

NVON, LET'S TAKE OFF

NVON Project in Common 2010 – 2012

Objective: Take off weight to avoid the problems associated with obesity and the health problems that go along with that, as well as to combat type 2 diabetes.

NVON, LET'S TAKE OFF? Take off what, why, where, when? Take off weight to avoid the problems associated with obesity. Each state will develop programs to raise the awareness of obesity and recognize ways to help combat the effects of obesity on the overall health of individuals.

PROJECT IN COMMON 2010 – 2012: The theme for the 2010 –2012 Project in Common will be Membership. At the 2007 Triennial Conference one of the resolutions passed was:

OBESITY AWARENESS: Be it resolved that ACWW member societies urge their governments to raise the awareness of obesity and the ensuing harm to physical health.

One of the recommendations passed was:

FIGHT AGAINST TYPE 2 DIABETES: Be it recommended that ACWW member societies will encourage their national governments to:

Ensure that consumers have sufficient information about the importance of making nutritionally informed choices and their links to health.

Develop legislation on food labels in order to make information about energy and nutrition contents easily comprehensible and comparable.

Recognize physical activity as an essential element in prevention and treatment for obesity and closely linked non-communicable diseases.

Resolutions and recommendations should be a basis for selecting a Project in Common.

Suggestions for states:

- Have each state develop mini lessons/activities that can be used at each club meeting. This could be a simple exercise, a health tip about combating obesity or before your meal/snack/refreshment time sing the following:
“Chew, chew, chew your food gaily through the meal,
The more you laugh the less you eat the better you will feel” sung to the tune of
“Row, row, row your boat”.
- Encourage each member to have a yearly checkup.
 - Encourage each member to keep a weekly/monthly journal of weight lost or gained.