Oakwood University Joins Partnership for a Healthier America to Offer Healthier Choices for Students

Oakwood University commits to deliver healthier options and promote more opportunities for physical activity to help improve the health of students, faculty and staff.

[Huntsville, AL, September 21, 2015] - Today, Oakwood University announced it will join the Partnership for a Healthier America (PHA), which works with the private sector and PHA honorary chair First Lady Michelle Obama to make healthier choices easier, in a three-year commitment to adopt guidelines around food and nutrition, and physical activity and programming. This initiative will impact approximately 1,800 students and more than 400 of faculty and staff on campus.

"At Oakwood University, we will be facilitating learning opportunities to educate the campus body about eight laws of health in order to foster a holistic approach to a healthy mind, body, and soul. Our goal is to make Oakwood University the healthiest campus in America," said Leslie N. Pollard, Ph.D., D.Min., M.B.A. President Pollard is in Washington, DC, today, at an event where Oakwood University will be announced as the first university in the State of Alabama to join the Partnership. While in Washington DC, (on September 22) President Pollard will also accept a recognition for Oakwood University being an HBCU that has paved the way in creating a healthier campus environment for students, faculty, and staff by adopting a comprehensive tobacco-free policy.

Oakwood University will issue to its students free Health Transcripts to help raise awareness of their personal health status and to demonstrate to students that health must be monitored.
Oakwood University signs on as a part of the third cohort of schools joining the PHA’s Healthier Campus Initiative, which includes 37 other colleges and universities, collectively impacting more than 800,000 students and 250,000 faculty and staff.

Over the next three years, Oakwood University will make several changes to make healthier choices easier for students, faculty and staff across its campus with its commitment to PHA through Food & Nutrition, Physical Activity & Movement and Programming.

"Colleges and universities are in a unique position to help shape tomorrow's leaders, whether they are teachers, coaches, policymakers, CEOs, moms or dads," said PHA CEO Lawrence A. Soler. "We know that going to college is a time of change for many students-we also know that means it's a time when new habits are formed. By creating healthier food and physical activity environments today, campuses and universities are encouraging healthier habits that will carry over into tomorrow."

For more information on PHA's Healthier Campus Initiative, visit www.ahealthieramerica.org/campuses

About PHA
The Partnership for a Healthier America (PHA) is devoted to working with the private sector to ensure the health of our nation's youth by solving the childhood obesity crisis. In 2010, PHA was created in conjunction with but independent from First Lady Michelle Obama's Let's Move! effort. PHA is a nonpartisan nonprofit organization that is led by some of the nation's most respected health and childhood obesity experts. PHA brings together public, private and nonprofit leaders to broker meaningful commitments and develop strategies to end childhood obesity. Most important, PHA ensures that commitments made are commitments kept by working with unbiased, third parties to monitor and publicly report on the progress our partners are making. For more information about PHA, please visit www.aHealthierAmerica.org and follow PHA on Twitter @PHAnews.

Oakwood Participates in Healthy Campus Week

On September 21-25, Oakwood will participate in Healthy Campus Week. Listed below are activities that will help to educate the campus body on basic laws of health (sunlight,
temperance, adequate rest, nutrition, drink water, outdoors, use physical activity, and trust in God) as outlined by Oakwood University:

**Monday, September 21**

**Healthy Campus 2020 Gear Day**
All students and employees are encouraged to wear Healthy Campus 2020 t-shirts and caps.

**Calorie Burn Challenge Kick-off**
This activity, sponsored by Public Safety, is a spin-off of the "Biggest Loser." Teams will track how much weight is lost.

**Tuesday, September 22**

**Early Morning Walks**
Wear comfortable clothing and shoes and meet for an early morning walk. Walkers will meet at the pond by the church at 5:45 a.m.

**Healthy Hashtag**
Pictures will be taken of 30 or more students engaged in exercise - hula hoop, jumping jacks, push-ups - or some other form of exercise. This will encourage students to do at least 30 minutes of physical activity per day. Participants will use the hashtags #Healthycampus and #oustrong and post on various social media sites.

**Wednesday, September 23**

**Southern Cookin' Lunch Power**
Attendees can learn how to cook a scrumptious, healthy Southern meal with the instructors from the Dietetics Department. This will be held 12:00-1:30 p.m. in Cooper Complex 3, room 515. Cost: $5 in advance, $6 at the door. Call (256) 726-7229 for more information.

**Thursday, September 24**

**Early Morning Walks**
Wear comfortable clothing and shoes and meet for an early morning walk. Walkers will meet at the pond by the church at 5:45 a.m.

**Faculty and Staff Wellness Fair**
Employees can receive biometric testing, which includes an assessment of height, weight, waist circumference, blood pressure, pulse, cholesterol, and glucose (Hemoglobin A1c) levels. This will be held from 8:00 a.m. until 1:00 p.m. in Blake
Alcohol Awareness Day
Attendees will learn the effects of alcohol usage and abuse. This activity is sponsored by the Oakwood University Health Ambassadors, and begins at the conclusion of University Chapel at 11:00 a.m.

Food Demonstration with Oakwood University Dietetic Students
Come and learn from current Oakwood University dietetic students as they prepare healthy snack options. This will take place in Blake Center from 8:00 a.m. until 1:00 p.m.

"Losing Weight and Keeping It Off"
Join Fiona Lewis, DPH, MS, RD, for this "Lunch and Learn" session discussing the habits of people who lose weight and are able to keep it off. This session will take place in Cooper Complex 3, room 512 from 12:00-1:00 p.m.

Follow the flurry of activity. During Healthy Campus Week, the Oakwood campus family will be sharing pictures on social media using #HealthyCampus.

Also, check out http://www.oakwood.edu/healthy-campus-2020 for Oakwood's Healthy Campus 2020 initiatives.

About Oakwood
The mission of Oakwood University, a historically black, Seventh-day Adventist institution, is to transform students through biblically-based education for service to God and humanity.

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