



December 10, 2012

Dear AAFCS Affiliate,

**National AAFCS
Community of Obesity
Prevention Contacts**

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Today America is facing an obesity epidemic -- two-thirds of adults and one-third of children are overweight or obese. Obesity is estimated to cause over 112,000 deaths each year in the U.S. and is the precursor to over 25 chronic diseases. One in three children born in the year 2000 is expected to develop diabetes. Present statistics indicate that the current generation will have shorter lifespans than their parents. Each year obesity-related chronic disease and disability costs the nation approximately \$190 billion in health care expenses.

A new AAFCS Community has formed on Obesity Prevention.

AAFCS has worked to address challenging social and economic issues for over 100 years, and today's obesity epidemic is no different. Eating nutritious foods and engaging in daily physical activity is a proven approach to maintaining healthy weight and decreasing the risk for obesity. The new Obesity Prevention Community of Practice, an outgrowth of the Taking It to the Streets initiative, is strategizing ways to support AAFCS members in adopting healthier habits.

Join our Wellness Campaign: "Healthy Lifestyles--AAFCS Leading by Example"

A three-month campaign is planned for January 5 through April 5, 2013. During this time members are encouraged to do the following:

- 1) Engage in physical activity--30 minutes on five or more days per week.
- 2) Choose nutritious foods each day based on USDA MyPlate guidelines.

Each affiliate president is asked to promote the campaign and to assign a contact person to document members' efforts in being active and eating better. Forms and/or websites will be provided for this purpose. Findings will be reported to AAFCS and announced at the 2013 AAFCS Annual Conference in June.

Let's lead by example!

Hopefully, our personal experiences in pursuing healthier lifestyles will inspire others. Our history shows that we can make a difference in the lives of individuals and families. Let's show America that the members of AAFCS are united and that we can make inroads in this obesity epidemic to safeguard the health of our nation for generations to come.

Sincerely,

Ingrid Richards Adams, PhD RD LD
Chair, Community of Obesity Prevention

Marilyn Sue Buck
AAFCS President, 2012-13