

Faith Communities: A Guide to 9-5-2-1-0 --Your Winning Numbers for Health!

What is 9-5-2-1-0 for Health™?

9-5-2-1-1 for Health™ is an easy-to-remember formula to help you live a healthy lifestyle. The 9-5-2-1-0 for Health™ habits include:

- ✓ 9 hours of sleep per day
- ✓ 5 servings of fruits and vegetables per day
- ✓ 2 hour limit on screen time per day
- ✓ 1 hour of physical activity per day
- ✓ 0 sugar-added beverages per day

What can you do to start using 9-5-2-1-0 for Health™?

Here are 10 things faith communities can do to improve children’s health and promote life-long healthy habits.

For Community Members	✓
1. Deliver inspirational messages that link healthy habits with spirituality in sermons, bulletins, and newsletters	
2. Increase the amount of fruits/vegetables available at your place of worship functions	
3. Increase activities that teach members healthy habits such as: <ul style="list-style-type: none"> • Demonstrations/classes on healthy ways to prepare food • Tours of local grocery stores 	
4. Provide educational materials to parents/children and post materials in public areas/meeting rooms on 9-5-2-1-0 healthy behaviors	
5. Educate staff on 9-5-2-1-0 healthy behaviors and encourage staff to be good role models	
For Youth Members	
6. Assure that worship leaders are involved and supportive of increasing healthy behaviors for children/youth 9-5-2-1-0 healthy behaviors	
7. Increase availability of healthy drinks/snacks at youth programs, vending machines, and other events	
8. Integrate healthy eating/physical activity into children/youth programs and classes	
9. Host active family events to promote physical activity that parents and children can enjoy together	
10. Participate in/support community-based efforts to combat childhood obesity and promote 9-5-2-1-0 healthy behaviors	

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Learn more!

Go to www.tippingthescales.net to learn more about 9-5-2-1-0 for Health



Mid-South Churches Cooperative Conference
www.midsouthchurches.org

National Faith-Based Mobilization Network
www.faimonet.org/vbs