

PRESS CONFERENCE 6/30/2005

4community Health Grantees 2005

(11 grantees)

Indiana University School of Medicine -Northwest, Indiana University School of Nursing - Northwest and the RUN Center for Sustainable Regional Vitality and the Northwest Indiana Center for Data and Analysis at IUN will partner with Methodist Hospitals and their clinical dietitians to conduct a *Mini-Medical School* series of lectures and interactive sessions on Weight Loss and Nutrition Knowledge. These series will concentrate on attendees acquiring knowledge on the mechanisms, dangers, and complications of obesity, as well as lifestyle changes for prevention and weight loss.

Community Hospital Fitness Pointe, a department of **The Community Hospital of Munster, IN**. The 12-week “Take 5 For Life” program focuses on all 5th graders and their families in the City of Hobart Public Schools, in an effort to increase physical activity on a daily basis through the use of pedometers and inter/intra school walking competitions. The program also targets improvements in nutrition education by providing interactive lectures and real world, food selection problem solving skills (i.e. label reading, comparing fast food restaurant menus, etc) in addition to healthy recipes for students and their families.

Southlake YMCA in Crown Point, IN serving **Crown Point, Lowell, Cedar Lake and Merrillville**. The Fit Kids program is committed to teaching children ages 9-12 years old and their families to eat and enjoy healthy foods in moderate amounts and to exercise regularly as a means to maintaining desired weight, good health and improved self-esteem. It is an 8-week course containing lectures, private consult with a dietician, physical activity and healthy snacks.

Purdue University Calumet School of Nursing partnering with **Catherine McAuley and St. Clare Clinics** to implement a health promotion intervention to address the problems of obesity and lack of physical activity in the medically uninsured residing in Lake County, Indiana. The program will provide patients with an individualized nutritional and physical activity-counseling program.

YWCA Gary, IN Our program “*PHAT*” (*Physically Healthy And Trim*) is a project involving a **collaborative effort of the YWCA of Gary, Life Services Professional Corporation; Gary Community School Corporation, and the Gary Housing Authority**, who all come together to offer a weight management program that focuses on the philosophy of family involvement. The goal is to increase daily physical activities among children and adolescents and provide nutritional information to children and their parents.

Merrillville Parks and Recreation. As part of the collaborative effort, **Merrillville Parks & Recreation and the Boys & Girls Clubs of Northwest Indiana** has decided to serve two diverse populations, seniors and youth. The *Seniors and Youth in Motion* Program purpose is twofold: to increase the number of adults who participate in regular physical

activities and who expand their knowledge concerning health and fitness; and to focus upon middle-school girls in order to increase their nutritional knowledge, increase their participation in physical activities, and modify their eating habits and reduce their weight.

YMCA of LaPorte and LaPorte Regional Health System. LaPorte “Dump your Plump” is adapted from a thoroughly tested wellness program featuring exercise, nutrition and behavior modification. This 10-week program consists of teams from retail and corporate businesses, government employees, community groups, and families. Teams are made up of 4-10 individuals. Individuals set their own goals for weight loss or maintenance. There are four educational programs centering on Nutrition and Fitness and all participants are expected to exercise at least thirty minutes a day, five days a week.

Portage Township YMCA in collaboration with Portage Township School Corporation. The program will address obesity prevention and nutrition education while increasing moderate physical leisure time activities. The target audience is approximately 525 students and their families. The school will be open to the participating families three evenings a week. The curriculum will consist of nutritional and moderate physical activities with a family focus.

Hilltop Community Health Center, in partnership with Children’s Memorial Research Center and Valparaiso University College of Nursing. “Health for a Lifetime Program” will provide to their patients healthy lifestyle counseling, nutrition education, monitoring of weight and physical activity counseling.

Boys & Girls Clubs of Porter County, Boys & Girls Clubs of Northwest Indiana and Boys & Girls Club of Michigan City. (Regional grant)
Triple Play: A Game plan for body, mind and soul -To teach participants (children and adolescents ages 6 to 18) the components of living a healthy lifestyle which includes a knowledge of nutrition to assist in developing healthy patterns for lifelong eating, to encourage an increase their physical fitness activities and build social skills.

Ivy Tech (regional grant) The program will be replicated at each of the Ivy Tech Northwest campuses: Gary, East Chicago, Michigan City and Valparaiso. Program Goals for our students and staff: Increase knowledge of good nutrition guidelines for healthy lifestyles and improved health. Engage in physical activities to decrease overweight and obesity and maintain a healthy lifestyle.