

news release



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FOR IMMEDIATE RELEASE – June 27, 2019

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Children's Hospital & Medical Center Awards Preventing Childhood Obesity Grants to Community Partners

Omaha, Neb. – Children's Hospital & Medical Center has named 10 regional non-profit organizations as Preventing Childhood Obesity Community Grant winners for 2019-2020. Each organization receives \$25,000 to support new or existing programs that focus on childhood obesity prevention and improving the health of children and teens.

This is the sixth consecutive year that Children's has awarded these grants, a collaborative demonstration of the organization's leadership and commitment to the health of all community children. The focus on childhood obesity reflects the results of the Omaha metropolitan area's 2018 Child Health Needs Assessment survey, which indicate that obesity remains local parents' number one health concern for their children.

All grantees will also participate in a Learning Collaborative designed and hosted by Children's Center for the Child & Community and Gretchen Swanson Center for Nutrition. The Learning Collaborative adds evaluation and technical assistance support to help the grantees build capacity and implement their project. Grant recipients include:

Boys & Girls Clubs of the Midlands, *Boys & Girls Clubs of the Midlands Get Fit Initiative*

Boys & Girls Clubs of the Midlands will increase access to physical fitness instruction and recreational opportunities for at risk youth and integrate nutrition education opportunities to deepen the life-long impact of physical fitness and nutrition habits at their North Omaha location.

CEDARS Youth Services, *Growing Healthy Kids - Bodies and Minds*

This program will increase physical activity, enhance social-emotional development and support healthy eating habits through the addition of a yoga practice and gardening program at CEDARS nationally-accredited early childhood development center, serving low-income families in a high-need neighborhood located in south central Lincoln.

Families in Action, *Healthy Living Resource Guide/La Guía de Familias en Acción para La Vida Sana*

Families in Action (FIA) will assess the impact of a new initiative to improve the health behaviors of FIA children and families by administering pre- and post-testing around the initiative. This will involve youth and families

creating and implementing a culturally appropriate Healthy Living Resource Guide in Spanish throughout their South Omaha locations.

Family Service, *Raising Healthy Children: It's a Marathon Not a Sprint*

For this program, Family Service will educate and support child care providers to set goals related to healthy habits, nutrition and physical activity that will ultimately lead to the creation and implementation of a nutrition and physical activity policy for their child care site.

Harrison County Home and Public Health (HCHPH), *Increasing Peer and Professional Support for Breastfeeding Mothers in Harrison County*

Through utilization of the Baby Cafe model, this project aims to reduce disparities in breastfeeding through peer and professional lactation support for the mothers of Harrison County, Iowa. Further, HCHPH aims to be the county standard for office lactation support policy.

Latino Center of the Midlands, *Club de Niños Saludables*

Club de Niños Saludables will expand into a comprehensive wellness, fitness, nutrition and fun program offered to children ages 4 to 12 at the Latino Center of the Midlands in South Omaha during the evening Adult Basic Education class program hours.

Nebraska Appleseed, *Fighting Child Hunger in Nebraska: Summer Meals Toolkit and Advocacy*

Nebraska's Summer Food Service Program and sponsors can increase access to healthy meals and physical activities statewide with the proposed Summer Meals Toolkit. This project will also provide clarity for future advocacy, partnership and marketing opportunities for summer meal expansion. To carry out this project, Nebraska Appleseed will partner with organizations in Douglas, Sarpy, Lancaster, and Dodge counties.

OneWorld Community Health Centers, *Early Childhood Help for Overweight/Obesity (ECHO)*

The overall objective of this project is to adopt a policy and provide parental strategies for the most common factors contributing to childhood obesity among the ethnic minority population receiving services at OneWorld in South Omaha.

Sarpy/Cass Health Department, *Improving Community Breastfeeding Support in Sarpy and Cass Counties*

The objectives of this program are to hold weekly Baby Café meetings at the Sarpy/Cass Health Department; recruit at least five stakeholders as members of the Cass County Breastfeeding Coalition; and to develop, implement and offer at least three opportunities to attend a training for Community Breastfeeding Advocates.

University of Nebraska – Lincoln, Extension, Dodge County, *ARE YOU IN?*

The *ARE YOU IN?* after-school program will educate and engage youth at the Hope Center for Kids in Fremont, NE, on the importance of physical activity and proper nutrition on overall health and longevity. The adult running club will participate and serve as healthy lifestyle role models. Participating youth will be offered the opportunity to serve as healthy peer role models for physical activity lessons offered through Fremont Public Schools after-school program.

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About Children's Hospital & Medical Center

Children's Hospital & Medical Center is the only full-service, pediatric health care center in Nebraska, providing expertise in more than 50 pediatric specialty services to children across a five-state region and beyond. Children's is home to Nebraska's only Level IV regional Newborn Intensive Care Unit and the state's only Level II Pediatric Trauma Center. A regional heart center, it also offers expertise in pediatric heart transplantation. Children's is recognized as a 2019-20 Best Children's Hospital by U.S. News & World Report in five pediatric specialties: Cardiology and Heart Surgery, Pulmonology, Gastroenterology & GI Surgery, Orthopedics and Diabetes & Endocrine Disorders. Visit us online at ChildrensOmaha.org.