
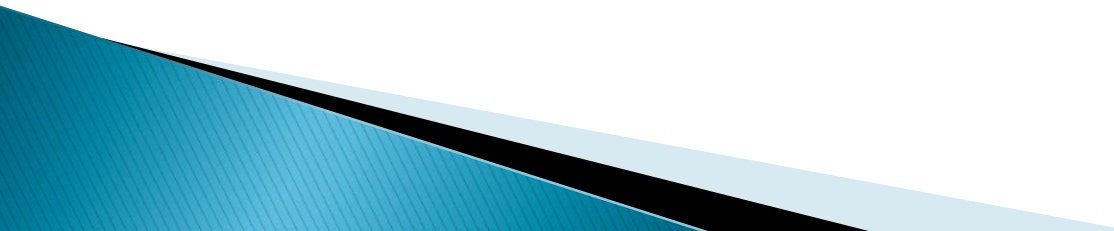


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Leaders in Health
June 7, 2012

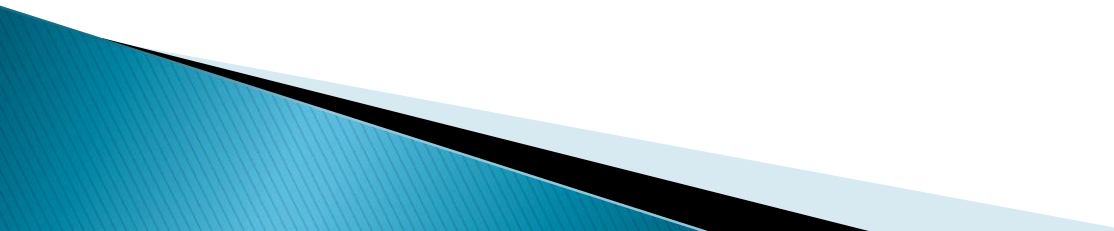
Project Healthy Living

- ▶ **Project focus:** To actively promote a healthy lifestyle for the children of the Dorchester Neighborhood Service Center After School Enrichment Program. By educating them on the importance of making healthy nutrition and fitness choices, the children will be able to establish positive and lifelong healthy choices.
 - ▶ **Action For Boston Community Development**, a citywide non-profit organization serving the needs of Boston's communities, has for 50 years provided a variety of needed services to help lift up those in poverty. Dorchester Neighborhood Service Center After School Enrichment Program is a component of the organization, serving the children of the nearby communities.
 - ▶ **My role:** As coordinator of the organization's After School Program, a key responsibility is to develop the program's education curriculum content. My focus as a program coordinator is to work to educate children on the positive fitness and nutritional choices that are available to them, to enable them and ultimately their families, to make healthy and positive lifestyle choices.
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Aims & Target Population

- ▶ Our mission is to educate and empower our children to make healthy and positive fitness and nutritional lifestyle choices.
 - ▶ Our target population: Children, ages 5 through 13, who attend the Dorchester Neighborhood Service Center After School Enrichment Program.
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Key Activities & Outcomes

- ▶ **Activity:** Develop curriculum related to children's fitness and nutrition requirements.
 - ▶ **Outcome:** Children will have a variety of classes available to them to teach them about healthy lifestyle choices.
 - ▶ **Activity:** Integrate knowledge and activity by working directly with children to educate them on the importance of healthy eating and exercise to their well-being.
 - ▶ **Outcome:** Children will become empowered to make positive and healthy fitness and nutritional choices.
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Initiative 1

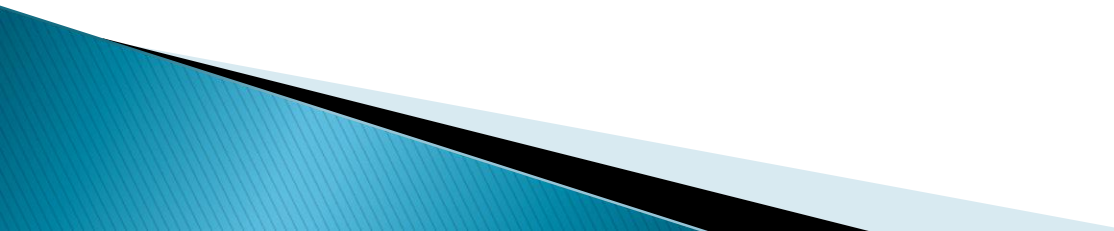
- ▶ **Key concept:** Building health within the community.
- ▶ **Key strategy:** Working to reach children and teens by providing a variety of resources to help them reach good fitness and nutritional goals.
- ▶ **Short-term action steps:** The development of programs and educational resources.
- ▶ **Long-term action steps:** Reach families as a whole to reinforce positive fitness and nutritional goals.



Initiative 2

- ▶ **Key concept:** The **prevention of disease**, especially weight-related illnesses. Obesity and diabetes are more prevalent than ever in children.
- ▶ **Key strategy:** Using research to stay informed on trends and methods to help us reach children.
- ▶ **Short-term action steps:** Article review: www.kidshealth.org; www.cdc.org/healthyyouth/obesity; www.pediatrics.about.com; www.letsmove.gov; <http://children.webmd.com/obesity-children>
- ▶ **Long-term action steps:** Utilizing our research and implementing what we have learned in the development of classes.

Initiative 3

- ▶ **Key concept: Educating children** to assist them in making positive nutritional and fitness choices.
 - ▶ **Key strategy:** The development of classes that contain a combination of instruction and activities designed to encourage children to develop positive health habits.
 - ▶ **Short-term action steps:** Develop effective, age-appropriate classes. This includes bringing in experts in the areas of fitness, dance,
 - ▶ **Long-term action steps:** Through continuing education, children will be exposed to positive and healthy choices in nutrition and fitness.
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Conclusion

- ▶ The problem of childhood obesity, along with weight-related conditions, has increased in recent years. With more than 25 percent of children (including adolescents) being **considered obese**, action is needed to address this issue. Without proper intervention, children and teens face the risk of conditions such as diabetes, high blood pressure, breathing problems, and more, including issues of self-esteem. The time for educating this population is now – and with obesity often affecting more than one family member, teaching and motivating children to eat healthfully and to remain physically active will serve to positively affect them *and* their families. Education is an effective and relevant tool that will help children to develop healthy habits. Our goal is to reach this population and to work to build good health within their lives.















