

Community Health Grant 2008 Accomplishments

Focus Area: Obesity & Overweight

6 of the 7 Community Health Grant contractors address obesity prevention.

One contractor has taken a comprehensive approach to reducing childhood obesity and overweight, including the development of a local speakers' bureau comprised of community partners. 8 new speakers were trained & conducted 14 presentations for local organizations. 55 community courses for families focused on healthy eating and physical activity. Their expanded coalition of community partners has worked to promote healthy policy changes within the community and local organizations.



The contractor is a Community Health Center whose physicians are now utilizing a structured approach to manage overweight and at-risk for becoming overweight. This contractor has also developed self management plans for children who are overweight or at risk for overweight. 278 children are enrolled in a pediatric weight management program for children who are overweight or at risk for becoming overweight.

194 low-income new moms with 110 babies under the age of two, pregnant women, and pregnant teens, participated in an evidence-based national program that provides education and support for first time mothers through regular home visits from a public health nurse. Each participant received education and support about reducing the incidence of obesity and overweight in themselves and their children.

Topics included:

- Nutrition
- Reading food labels
- Portion size
- The importance of regular physical activity



1,463 children and women of childbearing age, including teens, participated in educational programs addressing the problem of obesity and overweight for themselves and their families. All multi-week classes contained a physical activity component suitable for the community. Many classes served women of color, including Hispanics, Native Americans, and African Americans.