

Dr. Andy Baldwin Inspires Pennsylvania HOSA

HOSA members first had an opportunity to meet Dr. Andy Baldwin on September 22, 2009. U.S. Navy Lieutenant Commander Andrew Baldwin, M.D., was a speaker during HOSA's congressional reception and briefing at the Capitol Visitors Center in Washington, D.C. Dr. Baldwin spoke to HOSA state officers and advisors about his work with the U.S. Surgeon General and the program "Healthy Youth for a Healthy Future" – a national program that combats childhood obesity.

Dr. Andy Baldwin is an Undersea Medical Officer, Ironman triathlete, Navy Diver, and humanitarian currently stationed in Washington, D.C. at the Navy's Bureau of Medicine and Surgery. He is a spokesman for Navy medicine, an inspiration for future healthcare professionals, and an advocate for children and teenagers in the United States and throughout the world.



Navy Lt. Commander Dr. Andy Baldwin speaks to HOSA members at the Washington Leadership Academy in September, 2009.

and friends on Wednesday, Oct. 7 as they arrived on bikes as a part of Dr. Baldwin's Cross PA Health Ride & Kids Fitness Days. The event included a Fitness Expo, a bike rodeo, ultimate Frisbee, a soccer clinic, raffles, and other activities led by Dr. Baldwin. Raffle prizes ranged from gift baskets and certificates to a new mountain bike.



The crowd welcomes Dr. Andy Baldwin when he arrives in Cumberland Valley, Pennsylvania.

The event also included a "Childhood Obesity: Paths to Healthy Living" roundtable discussion. Members of Pennsylvania HOSA attended the event, and Shelby Paul, a PA HOSA state officer, served on the health care panel.

Andy Baldwin's Pennsylvania Health Ride and Kids Fitness Days 2009

"The nation's epidemic of childhood obesity weighs heavy on the future of our youth - and on my heart personally. As committed citizens and neighbors, we can and must serve as important role models to our children and teach them the power of healthy habits. Step up and join my effort to help the kids of Pennsylvania get and stay healthy!" - Navy Lt. Commander Dr. Andy Baldwin

For more information on the U.S. Surgeon General's program to prevent obesity, visit <http://www.surgeongeneral.gov/obesityprevention/index.html>



Dr. Andy Baldwin poses for a picture with PA state officers Kaitlyn Weaver, Lehigh Career & Technical Institute, and Shelby Paul, Cumberland Perry AVTS



Healthy Youth for a Healthy Future calls attention to a serious health concern in this country. Since

1980, obesity has more than doubled among children ages 2-5 and more than tripled among youth ages 6-11 and adolescents ages 12-19. Much of this increase in overweight is attributable to a lack of physical activity and poor eating habits. Data from the CDC suggests that 12.5 million children ages 2-19 years or 17.1 percent are overweight.

Obese children and adolescents are at risk for health problems during their youth and as adults. For example, during their youth, obese children and adolescents are more likely to have risk factors associated with cardiovascular disease, such as high blood pressure, high cholesterol, and Type 2 diabetes.

As part of his work with "Healthy Youth for a Healthy Future", Dr. Andy Baldwin sponsored a program called **Cross PA Health Ride & Kids Fitness Days**, which featured discussions led by Dr. Baldwin and other professionals about the dangers of childhood obesity and ways families can combat the epidemic. One of his stops was in Cumberland Valley, Pennsylvania.

Cumberland Valley welcomed Dr. Andy Baldwin