

SPREADING THE WORD: WHAT'S GOOD, AND GOOD FOR YOU

The best answer to a community's health and social problems is knowledge, and it is that quest that drives the work of the Boys, Girls, Adults Community Development Center. It spreads the word about what works, especially when it comes to keeping healthy.

First Lady Michelle Obama's national campaign to halt the epidemic of obesity and developing diabetes among the nation's children, particularly African-Americans, engaged BGACDC. A third of children between 10 and 17 in Arkansas are overweight or obese and in danger of contracting diabetes and other crippling diseases. The figure is higher in the Mississippi Delta.



Victoria Bell demonstrates how to make a healthy smoothie with Swanzetta Johnson and her son Dominique Cline

On the last Thursday of June, 35 adults and children gathered at the BGA Center for a lecture, demonstrations and discussions of how healthy nutrition could be introduced in both schools and homes. Victoria Bell, a Shepherd Alliance intern, took people through the history and causes of obesity and the devastating impact it had on the future success and happiness of children. She demonstrated the ease of getting healthy fruits and vegetables into the meals of children, including a shake made of berries and fruit, along with milk or yogurt and vegetables like spinach and carrots.

The participants adopted a plan to introduce healthier foods in the community's schools and homes, remembering Michelle Obama's now-famous charge at an obesity summit in 2010:

"Our kids didn't do this to themselves. They don't decide the sugar content in soda or the advertising content of a television show. Kids don't choose what's served to them for lunch at school, and shouldn't be deciding what's served to them for dinner at home."



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