



Girl Scouts®

Where Girls Grow StrongSM

Girl Scouts of the USA

Introduction:

GSUSA has a 91 year history of helping girls lead healthy and productive lives. We are committed to encouraging healthy active lifestyles to prevent obesity and create confident, powerful young leaders.

Programs:

- ***GirlsSports*** sports, fitness and healthy eating working together
- Proposal for fighting childhood obesity
- uniquely ME! food as fuel, body image, & self-esteem
- Strong Bones Strong Girls- Importance of calcium & bone health as well as healthy eating and physical activity

Research:

- Need to research after school/weekend/camping activities to see what works.
- GSRI (Girl Scouts Research Institute) is in the midst of a comprehensive review of the research on child health and activity, and their consequences, which will focus on what's helpful for youth programs to know. This will be available in late Spring 2004.

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