

The Partners

Livingston County
Department of Health

Cornell Cooperative
Extension

Kristen Alford

Noyes Memorial
Hospital
Healthy Heart Grant

BOCES

Genesee Valley Health
Partnership



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**Hip Hop
Healthy InPut/ Healthy OutPut**



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Childhood Obesity

Institute of Medicine Study-Major Findings and Conclusions

Childhood obesity is a serious nationwide health problem requiring urgent attention and a population-based prevention approach so that all children may grow up physically and emotionally healthy. Preventing obesity involves promoting healthful eating behaviors and regular physical activity—with the goal of achieving and maintaining energy balance at a healthy weight. Individual efforts and societal changes are needed concurrently. Multiple sectors and stakeholders must be involved.

The Statistics

Over the past three decades, the childhood obesity rate has more than doubled for preschool children aged 2-5 years and adolescents aged 12-19 years, and it has more than tripled for children aged 6-11 years. At present, approximately nine million children over 6 years of age are considered obese.

HIP HOP

What Do We Do?

From the Institute of Medicine:

“Presently, there is limited experimental evidence regarding the best ways to prevent childhood obesity and the extent to which various potential factors contribute to weight gain.”

So, we do what we can with the present information...



- Hip Hop is a **curriculum**, it is **consulting**, and it is a **collaboration**. All Livingston County schools can take advantage of the many resources available to them.
- Lead coordinator from the GVHP is available to serve on Livingston County schools Wellness Committees as a consultant and to provide access to collaboration.
- Work to provide proactive, research-based obesity prevention for Livingston County Schools
- Goals are to...
 - Increase Activity Levels
 - Improve Nutrition
 - Improve Overall Health Status
- A partnership of Cornell Cooperative Extension, Livingston County DOH, Noyes Memorial Hospital, and BOCES coordinated by the Genesee Valley Health Partnership

Our Partnership is working to develop a program for Livingston County Schools based on that available evidence. We will be piloting the project in two school districts initially and hope to expand each year as we build the program.

Our partners have developed a four phase plan to assist schools, and eventually communities, in working with children for lifelong fitness and wellness

- Phase I-Needs assessment
- Phase II-Analysis of data and information
- Phase III-Implementation in schools
- Phase IV-Increase involvement of parents, staff, and community

Partners

Noyes Memorial Hospital
Healthy Heart Grant
Low-fat milk, healthy snack practices in schools
Walking Trails Initiative

Livingston County Department of Health

In school and community programs about nutrition and physical activity
Assistance with special events such as health/wellness fairs
Collaborating with Noyes on the low-fat milk and healthy snack practices in schools
Heart Adventure Obstacle Course

Cornell Cooperative Extension

School Health Index Assistance
Classroom and community workshops and presentations
Eat Smart, NY
Resources and materials on nutrition and physical activity

BOCES

Provide information from NYSED, new legislation, and school policies

Genesee Valley Health Partnership

The GVHP will coordinate and develop Hip-Hop programming
Healthy Input, Healthy Output menu choices

Implementation of those programs in schools

A positive, activity based program for schools in development with monthly activities, simple to use

