


“THE CURRENT GENERATION OF YOUNG PEOPLE IS ON TRACK TO BE LESS HEALTHY AND LIVE SHORTER LIVES THAN THEIR PARENTS.”

- MICHAEL GREGER, MD, FACLM

Big Picture Living is designed to offset the blatant health inequities and growing health crisis affecting youth in our nation and our world. Today, in 2022, we are at a crisis point where we face higher than normal mental and physical health concerns that impact us all – especially the day-to-day life of young people.

Our youth are experiencing:

- **Increased mental health concerns**
- **High death rates of COVID-19 that is disproportionately affecting families and children of color**
- **Rising youth isolation**
- **Disengagement from school**
- **Higher rates of pre-existing conditions (such as obesity and diabetes) - especially with poor and Black and Latinx youth color**




How do I begin?

Accept positive challenges to create positive change. Healthy living isn't always the easiest, there are many barriers along the way which is challenging but, once you overcome them the reward is priceless.

Community is a key ingredient to overcome challenges or negative influences in adopting a healthy lifestyle.

- Rocio Rodriguez
Odyssey STEM Academy,
California

We know that separate efforts have yet to solve the current gaps in the system. There is a need for an interdependent synergy between medical, education and media professionals in order to best address these growing health concerns. While education and health professionals have historically been siloed in their practices, **Big Picture Learning**, in partnership with the **American College of Lifestyle Medicine (ACLM)**, and **FableVision Studios**, has embarked on a student-driven movement: **Big Picture Living**.



What if I'm discouraged?

Stay dedicated to what you're doing. You're not going to get instant results so even when you don't want to- stay dedicated.

- Zayd Lokhandwala,
NEXT School, Mumbai

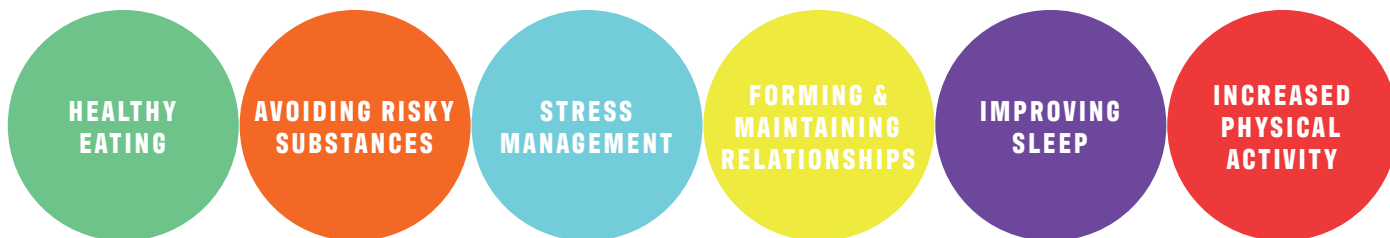


FOR TOO LONG, EDUCATION HAS FOCUSED ON JUST A PART OF WHAT IT MEANS TO BE SUCCESSFUL IN LIFE. IT'S NOW TIME TO LOOK AT THE BIG PICTURE.

Big Picture Living is intentionally designed to spark meaningful transformational change in young people's lives and future potential through healthy lifestyle choices. Our mission is to equip students with a greater know-how regarding how-to practice lifestyle medicine and to gift our students with their own armor of resistance.

Big Picture Living embraces and emphasizes the urgent need for young people to adopt lifestyle medicine practices. **Lifestyle Medicine**, as defined by **ACLM**, is an evidence-based approach to preventing, treating, and even reversing disease by replacing unhealthy behaviors with positive ones. **Big Picture Living** is a movement intended to raise awareness of the day-to-day behaviors that impact our lives and how long we live it.

Big Picture Living actively utilizes lifestyle medicine as the guide to educate and support positive behavior changes in young people by focusing on **six lifestyle elements**:



The medical community has made it clear that nearly 80% of chronic ailments are preventable and reversible through changes in lifestyle choices. By engaging with these 6 Measures, we can prevent diseases and ills that, through time and accumulation, can harm one's life.

READY TO BEGIN?

The **Big Picture Learning** website (www.BPLiving.org) is the hub for educator resources, student work, webinars, social media challenges and so much more!

