

Title: MADRES PROMOVIENDO LA LACTANCIA (MOTHERS PROMOTING LACTATION)

Program Description:

Our group, Madres Promoviendo La lactancia, meets once a month in our local WIC office. Moms may bring their children. At our meeting we start with a conversation or "Charla" about a health topic, very non-lecture and interactive, interruptions are welcome. Topics such as breastfeeding, BMI, portion size, fat content of foods, oral hygiene and exercise have been discussed. We share a healthy snack while we chat. We then do an exercise routine with a video to guide us or we may go out for a walk. The children participate with us in the snack and exercise and are otherwise engaged with an activity if the topic warrens. Motivators such as sun visors, pedometers and literature are used. We also award diapers for every meeting attended. Pregnant and lactating Latinas attend. Olga walker RN

Contact:

Name: Anita Cruz or Olga Walker

Title: Dietetic Technician. Healthy Start Nurse

Phone: 352-521-1450

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Title: I ndiantown C ommunity O utreach, I nc.

Program Description:



I ndiantown C ommunity O utreach, I nc.

ICORI was incorporated in September 2001, and obtained its 501c (3) status in 2003. Our mission is to provide and develop our community through health and youth initiatives for disadvantaged families and individuals. We seek to enlighten and empower families through a greater awareness of health, mind, and lifestyles.

Program Description for this grant:

“Sano y Apto” is a community based physical fitness program designed to target at risk Hispanic adolescent residing in Indiantown. The summer program will include three components, designed to provide immediate physical exercise for youth, impart health literacy about benefits of exercise.

The fitness courses offered will include:

Beginning Tennis for Children

Low Impact Aerobics

“The infinite way of Martial Arts”

Contact:

Name: Jacqueline Clarke

Title: Founder/ Chief Executive Director

Phone: 772-214-5512

E-mail: icorinc@yahoo.com

Title: University of North Florida (UNF) Brooks College of Health Nutrition Program HOPE Initiatives

Program Description:

UNF has two HOPE initiatives:

- 1) A Media Campaign To Raise Obesity Awareness Prevention, and
- 2) Obesity Prevention Education Through A Religious Based Setting.

Contact:

Name: Judith C. Rodriguez/Nancy Correa-Matos

Title: Professor/Assistant Professor

Phone: 904 620-2840

E-mail: jrodrigu@unf.edu/ncorrea@unf.edu

Title: Marion County Health Department--Step Up, Florida! Healthy Community Program.

Program Description:

My program focuses on coordinating and implementing community-based activities that create environmental and policy changes for healthy lifestyles, specifically addressing chronic disease risk factors and related issues. Additionally, I develop, mobilize and engage community partners as well as educate and advise them on chronic disease issues (inc. prevention and health promotion).

Contact:

Name: Evelyn J. James, MSW
Title: Chronic Disease Educator and Coordinator
Phone Number: (352) 629-0137 Ext 2084
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Title: Fundacion Familia Sana, Inc.

H.O.P.E. Funded: *Para tu Salud*

Program Description:

Para tu Salud (For your Health) is designed to increase awareness of the importance of physical activity among the Latino population in Hillsborough County. Through the use of motivational tools including a pedometer and calendar, in an effort to reduce obesity, this program will educate family participants of risk factors for obesity and inactivity.

The one hundred twenty five individuals who graduated from our Closing the Gap program *Ama tu Corazon* are currently being contacted to see if they want to participate in this project: H.O.P.E. funded *Para tu Salud*. Each graduate, along with family members over the age of thirteen, will be given pedometers, a family calendar, and health education material.

From July 1st until December 31st, 2007 we will continue to do impact and outcome evaluation with the youth and the families with assistance from USF students. Familia Sana is a recognized field site for USF graduates doing their field experience and special project in public health. The relationship between young graduate students and Latino youth will even further enforce the recognition of living a lifestyle that includes exercise, healthy diet, and decrease of inactivity.

History of Fundacion Familia Sana, Inc.

Healthy Family Foundation, Inc. (Fundación Familia Sana)¹ opened our office in the United States in January, 2006. The Foundation initially started in the Dominican Republic in 1998 and then in Venezuela in 2003.

Our first priority in the United States is to fill the gap in health disparities within the Spanish speaking community. Initially we began in the city of Tampa, and have quickly expanded outward into Hillsborough County. With the help of volunteer public health, nursing and medical students from the University of South Florida we have made a difference in the lives of the Hispanic community.

The successes in the other countries, which include the first and only domestic violence shelter in the Dominican Republic, gave both Drs. Jaime Corvin and Wayne Westhoff the assurance that we could expand our public health programs into our own local community. The undertaking was given a boost by receiving several grants this first year. Along with a *Closing the Gap* grant from the Office of Minority Health, we now are implementing programs that include:

- Breast cancer awareness classes among farm workers
- Diabetes classes for inner city Tampa Latinos
- Cardiovascular disease prevention for the *Steps to a Healthier Florida* program
- H.O.P.E. funded: Para Tu Salud, a family exercise program.

Contact:

Name: Dr. Wayne W. Westhoff

Title: President

Phone: 813-980-1019

E-mail: fs_wayne@verizon.net

**Title: Seminole County Health Department and
University of Central Florida
Programa P.E.S.O. (Programa de Educacion Sobre la
Obesidad)**

Program Description:

The PESO program is a targeted intervention which intends to raise awareness about the obesity epidemic, reduce the proportion of overweight and obese children and adults, and promote the consumption of fruits and vegetables within the Hispanic community of Seminole County. PESO uses a targeted approach through the implementation of well tested and effective tools and techniques for youth and adult nutrition and health education that are interactive, culturally targeted and sensitive to the range of beliefs, attitudes and behaviors among Seminole County's Hispanic /Latino populations. The program draws its strength from the collaborative effort of the Seminole County Health Department, University of Central Florida and Seminole County churches with large Hispanic/ Latino congregations.

Contact:

Name: Gloria 'Gigi' Rivadeneyra
Title: Health Education Consultant
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E-mail: Gloria_rivadeneyra@doh.state.fl.us

**Title: Seminole County Health Department and
University of Central Florida
Programa P.E.S.O. (Programa de Educacion Sobre la
Obesidad)**

Program Description:

The PESO program is a targeted intervention which intends to raise awareness about the obesity epidemic, reduce the proportion of overweight and obese children and adults, and promote the consumption of fruits and vegetables within the Hispanic community of Seminole County. PESO uses a targeted approach through the implementation of well tested and effective tools and techniques for youth and adult nutrition and health education that are interactive, culturally targeted and sensitive to the range of beliefs, attitudes and behaviors among Seminole County's Hispanic /Latino populations. The program draws its strength from the collaborative effort of the Seminole County Health Department, University of Central Florida and Seminole County churches with large Hispanic/ Latino congregations.

Contact:

Name: Anita Sallas
Title: Sr. Human Services Program Manager/Outreach
Phone: 407-665-3696
E-mail: anita_sallas@doh.state.fl.us

Title: Heartland Rural Health Network, Inc

Program Description:

Evidence-Based social marketing focused on promoting and encouraging family oriented physical activities for the Hispanic population in Highlands County. This campaign highlights the importance of physical activity and is in conjunction with several major events in the county that provide increased opportunities for physical activities.

Contact:

Name: Kelly J. Johnson, MPH, BS

Title: Health Planning Director

Phone: (863) 452-6530

E-mail: kelly.johnson@hrhn.org

Title: Indian River County Health Department Step Up FL- Indian River Co. Healthy Communities Program

Program Description:

Indian River County Health Department Step Up FL- Indian River Co. Healthy Communities Program

Contact:

Name: Tina Zayas
Title: Healthy Communities Program Coordinator
Phone: (772) 794-7400 Ext 2700
E-mail: Fatima_Zayas@doh.state.fl.us

Title: WORKSITE WELLNESS CHALLENGE

Program Description:

The Hardee County Health Department issued a Worksite Wellness Challenge between two migrant childcare centers from Hardee County. Each center was invited to participate to follow the "Ocho Semanas hacia la Salud Integral" curriculum. Each week the centers discussed the following topics:

Week One	Developing a Healthy Lifestyle
Week Two	Becoming More Physically Active
Week Three	Choosing Healthy Fats
Week Four	Choosing Healthy Carbohydrates
Week Five	Achieve/Maintain a Healthy Weight
Week Six	Enhancing the Mind/Body Connection
Week Seven	Coping with Stress
Week Eight	Getting Preventative Checks

During the weekly meetings, the participants weighed themselves, took their blood pressure, kept a food and activity log and exercised. At each meeting, the participant who best kept up with their food and activity log was awarded.

We found that the childcare center became a great contact. The centers will now have a wellness coordinator that will partner our community health worker to conduct presentations to the staff and parents. Together they will hold quarterly parent meetings covering topics on nutrition, diabetes prevention and control, and physical activity.

East Coast Migrant Head Start is a childcare center that is opened seasonally (November to May). The wellness participants plan to continue to meet on their own to continue their weight loss success. The participants plan to at the County Health Department where they can continue to exercise as a group.

At the end of the eight weeks there was a dinner held for both centers. The participant with the most weight loss was crowned as the East Coast Migrant Head Start "Biggest Loser." The winning participant was very excited because she has weighed over 300 pounds for the last 5 years of her life. During the eight week period she lost 20lbs. bringing her weight to 299lbs. She was very excited and is now determined to lose another 20lbs. She has received support from family and coworkers.

Contact:

Name: Angela Hernandez

Title: Healthy Communities Program Coordinator

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Sophy_Alvarez@doh.state.fl.us

Erin_Hess@doh.state.fl.us

**Title: University of Central Florida, Department of
Sociology
Programa P.E.S.O. (Programa de Educacion Sobre la
Obesidad)**

Program Description:

The PESO program is a targeted intervention which intends to raise awareness about the obesity epidemic, reduce the proportion of overweight and obese children and adults, and promote the consumption of fruits and vegetables within the Hispanic community of Seminole County. PESO uses a targeted approach through the implementation of well tested and effective tools and techniques for youth and adult nutrition and health education that are interactive, culturally targeted and sensitive to the range of beliefs, attitudes and behaviors among Seminole County's Hispanic /Latino populations. The program draws its strength from the collaborative effort of the Seminole County Health Department, University of Central Florida and Seminole County churches with large Hispanic/ Latino congregations.

Contact:

Name: Fernando I. Rivera
Title: Assistant Professor
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Title: Commit 2B Fit

Program Description:

Commit 2B Fit is a successful solution-based program that is reversing the trend of physical inactivity and poor nutrition through its integration of school, home and community. The foundation of the program is a daily planner for students and a journal for adults (available in English and Spanish), that are used to set and assess goals in physical activity and nutrition by recording daily physical activity and intake of fruits and vegetables. Participants in Commit 2B Fit take a pledge that commits them to be physically active every day and to make healthy food choices.

Another component of Commit 2B Fit is a series of exercise posters, in English and Spanish. These posters lead participants through a total body workout strengthening and stretching the body. The exercises can be a warm-up for additional activity or can be used at a worksite as an exercise break. For this HOPE project, they will be used at three YMCA after school sites to involve the parents in physical activity with the children.

Commit 2B Fit is used in the schools and promoted in the county parks, in Publix Supermarkets and on the radio which makes it a school, home and community program. Commit 2B Fit has been visited by Gov. Crist, and has won several awards including the national School/ Community Recognition Award from the American Alliance of Health, Physical Education, Recreation and Dance.

Contact:

Name: Elly Zanin
Title: President, Commit 2B Fit, Inc.
Phone: 561-271-3807
E-mail: commit2bfitinc@comcast.net

**Title: Manatee County Health Department
Diabetes Program.**

Program Description:

Our HOPE Project is a comprehensive wellness program to help individuals make better choices for a healthier future. We will be concentrating on helping individuals achieve a healthy weight

Contact:

Name: Mary Ellen Sagatys

Title: Senior Community Health Nurse

Phone: 941-748-0747 ext 1304

E-mail: mary_sagatys@doh.state.fl.us

Title: MORE HEALTH Inc. Healthy and Fit Evening Program

Program Description:

MORE HEALTH Inc. Healthy and Fit Evening Program

Contact:

Name: Karen Pesce, R.N
Title: Executive Director
Phone: 813-287-5032
E-mail: kpesce@morehealthinc.org

Title: Healthy Start Coalition of Manatee County

Program Description:

Healthy Start Coalition of Manatee County is an organization dedicated to enhancing maternal and infant health care. Healthy Start offers free wrap around support services for pregnant women, new mothers, and infants. The programs aim to assure they all have access to prenatal and pediatric care. It promotes healthy birth outcomes, parenting, and child development.

Contact:

Name: Luz Corcuera

Title: Program Director

Phone: (941) 714-7542 Ext. 302

E-mail: lcrcuera@hsmanatee.org

Title: Glades County Health Department/ Caminando Juntos

Program Description:

Glades County Health Department, Chronic Disease Department promotes awareness and education regarding diabetes, heart attack and stroke, overweight and obesity and smoking cessation. The Health Department entered a partnership with Centro Misionero Agape de la Biblia Abierta in Moore Haven and Agape Christian Academy with the goal to promote healthier behaviors among the members and students they serve. In both organizations, the first a church, the latter a school, the program, Caminando Juntos has been implemented once a month.

Caminando Juntos was launched with a two mile walk, "bridge walk", promoting physical activity to both church members and students. Initially church members received general information about diabetes, overweight and obesity and a sample of healthy foods to try. Following visits included specific topics such as the importance of increasing physical activity and more samples of healthy foods and inclusion of 10 minute walks.

The program presented to students at Christian Academy followed a similar model, introducing fruits and vegetables each month with variations of specific health topics so as to not repeat information to students also attending Agape church. The importance of increased physical activity and healthy snacks were stressed to students and staff in presentations.

Contact:

Name: Angelica Peña
Title: Healthy Communities Program Coordinator
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Title: Immokalee Non-Profit Housing, Inc.

Program Description:

Immokalee Non-Profit Housing, Inc. (INPH) was formed as a 501(c)(3) corporation in 1985 with the dream that even the poorest of farm workers and their families need and deserve decent and affordable places to live. Sanders Pines, a complex of nine buildings with 40 apartments, was completed in 1992. Three years later INPH built 34 single-family rental homes in nearby Timber Ridge. INPH now has 22 years of experience developing and providing affordable and decent rental housing for farm worker families in the Eden Park area of Immokalee known as El Rata (The Rat), one of the poorest and most depressed neighborhoods in Collier County. The overall mission of INPH is to provide safe, affordable and decent rental housing in the Immokalee area for farm workers and other low-income families, and to provide a continuum of services that include community and educational programs focused on improving the lives of residents and the prospects of success for their children. These programs are conducted on-site and serve INPH tenants, as well as the residents of the surrounding Eden Park neighborhood.

The residents of Sanders Pines and Timber Ridge are low-income, primarily farm-working families. The two developments currently house 329 residents, 154 of which are under the age of 18. The surrounding Eden Park area of Immokalee is home to hundreds of additional families, many of whom are migrant farmworkers, and most of whom live in dilapidated trailers and other housing structures in various states of disrepair. Residents of INPH are primarily Hispanic (76%), many of which are monolingual in their native language. Many residents lack a high school diploma or GED and have limited access to transportation and childcare. Health education provided by bilingual staff and opportunities for physical activities that are readily available within the neighborhood are needed to bring about lifestyle changes that will lead to obesity prevention.

Program Summary:

INPH is partnering with the Collier County Health Department to educate residents of Eden Park, ages 13 and older, on healthy nutrition, appropriate food portion size and the importance of physical activity in maintaining a healthy lifestyle and preventing obesity. INPH is also providing organized opportunities for physical activity within the neighborhood through a morning exercise class for adults and daily walking groups, with all project activities taking place on-site at Sanders Pines and Timber Ridge. The anticipated accomplishments of the project are (1) to educate Hispanic residents on appropriate food portion size, how to read food labels and how to prepare traditional Hispanic foods in healthy ways; (2) to increase the consumption of fruits and vegetables by Hispanic residents; and (3) to increase the physical activity of Hispanic residents.

Contact:

Name: Sheryl Soukup
Title: Executive Director
Phone: 239-657-8333
Email: inph@earthlink.net

Title:
Puentes para la Vida (Bridges for Life)

Program Description:

Puentes was created to train Hispanic individuals from the community to provide outreach and improve the community's health awareness. Puentes focuses on health education, self-help and community unity. The backbone of the project is the development of the Lake County Community Health Worker Program.

Contact:

Name: Maria E. Granado, Coordinator
Title: Community Health Worker Coordinator
Phone: 352-742-6504
Email: mgranado@lakecountyfl.gov

Title: “Hang Ten for Healthy Habits” and “Walking for Health”

Program Description:

Elementary school children participated in weekly 6-8 sessions during and after school that educated about the importance of good nutrition and regular physical activity to achieve and maintain good health. Baseline and ending screenings for height, weight, and BMI were included. This was a partnership with the school nurses.

Children participated in learning and fun activities to understand:

- Food pyramid
- How physical activity strengthens the body and helps keep body weight normal
- How to choose healthy foods and portion sizes
- Why fruits and vegetables are important
- How to eat favorite foods without getting unneeded calories, fat and sugar
- Chronic diseases associated with obesity/overweight

School classroom staff assisted and coaching staff coordinated physical activity. Lunchroom staff was also included in the education and provide health foods for graduation activities. Parents were actively involved and received resource materials, like healthy menus and training on the school system's MealPay Plus, which allows parents to monitor and direct their child's paid food choices during the school day. As part of the project, parents with special nutritional needs received counseling from a license dietitian through a partnership with University of Florida Extension Services.

“Graduation” celebrated personal and group achievements. This program is requested by other schools for use in the fall and recently initiated at two Boys and Girls Club and two faith base sites for summer programs.

Contact:

Name: Dorothy (Dot) Nettles

Title: Human Services Program Specialist. Hillsborough County Health Department, Tampa, Florida

Phone: (813) 307-8015 ext. 7107

Email: Dorothy_Nettles@doh.state.fl.us

Title: Indiantown Playground and Healthy Habits Program: Boys & Girls Clubs of Martin County

Program Description:

Indiantown Playground and Healthy Habits Program: Boys & Girls Clubs of Martin County / Thanks to the H.O.P.E. generous grant, we will be in the midst of constructing a new playground behind our new facility in Indiantown, which is located in the heart of New Hope. This is a subsidized housing community consisting mostly of Hispanic families and farm workers, and the new jungle gym, swing set and bike rack will be the only exercise and play equipment available to the community. The program also includes a healthy eating habits element, which will allow us to provide fresh fruits and vegetables for our Indiantown and Port Salerno clubs, as well as hold cooking classes to teach our members smart, healthy and delicious nutritional options.

Contact:

Name: Suzanne Wentley
Title: Grants writer/Outreach coordinator
Phone: 772 545-1255
E-mail: swentley@bgcmcf.org

Title: Gulfcoast South Area Health Education Center, Inc.

Program Description:

Gulfcoast South Area Health Education Center, Inc. (GSAHEC) connects students to careers, professionals to communities and communities to better health. We inspire, train, recruit and sustain a diverse and broad range of health professionals to practice in communities where the need is greatest. GSAHEC provides programs to inspire youth to choose a career in the health professions, recruits dedicated health professions students who want to make a difference in the community, supports local health professionals by providing resources such as technical assistance, library services and continuing education programs, and develops and implements community-based health promotion activities such as our community health workers program and more.

As a recipient of a HOPE mini-grant, and in partnership with the Healthy Start Coalition of Manatee County, GSAHEC will implement community-based, bi-lingual awareness activities focusing on the need for increased physical activity, improved nutrition, appropriate food portion size, and the need for reduced screen time, with the goal of increasing the quality of life and reducing chronic disease linked to obesity among Hispanic/Latinos in Manatee County, Florida.

Contact:

Name: Ansley Mora
Title: Community Education Coordinator
Phone: (941)361-6602
E-mail: amora@health.usf.edu

Title: "Healthy Habits"

Program Description:

Our program will involve incorporating a new playground and healthy snacks & foods into sustained healthy habits for our members

Contact:

Name: Suzanne Wentley

Title: Grant Writer

Phone: 772-545-1255

E-mail: swentley@bgcmcf.org

Title: Polk County WIC Program

Program Description:

Polk County WIC Program is a supplemental food program which provides food, nutrition counseling and education, breastfeeding support, and referrals to health and social services. Women who are low and moderate income who are pregnant, breastfeeding or postpartum; infants and children up to 5 years old can be eligible for WIC. A family of four with a yearly income of \$38,203 or less would be eligible. Foods provided by WIC include cereal, fruit or vegetable juice, milk, cheese, eggs, peanut butter or dry beans and infant formula. Polk County WIC program serves 21,799 clients monthly at seven clinic sites and three satellite sites throughout Polk County and Hardee County Florida.

Contact Information:

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Susan Kistler e-mail: SKistler@doh.state.fl.us
Suzie Durden e-mail: Suzanne_durden@doh.state.fl.us

Title: Miami-Dade Area Health Education Center, Inc.

Program Description:

Miami-Dade Area Health Education Center, Inc. (AHEC) is a 501(3)(c) non-profit agency whose mission is to improve access to quality, comprehensive health care and education for uninsured, economically needy and other vulnerable individuals in Miami-Dade County by providing and supporting direct health care services and education, and fostering community partnerships to increase such service provision. Created in 1987 from a federal initiative to improve communities' access to health care services through changes in the education and training of health professionals, Miami-Dade AHEC partners with a variety of entities to increase and enhance local community health care. Current Center activities include providing financial and infrastructure support to primary care clinics and school health initiatives; adult and youth health education programs in schools, worksites and community centers; training and coordination of community health/outreach workers; and training for licensed health care providers, para-professionals and health professions students.

Description of Project

Miami-Dade AHEC will be using the resources provided by HOPE to expand our existing Worksite Wellness and Adult Community Education Programs by specifically targeting Hispanic adults in Miami-Dade County to receive nutrition and physical activity information. The goal of the program is to increase participant's level of physical activity, and knowledge & practice of healthy nutrition and appropriate food portion size, and reduce their risk of chronic diseases linked to obesity. Specifically, Miami-Dade AHEC will work to:

- Increase access to healthy Hispanic recipes and appropriate nutrition information;
- Increase the proportion of worksites that offer nutrition or weight management counseling;
- Increase access to physical activity opportunities in the community & worksite settings.
- Reduce the proportion of adults who engage in no leisure-time physical activity;

The proposed project will offer a two hour program in English, Spanish, or both with a maximum of 30 participants at each presentation. Each program will consist of nutrition education, a cooking demonstration and a physical activity component. The program will be provided at area worksites that have a large percentage of Hispanic employees through the Center's existing Worksite Wellness program. Programs will also be provided at community-based sites throughout the County through the Center's on-going Adult Community Education programs.

Contacts:

Name: Martha Sanchez, RN, BSN, MBA
Title: Project Director for HOPE Grant. Chief Executive Officer
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Name: Lizette Pabón, MPH, CHES
Title: Health Education Coordinator
Phone: 305-597-3645
E-mail: lpabon@mdahec.org

Title: The UCP of Central Florida

Program Description:

The UCP of Central Florida HOPE mini-grant will address the needs of children with disabilities and will focus on Hispanic cultures. We will focus on the following areas -
- a) We will provide an after school and summer recreation program that includes physical activities
b) We will provide food and nutrition classes that includes cultural considerations for planning healthy meals and snacks
c) We will promote carry through in the home by providing workshops for family members
d) We will provide training to City of Orlando recreation staff on adapted physical activities and recreation programs as well as the food and nutrition curriculum.

UCP of Central Florida

Since 1955, UCP of Central Florida (UCP) has been providing services to children with disabilities and developmental delays and their families. In the last ten years UCP has grown from having one center located in downtown Orlando that served 129 children to having six centers located in Orange, Osceola, and Seminole Counties. UCP currently serves 2,300 children age's birth to 21 years of age; 44% are of Hispanic origin, 28% are white, 19% are black and 9% are other.

Our Mission

We are the experts for children with special needs. By providing the best support, education and therapy, we offer hope to everyone touched by a disability. Our set of services includes Support – family support, training and counseling; Education – charter school, before and after school care, recreation programs and inclusion program; Therapy – physical, occupational, speech and music therapies. We serve children with all types of disabilities including spina bifida, autism, Down syndrome, and cerebral palsy.

Contact:

Name: Ruth Leggore
Title: Annual Giving Program Manager
Phone: 407-852-3308
E-Mail: rleggore@ucpcf.org

Title: Seminole County HOPE Program

Program Description:

The Hispanic community is growing - and aging - in our area, and funding through the HOPE Initiative will enable us to offer a unique program to help Hispanic seniors grow old, actively, healthily and happily.

The Seminole County HOPE Program is a partnership between the KAD Foundation and the Casselberry Senior Center. Seminole County has a growing population of Hispanic older adults, projected to comprise 19% of the County's population in the next 3-5 years. Given the transient nature of this population lack of extended family, coupled with language and economic hurdles, community support is critical to their health and well being.

The Seminole County Hispanic Obesity Prevention and Education (HOPE) initiative will successfully implement and expand physical activity, healthy nutrition, and knowledge of appropriate food portion size and preparation techniques in order to increase quality of life and reduce or eliminate chronic disease linked to obesity. The program will take place May – December 2007.

The objectives/anticipated outcomes of this project are as follows:

- To increase physical activity and access to physical activity.
- To improve knowledge of healthy diet and eating habits.
- Increase socialization among HOPE participants.
- To develop linkages with community referral sources for health and social support.
- To disseminate educational and project information.

KAD Foundation is a nonprofit organization founded in March 2004. The primary mission and purpose of KAD Foundation is to improve the lives of our youth and families of various backgrounds and ethnicities. We do this by providing services to youth and families through life skills classes, workshops, counseling, and emergency services to individuals who have suffered unexpected trauma, disaster, abandonment, violence, abuse or neglect or are at-risk of school failure.

Contact:

Name: Tina Wheeler

Title: President

Phone: (407) 654-2155

E-mail: tjwheeler2004@aol.com

Title: Highlands County Health Department

Program Description:

Our program has two approaches, one youth and one adult. The VERB Summer Scorecard is a ten week campaign focused on promoting and encouraging physical activity to tweens (9-13 year olds) through fun activities. The campaign is designed to increase awareness, excitement and commitment for active opportunities for youth among tweens, parents and community partners. With our youth campaign we market the VERB Summer Scorecard through our public school system with the use of banners, radio and TV spots (in English and Spanish). We also distribute the VERB Summer Scorecard to the tweens through our school partnership. In addition to our youth campaign, our adult targeted family campaign promotes the importance of physical activity in the family this is also an evidence-based social marketing campaign. We use a multi media approach (TV, Radio and News Paper) to reach the residents of Highlands County. The two TV spots run for 3 months and have a Hispanic accent to help appeal to our Hispanic population. The seven radio spots run at the same time as the TV spots and are in English with a Hispanic accent on 99.1 and in Spanish on 105.3 La Zeta. The adult campaign coincides with major community events that provide increased opportunities for physical activities. We are also incorporating a farmers market into the Art and Community festival in order to provide better access to fresh fruits and vegetables. For sustainability we are marking a walking trail with mile markers every half mile to make it more visible and easier to access.

Contact:

Name: Derek Carlton
Title: Health Promotion & Marketing Supervisor
Phone: (863) 382-7221
E-mail: Derek_Carlton@doh.state.fl.us

Title: GYM: Getting Youth Moving

Program Description:

Getting Youth Moving is a YEAH! Initiative (Youth Empowered Ambassadors for Health) in Flagler County. The mission is to Get Youth Moving to increase their chances of maintaining a healthy weight so as to avoid serious health problems now and in their future. They have developed a youth wellness center on site at the school in order to provide facilities and programs that support Health Class, PE and Health Services for students and their families. The center has a youth work out room with youth sized equipment and personal fitness programs specifically designed for elementary age students. The next phase of the project (to be completed this summer) includes a Health classroom that can also be utilized for group exercise and nutrition education classes for students and their families.

Project GYM became an official YEAH! Group last fall. Project GYM is a state and international winner in Community Problem Solving in the Future Problem Solving International Program.

All Project GYM founders are graduating seniors at Flagler Palm Coast High School. Flagler Schools has agreed to carry on their important work through the Wellness Committee and School Health Advisory Committee. Our goal is to encourage all schools to Get Youth Moving by developing similar wellness centers on their school grounds. Through HOPE, we will outreach to our growing Hispanic student body and their families.

Contact:

Name: Janet Reilly
Title: Wellness Program Consultant
Phone: 386-569-1262
E-mail: jemreilly@hotmail.com

Title: Nemours *Muévete! (Get Moving!)* Project

Program Description:

Nemours mission is to provide leadership, institutions and services to restore and improve the health of children through care and programs not readily available, with one high standard of quality and distinction regardless of the recipient's financial status.

Employing more than 400 specialty and subspecialty physicians and surgeons, Nemours cared for 238,000 individual children during 2005 in 558,000 outpatient visits, 30,056 hospital admissions and 47,513 surgical procedures –making Nemours one of the nation's largest group practices for children, with a history dating back to 1936.

The Healthy Choices Clinic (HCC) and its ***Muévete! (Get Moving!)* Project** are located in the Nemours Children's Clinic – Orlando in downtown Orlando. The Nemours Children's Clinic – Orlando, founded in 1996, has served thousands of children and families. The HCC opened its doors in August 2006. The HCC is a pediatric multi-specialty clinic providing specialized medical services for overweight children and adolescents with complex problems and needs. Today, the Orlando staff draws on the Nemours legacy of experience and compassion to provide the highest level of care.

The ***Muévete! (Get Moving!)* Project** features three objectives

1. Educate patients and their families on fun ways to incorporate physical activity every day where they live, learn and play. Our clinical staff will undergo training on appropriate physical activity for adolescents and techniques to motivate teens and their families to increase exercise in their daily lives.
2. Collaborate with the Center for Multicultural Wellness and Prevention to adapt the Nemours healthy lifestyle prescription for children *5-2-1-Almost None* to focus on HCC's Hispanic patients age 13 and up and their families. *5-2-1-Almost None/Casi Nada* will urge children to eat 5 or more servings of fruits and vegetables daily, reduce their screen time to 2 hours or less each day, increase their physical activity to one hour or more each day and to limit their consumption of sugar-sweetened beverages to almost none or not more than two servings *per week*.
3. Join with the Center and other community collaborators to further disseminate the *5-2-1-Almost None* and other culturally sensitive, Spanish language education materials to the Orlando Hispanic community through a series of three outreach activities to be held at sites such as a school, community center, and /or health fair.

Contact:

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Title: FLIPANY/Operation Frontline's Comer Bien Cooking Class Series

Program Description:

Recognizing the disparity of health programs serving low-income areas Florida Introduces Physical Activity and Nutrition to Youth (FLIPANY), co-founders Ms. Kunins and Dr. Casazza decided to put their heads together and create programs to fill these gaps in service. Actively seeking nutrition programs with measurable outcomes; Share Our Strength's Operation Frontline was born in South Florida. Operation Frontline's chef-led nutrition and cooking classes is a perfect match to FLIPANY's mission of offering affordable programs to Floridians. Together the Operation Frontline curriculum (Comer Bien), leadership of FLIPANY's staff, and volunteer chefs and nutritionists educate low-income families by teaching 6 week cooking classes (in Spanish) with focus on cooking skills, nutrition, food safety and meal preparation.

Participants enrolled in our four or six session courses receive recipes and nutrition information on each day's lesson, as well as a bag of groceries so they can prepare the recipes taught that day at home. With Operation Frontline's nutrition education model, participants learn nutrition information, budgeting skills, and food safety practices in a positive and interactive setting as they make healthy and low-cost recipes. Participants not only learn how to prepare healthy foods, they also utilize the skills learned immediately. Because of this, participants more easily adopt new cooking methods and healthy budget-wise eating habits because they've done it themselves--and tasted the results!!

Contact:

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**Title: Hendry County Health Department
Caminando Juntos
A Joint Project of the Healthy Communities Program
and El Faro Church**

Program Description:

The Heart to Heart Healthy Communities Program and the Pastors of El Faro Church of LaBelle met and decided to add a health component to the church's programs this year in conjunction with a HOPE grant. The Church met and planned their Saturday outreach meetings and decided to focus on different groups of people each month.

The HOPE grant began in March with Celebrating Children. The church had a racetrack for hot wheels cars set up and other games for children. Caminando Juntos provided healthy snacks including fruit kebabs and fruit smoothies for the children and parents. The lesson was adding physical activity to your life. Everyone received a pedometer and took a walk together. Church members received a calendar to track their steps (the return rate was low for this).

The April event was Celebrating Youth. Students Working Against Tobacco (SWAT) provided a healthy lunch and an anti-tobacco message for the young people and their families. In addition to the tobacco message the youth also learned about "what's in your drink?" explaining the sugar content of many of their favorite drinks.

May was Celebrating Women. The message was about eating healthy for them and their families. In addition to a display on understanding food labels the church members were offered an opportunity to sign up to come to the church one evening for a cooking class using recipes from a Hispanic cookbook that each member received. The class was a great success and everyone had a wonderful time chopping, cleaning, cooking and eating the foods they prepared.

June is scheduled for Celebrating Men.

The program has been very well received and everyone has enjoyed learning and doing. The health lessons have been easy to understand and easy to implement in their lives or to help change habits, for example understanding the sugar and calorie content of sodas and 'fruit' drinks.

We hope to continue our partnership with the church for future health promotions.

Contact:

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Title: "Madres Promoviendo La Lactancia"

Program Description:

We coordinated with our WIC Clients and gathered a group of Hispanic women who were either breastfeeding, or pregnant and planning to breastfeed. Our goal was to encourage breastfeeding for at least 6 months as this has been shown to prevent obesity in both the child and the mother. Our group "Madres Promoviendo La Lactancia" met monthly and during each visit we discussed topics concerning nutrition education, portion control, benefits of breastfeeding, and addressed any concerns that each breastfeeding mother may have had. At each meeting, we collected statistical information, such as the weight and BMI of each woman participating. Some of the additional activities we were able to coordinate were guest speakers, such as a local dentist who discussed the benefit of proper dental hygiene and its relationship to nutrition. In addition, we gathered at the local park and participated in walking 1-2 miles around the track, watched and participated in a low impact exercise video, watched a diabetes video, and gave food demonstrations to encourage proper nutrition. Each woman was given diapers as incentives to participate in the program, as well as a pedometer to encourage physical activity. The women in the program were successful in continuing to breastfeed and a portion of the participants showed weight loss. The results of our program were very positive as the women enjoyed the resources, education, and social interactions provided.

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Title: City of South Miami - Obesity Prevention and Education Program

Program Description:

The City of South Miami Parks & Recreation Department plans, coordinates and implements diverse educational, cultural and recreational activities of the highest quality for all citizens and organizations in our community. A pilot project has been implemented to address obesity within our municipality by providing age appropriate, culturally competent services in the form of the following:

- **Health Education**-provide age appropriate classes to adolescents and adults who display obesity or have family history of obesity. Nutritional displays and cooking tips will also be available. The classes will be available in English and Spanish.
- **Physical Activity**-foster both traditional and non traditional physical activity, which will include salsa dancing, power walking, personal training, sit down physical activities, etc.
- **Results Tracking** – track all results of members in the program in order to capture exercise efforts – which include: weigh-ins, B.M.I., measurements, & physical testing.
- **Diet Watch Buddy System**- creating buddy system to monitor appropriate eating patterns.
- **Fitness Club**-provide access to fitness club and personal training to all members.
- **Daily Journal** – provide journals for monitoring daily intake of nutrients and amount of physical activity.
- **Pedometers** – track daily steps taken by individuals with the surgeon general goal of 10,000 steps per day with use of pedometers. Weekly results will be collected.

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