

## Youth Organizations Pledge Starter Kit

Helping kids in central Indiana lead healthier,  
more active lives.



Families



Child Care



Youth



Schools



Employers



Faith



Community



## Youth Organizations Pledge Starter Kit

This Pledge Starter Kit is designed to help you develop a successful Action Plan to implement the Jump IN Pledge in your program. That Plan will help you understand what activities your program is already doing in support of these strategies and where you want to focus your efforts this year.

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**Organization Name:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Completed By:** \_\_\_\_\_

For assistance with your Action Plan, contact Jump IN staff at  
[Pledge@jumpinhealth.org](mailto:Pledge@jumpinhealth.org).



## Youth Organizations Pledge Starter Kit



### Getting Started Checklist

We are so excited that you have agreed to become a Jump IN Role Model for your children, youth and families! We're eager to help you get started to help your children and youth lead healthy, active lives.

Review the list below and check off the steps as you complete them.

- We have assembled a Pledge Action Team to implement the Pledge in our youth program.
- We have made our community stakeholders (*administrators, staff, volunteer leaders, coaches, parents, etc.*) aware of our participation in the Jump IN Pledge and our desire to become a Jump IN Champion.
- We are displaying the Youth Organization Pledge in prominent locations.
- We have 5-2-1-0 posters up in key locations such as the building entrance, in hallways, on bulletin boards, in gyms, and throughout our sites.
- We have completed an Assessment of our policies and practices and have developed an Action Plan to implement healthy eating and physical activity strategies.
- We have reviewed our activities and completed the year end Progress Report.



## Youth Organizations Pledge Starter Kit

### Using The Website

The Jump IN Pledge website ([www.JumpINPledge.org](http://www.JumpINPledge.org)) is designed to help you take all the steps you need to fulfill the Pledge and become a Jump IN Champion.

Each Step provides tips and resources that correspond to specific Pledge commitments:

Step 2: Eat & Drink Healthy

Step 3: Get Active

Step 4: Teach Healthy Habits

***Please note:*** You don't have to complete each step in this order; you should choose to work on your strategies in the order that makes the most sense for your program.

On a regular basis, we'll share new ideas and materials with you through our email newsletter and through our blog. You can also find the latest materials on our Resource page.



## Youth Organizations Pledge Starter Kit

### Why 5-2-1-0?

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

**5-2-1-0 is an easy to remember and consistent message based on scientifically proven strategies.**

- 5:** A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function in children. High daily intakes of fruits and vegetables among adults are associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, and when total calories are controlled, may be an important aid to achieving and sustaining a healthy weight.
- 2:** Watching too much television (TV) and use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than 2 hours of screen time a day and that children under age 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.
- 1:** Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer, and osteoporosis. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles.
- 0:** Sugar-sweetened beverage consumption has increased dramatically since the 1970s; high intake among children is associated with overweight and obesity, displacement of milk consumption, and dental cavities. The AAP recommends that children 1–6 years old consume no more than 4–6 ounces of 100% juice per day and youth 7–18 years old consume no more than 8–12 ounces. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

(information taken from 5-2-1-0 Let's Go, [www.letsgo.org](http://www.letsgo.org))



## Youth Organizations Pledge Starter Kit

# Make the Leap

## THE PLEDGE FOR *Youth Organizations*

We support the mission of Jump IN for Healthy Kids, and we pledge to do our part to inspire children, youth and their families to lead healthy lives in our community:

- We will serve healthy meals, snacks and beverages at our gatherings.
- We will give our young people opportunities to play and be active when they are with us.
- We will teach our young people to make healthy choices, eat nutritious foods and be physically active.
- We will encourage parents and caregivers to promote healthy habits at home.

***We pledge to be a place where children and their families have real opportunities to make healthy choices in a healthy environment.***

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Youth Organization Name

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Leader

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Date





## Youth Organizations Pledge Starter Kit

### SAMPLE LETTER TO FAMILIES ABOUT THE PLEDGE

[Date]

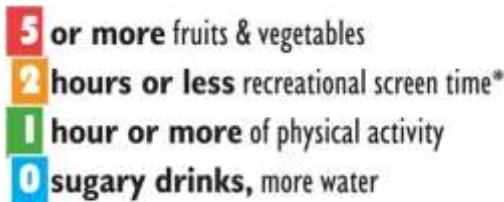
Dear Families:

[Our organization] believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping students become better learners.

To support healthy students and families, we have taken the **Jump IN Pledge for Youth Organizations** and will do our part to help our children and youth make healthy choices:

- ❖ We will serve healthy meals, snacks and beverages at our gatherings.
- ❖ We will give our young people opportunities to play and be active when they are with us.
- ❖ We will teach our young people to make healthy choices to eat nutritious foods and be physically active.
- ❖ We will encourage parents and caregivers to promote healthy habits at home.

We are joining other youth organizations, schools, child care providers, and out of school programs in promoting the *5-2-1-0 Every Day* message:



\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Your young person will receive more information about 5-2-1-0 throughout the year. If you have any questions please don't hesitate to contact us. If you would like more information about the *Jump IN Pledge* visit [www.JumpInPledge.org](http://www.JumpInPledge.org). Thank you for your support in helping us create a healthier place where our children and youth can lead active and healthy lives!

Sincerely,



## Youth Organizations Pledge Starter Kit

### SAMPLE NEWSLETTER ARTICLE ABOUT THE PLEDGE

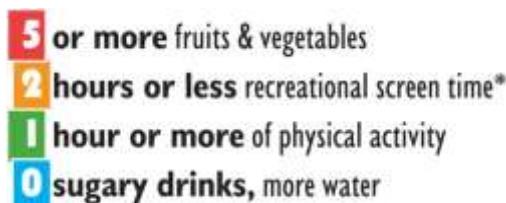
On \_\_\_\_\_ [date], we [organization name] joined youth serving organizations all across central Indiana in taking the **Jump IN Pledge for Youth Organizations**. Our organization believes that all children deserve the opportunity to be healthy and successful.

We have pledged to do our part to help students make healthy choices by doing the following things:

- ❖ We will serve healthy meals, snacks and beverages at our gatherings.
- ❖ We will give our young people opportunities to play and be active when they are with us.
- ❖ We will teach our young people to make healthy choices to eat nutritious foods and be physically active.
- ❖ We will encourage parents and caregivers to promote healthy habits at home.

You can learn more about the Jump IN Pledge at [www.JumpINPledge.org](http://www.JumpINPledge.org).

We will be promoting the *5-2-1-0 Every Day* message:



\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

The Jump IN website contains great tools and resources for incorporating these goals into daily living. We are working to align our policies and practices with these principles with the goal of making the healthy choice the easy choice for our youth when they are in our care.

Together we can create a healthy environment where our young people can lead active and healthy lives!



## Youth Organizations Pledge Starter Kit

### Assessment/Action Plan/Progress Report



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- ✓ Assess Your Current Activities and Policies
- ✓ Develop an Action Plan
- ✓ Chart Your Progress Toward Your Goals

You have your Pledge Action Team in place. You've told everyone that your program is a Jump IN Role Model dedicated to helping your students be healthy and active. You're ready to become a Champion for your students.

- ✓ **Assess Your Current Activities and Policies.** Let's get started by understanding where you're already excelling, and where you need to focus more attention. The Jump IN Assessment helps you take that step by comparing your current activities with the best practices of youth organizations like yours that share your commitment to your children's health.
- ✓ **Develop an Action Plan.** When you find areas to work on, a downloadable Action Plan template will let you set concrete, realistic goals to work on in the coming year, with help from the many tools and resources on the Jump IN Pledge website.
- ✓ **Chart Your Progress.** Finally, at the end of the year, you'll be able to chart your Progress toward becoming a Jump IN Champion and earning recognitions and rewards for your efforts – small tokens of appreciation that recognize the greatest reward of all: your role in improving the health of your children and youth!