



Boy Scouts of America®
Old Hickory Council

June 2018

Dear Unit Leader,

Welcome to SCOUTStrong®...our new council initiative to help Scouts be more aware of their health and the steps to take to live HEALTHY... in other words SCOUTStrong®!

These days we are all concerned about the opioid epidemic, childhood obesity and youth that are experimenting with drugs and alcohol. Let's do something about it at the unit level and let our Scouts know that their leaders and parents want to help them be SCOUTStrong®!

This initiative is all about assisting you with materials and encouragement to work with your Scouts to achieve great things with living a healthy life. Most of what your Scouts already do in Scouting activities are deemed SCOUTStrong®. We just want to emphasize to our youth how important it is to advance in Scouting, have fun and be physically fit.

We have online resources to help you be a SCOUTStrong® unit. Here's how...

- Your unit adopts the SCOUTStrong® Healthy Living Initiative by emailing us at 427OHCinfo@scouting.org.
- Have a SCOUTStrong® Unit Launch at an upcoming meeting. Resources and tips are available here: oldhickorycouncil.org/scoutstrong
- Hand out [Commitment Cards](#).
- Leaders record progress toward the award using the [Healthy Unit Award Tracker](#).
- Focus on advancement and badges that are deemed SCOUTStrong®.
- Complete the challenge and get your patches and [print certificates](#).
- Send in your request for patches to 427OHCinfo@scouting.org and be listed on the council web site as a SCOUTStrong® unit. There is no deadline, not start and end date.

It's simple and it's the right thing to do! Thanks to a grant from NOVANT HEALTH, we can help our youth be SCOUTStrong®!