together** initiative was featured at **Healthy Kids Day** at the YMCA in Lebanon, PA. Additionally, the **United Way Community Forum** asked **Penn State PRO Wellness** to speak about the **Boy Scouts of America and Better Together initiative!** See more publicity and presentations below.

Jeanne Arnold presented about **Boy Scout Summer Camp Healthy Initiatives** at the:

- Emergency Risk Management Summit at Florida Sea Base in February 2017
- Pennsylvania Dutch Council Fundraising Breakfast in Lebanon, PA in March 2017

Penn State PRO Wellness shared updates on the **Boy Scouts Camp, Family, and Community Initiatives** at:

- The Pediatric Departmental Research Series at Penn State Hershey in February 2017
- Community and Public Health Conference in Lancaster, PA in April 2017
- Association for Clinical and Translational Science Annual Meeting in Washington, DC in April 2017
- Health Promotions for Populations Panel at Penn State College of Medicine in May 2017
- Pennsylvania Nutrition Educators Network Annual Conference in Philadelphia, PA in May 2017



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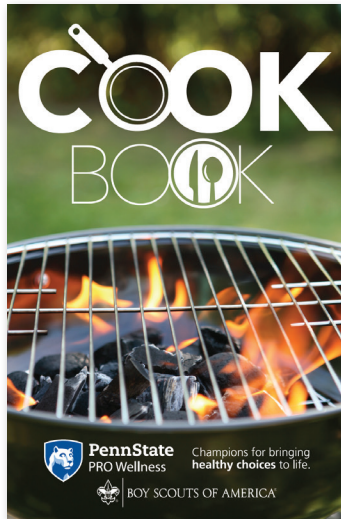


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Coming Soon

You can hear PRO Wellness speak about the Better Together: Lebanon County Initiative at the **National Association of County and City Health Officials (NACCHO) Annual Meeting** in Pittsburgh, PA in July 2017.

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



Resources Now Available!

Please contact **Penn State PRO Wellness** for access to the **BSA Healthy Cookbook** and **6 Steps to a Healthy Camp** card.

Ph: 717.531.1440

E-mail: COMPASS@pennstatehealth.psu.edu

Resources Coming Soon!

PRO Wellness SCOREBOARD Healthy Habit Tracker and competition, available for all troops

ScoutingCOMPASS website with badge earning resources (i.e. trails, training, etc), troop activities, family activities, etc.



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.