



Hispanic Obesity Prevention Education Program

WHAT IS H.O.P.E.?

H.O.P.E. (Hispanic Obesity Prevention and Education) is a unique and exciting program that receives funding from the Florida Department of Health.

The overall mission of **H.O.P.E.** is to promote increased physical activity, healthy nutrition, and appropriate food portion sizes among Hispanics living in Florida.

The **H.O.P.E.** program also encourages a decrease in time spent watching television, using the computer on non-school related activities, and playing video games. Ultimately, **H.O.P.E.** aims to reduce chronic diseases and disabilities associated with obesity and overweight.



KEY COMPONENTS OF H.O.P.E.

Include the following:

- ▶ **Mini-grants** totaling \$325,000 available to community organizations.
- ▶ A bilingual website at www.hopeflorida.org
- ▶ A **statewide awareness** and media campaign
- ▶ A **multi-sectorial partners** network
- ▶ **Free** - online and offline - **personalized nutrition, fitness and health evaluations** and programs
- ▶ Free bilingual and **interactive exercise DVDs**
- ▶ Access to **bilingual lifestyle counselors**

TAKE THE HEALTH
& FITNESS EVALUATION
& GET YOUR PERSONALIZED
REPORT FREE!

Go to

www.HOPEflorida.org

or call us:

1-888-846-HOPE (4673)

