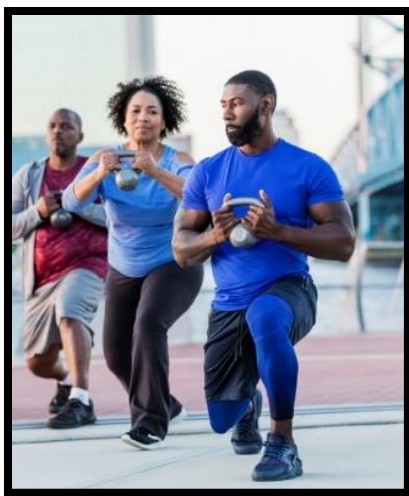


Empire B.E.A.T.S. Obesity

The Empire Baptist Missionary Convention exists to support its churches in their wholistic approach to ministry. We recognize the importance of honoring God by taking care of our bodies.. Therefore, our health initiative is entitled **“Empire B.E.A.T.S. Obesity - Behaviors (of) Eating, Adjustments, Tasks (and) Strategies”** and it will promote overall concern about staying healthy. The way we think, talk and care about obesity and its impact on our Black communities must change. This initiative addresses an important area of concern for our churches, that of prevention and management of obesity



According to the Centers for Disease Control and Prevention (CDC), a person is overweight if they have a BMI (Body Mass Index) of more than twenty-five. Obesity

begins when a person has a BMI of 30 or more. The CDC considers obesity a serious chronic disease. It increases one’s risk of developing conditions such as high blood pressure, diabetes (type 2), heart disease, stroke, gallbladder disease and cancer of the breast, prostate, and colon.



Obesity disproportionately impacts communities of color. African-Americans have the highest prevalence of obesity and African-American women have the highest rates of obesity among any demographic group. Approximately 4 out of 5 African-American women are overweight or obese.

The good news is that Empire is proud to partner with Novo Nordisk to improve access to a variety of resources and events that can impact lifestyle changes such as eating healthier and incorporating more physical activity into our routines.

Empire, join us in our inaugural event! We are asking our Churches to commit to obesity awareness by walking across New York State for 40 days.

Inaugural Event: 40 Day Walk Across New York State

**Monday, January 24 –
Friday, March 4, 2022**

- Commit to walking 1,000 steps each day **OR**
- At least 20 minutes of exercise each day, which is equivalent to 1,000 steps.



Participant Guidelines

- Each Church Health Team Representative will recruit members of their church to participate.
- All ages are welcomed and encouraged to participate in this event.
- Each participant will track their steps daily, record their weekly total and report their totals to their Health Team Representative or use the Fitbit app.
- The Health Team Representative will report results weekly to their Regional Health Coordinator.

**Culminating Event- Recognition of
World Obesity Day
March 4, 2022**



**Theme: Every Body Needs Everybody
Theme Color: Yellow**

- Churches will join in this culminating event via Zoom on **Friday, March 4, 2022, at 7:00 p.m.**
- Each Regional Health Coordinator will acknowledge and award the “highest walker.”
- Our Staple Program will feature access to free resources on obesity education and focus on health risks linked to obesity.



Empire B.E.A.T.S. Obesity Team
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**Empire
B.E.A.T.S.
Obesity**



Reverend Dr. Elgin Joseph Taylor Sr.
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General Recording Secretary