



GENERATIONS WORKING TOGETHER TO PREVENT CHILDHOOD OBESITY

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Project Goals

- Build upon existing programs
- Develop intergenerational approaches
- Focus on environment and policy in disadvantaged populations
- Expand partnerships
- Given \$45k for an 18 month period



Project Sites



- FirstHealth of the Carolinas
- Hamilton County Health District/SW Ohio
- OASIS San Antonio

5 P Framework

- Preparation
- Promotion
- Program
- *Policy
- *Physical projects (environment)

FirstHealth of the Carolinas

Components:

- ❑ Established a 5,600 sq. foot organic garden adjacent to public housing
- ❑ Partnered Master Gardeners and at-risk children from Boys & Girls Club and Town Rec program
- ❑ 200 children & 40 volunteers



FirstHealth of the Carolinas

- ❑ The Town of Southern Pines adopted FirstGarden
- ❑ Transformed into a learning laboratory & community garden with 16 plots
- ❑ Food used in Boys & Girls club



Community Gardens as a Catalyst for Change

- ❑ Developed hospital farmer's market; land use policy change
- ❑ Additional funding for school gardens
- ❑ Farm to Cafeteria



Hamilton County Health District

Components:

- ❑ Developed a School Health Advisory Council (SHAC) in the Mt. Healthy School District
- ❑ Adopted district-wide Wellness Policy
- ❑ Delivered girls!CAN after school physical activity program



Hamilton County Health District

- ❑ Instituted district-wide school breakfast program
- ❑ Expanded healthy food choices for students and staff
- ❑ Conducted parent and teacher focus groups



Hamilton County Health District

- Created an on-line tool-kit for dissemination and expanding the school health advisory process to two new districts
- CDC Strategic Alliance Grant



OASIS/San Antonio

Components:

- ❑ Implemented evidence-based eight week program (CATCH) in two Learning Tree after school program sites
- ❑ Coordinated Walkabout and walkability assessment with children and older adults
- ❑ Instituted partnership with the Metropolitan Planning Organization



OASIS/San Antonio

- Trained 100 Learning Tree staff to implement CATCH program across all sites
- Engaged families in grocery store scavenger hunt to improve shopping skills for high nutrient food choices



OASIS/San Antonio

- Environmental changes to improve safety and access to physical activity
- Policy change of 20 minutes of P.A. in each Learning Tree Site
- Increased access to healthy snacks at the Learning Tree after school programs

