

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

What is 9-5-2-1-0 for Health? 9-5-2-1-0 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 (half) your plate filled with fruits and vegetables every meal
- ✓ 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 11 things faith communities can do to improve children’s health and promote life-long healthy habits.

For All Faith 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 the Youth in Your Faith Community		
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’s programs and classes.		
9. Host active family events to promote physical activity that parents and children can enjoy together.		
10. Participate in and support community-based efforts to combat childhood obesity and promote 9-5-2-1-0 healthy behaviors.		
11. End evening events at times that support healthy sleep habits.		

Find out more about 9-5-2-1-0 for Health at: www.ehhd.org/95210

This 9-5-2-1-0 for Health Campaign is a health promotion outreach effort of the ACHIEVE Initiative of the Eastern Highlands Health District in Connecticut.