

Henderson County Childhood Obesity Prevention Demonstration Project Overview

The Henderson County Department of Public Health, in collaboration with Henderson County Partnership For Health and nineteen community partners, was awarded a \$380,000 grant to address childhood obesity. There are 9 components to be completed between October 1, 2008 and May 31, 2009:

Schools: Implement the ISPOD (In-School Prevention of Obesity and Disease) Program. Includes training K-8 physical education teachers in a PE curriculum. Also provides for physical assessments and measuring BMIs (Body Mass Index) of students to gather data on prevalence of childhood obesity in Henderson County.

Preschools: Implement the NAP-SACC (Nutrition and Physical Activity Self-Assessment) intervention in 10 childcare centers in Henderson County. This program targets child care policy, practice, and environmental influences on nutrition and physical activity behaviors in young children.

Hospitals: Enhance existing employee wellness programs at Park Ridge Hospital and Pardee Hospital by developing and implementing programs including those that focus on policy and environmental changes, as well as employee education and group activities.

Healthcare: Recruit and train clinicians to use the Pediatric Obesity Clinical Tools to identify and refer children who are overweight, obese, diabetic or at risk for these conditions. Additional tools and resources will be available to clinicians to promote simple healthy messages to patients and their families.

ENERGIZE! Program: This is a program for youth identified as being at risk for developing diabetes. It is being implemented at Park Ridge Hospital. They will modify an existing program called Kid Power which is similar but targets overweight and obese children. ENERGIZE! is a 12-week program for children 10-18 and their families where kids learn how to lead active, healthy lives. It includes assessment, medical follow-up, parent sessions, nutrition concepts, and fitness classes at a local gym. The health department's KidFit nutrition program will also work with younger children and those who can't participate in a 12-week program. KidFit includes sessions with a dietitian to learn about weight management. Park Ridge Hospital's PREP (Preschoolers Reaching Educational Potential) Program will add height and weight assessments to their developmental screening program to identify and refer overweight children.

Farmers' Markets/Farm Stands: Plans include working with the Hendersonville Community Co-op to begin a tailgate market. Other strategies will focus on marketing farmers' markets and farm stands to promote buying and eating local produce.

Bike/Pedestrian Plan: Improve the walkability of Hendersonville by completing 1.6 miles of sidewalk on both sides of Spartanburg Hwy (Highway 176). This is part of the City of Hendersonville Pedestrian Plan and will connect the Human Services Building (DSS, Public Health, and Veterans Services) to Hendersonville. This is a heavily traveled area with approximately 1,334 residential properties and 335 commercial properties located within ½ mile of the sidewalk project. ACE's (Active Community Environments) training will also be conducted.

Partnership Development: The Partnership for Health will form a Physical Activity and Nutrition Committee to address these issues and engage additional community partners and volunteers to further the work for a healthier Henderson County.

Health Communication and Social Marketing: An education and marketing campaign will be implemented to increase awareness of the Childhood Obesity Prevention Demonstration Project, engage citizens in participating in activities and events, and encourage adoption of policies and environmental changes among community groups, business, and agencies that support healthy nutrition choices and physical activity.

For more information contact the Project Coordinator, Terri Wallace at 828-698-4600 or director@p-f-h.org