



Food for Thought | Healthy Students. Strong Minds. Strong Futures.

As students head back to school, we're reminded that healthy bodies and minds are the foundation for realizing their full potential. We were encouraged during the SAY Meeting in July by the group's enthusiasm around identifying solutions to obesity and STEM education challenges in our country and are eager to continue those conversations as a group. To pick back up, we want to highlight health and education programs that SAY member organizations are leading to strengthen America's youth, as well as Army Education initiatives and relevant current events that are motivating us to take action.

SAY Member Spotlight

We can't forget the importance families play in creating healthy and engaged students. Did you know that children who share regular family meals are more likely to maintain a healthy weight? Check out the Healthy Weight Commitment Foundation's [Together Counts Program](#).

Army Education Program Spotlight

JROTC is often misunderstood to be a recruiting program, but in reality, it is a citizenship program focused on building character and developing leadership skills in high school students. It's one of the many ways the U.S. Army is dedicated to investing in today's youth to help develop the bright leaders of tomorrow. For more information about the benefits of participating in JROTC, visit <http://www.armyedspace.com/resources/jrotc-info-sheet/>

Health and Education News

Challenges around growing healthy youth are pervasive. A number of news outlets, including the [Huffington Post](#), are drawing attention to the continued struggle in implementing successful school meal standards and the implications on our Nation's youth. How are your organization's efforts affecting the health and physical fitness of our youth? We look forward to discussing new approaches to how we, as a group, can find collaborative, holistic solutions to the obesity epidemic.

We want to hear from you. Are there articles or research studies on our Nation's health and education that are inspiring your organization to take action? Please share them with us at MrMarkDavis@webershandwick.com.

Also, we encourage you to keep the dialogue going and share your experiences as part of the SAY Committee through your social networks using the hashtag #ArmySAY. Please feel free to share the following social media post on your platforms: Check out the #Army's latest resource on science, technology, engineering and math careers: <http://www.goarmy.com/careers-and-jobs/stem.html> #STEM #ArmySAY.

Our goal is to keep communications ongoing with this group. As we are unable to meet again in person this calendar year, we hope you are able to join us for the SAY Committee virtual discussion to be held via webinar on Wednesday, Oct. 23. As outlined in the invitation you should have received, we appreciate your feedback so please share any topics or ideas you would like to discuss further during the webinar. Also, we hope you will participate in our Army Advocates LinkedIn Group page. Please keep an eye out for an invitation that is forthcoming.

We look forward to hearing from you.

Thank you,

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