



BRYAN WOODWARD

COMMUNITY GRANT

PAST PROJECTS FUNDED



TREO FOUNDATION'S

Walk
from OBESITY

20th Anniversary • Est. 2003



FOUNDATION

Treatment, Research and
Education to end Obesity.

Past Projects Funded

Project Name: BodyWorks Program

This project was funded by TREO Foundation, and is not a current or ongoing program of the Foundation. For more information on this project please contact the grant recipient – Overlake Hospital Foundation.

Program Activities and Description:

The BodyWorks program focuses on parents as role models and provides them with the tools and support they need to create healthy lifestyles for their children. The goals of the program are:

- To provide parents and caregivers with tools and strategies to improve family eating and activity habits
- To support adolescent girls in reaching and maintaining a healthy weight
- To prevent obesity among adolescent girls

BodyWorks is a new program for parents and caregivers of young adolescent girls.

BodyWorks focuses on helping girls ages nine to thirteen years and their families create healthier lifestyles.

Project Name: Shape IQ

This project was funded by TREO Foundation, and is not a current or ongoing program of the Foundation. For more information on this project please contact the grant recipient – Middle Tennessee State University Foundation, Nashville .

Shape IQ will educate groups of university students on the importance of strength training, in addition to walking, in combating obesity.

Program Activities and Description:

In recent studies resistance band strength has been shown to be even more effective than other types. The reason: the utility and versatility of the method. The most crucial factor in strength training is consistency. Because of their portability, easy handling and storage the bands win out in overall consistency of use. They are very inexpensive in comparison to other equipment as well, which is another big plus.

Young people at college age are in the final formative stages of brain and personality development. The prefrontal cortex where executive function and right and wrong decision making is done is solidifying at this life stage. It is one of the biologically best times to instill a rational and positive lifestyle habit. Obesity is a problem that is much more easily prevented than it is changed. This program can play a pivotal role at a critical juncture in these young people's lives. It will give them an avenue to practice a very important health habit for the rest of their lives. Adherents of the program can expect to raise their ratio of lean body mass while lowering their amount of body fat! It should be kept in mind that muscle burns many times more energy even at rest than fat does. The higher muscle to fat ratio will also facilitate movement exercise. An expected change would be more strength exercisers.

With a steady dose of this program going on, the community can expect a more and more healthy populace. It also can be expected that local health related insurance claims will eventually start to diminish.

Project Name: Healthy Kids at the YMCA

This project was funded by TREO Foundation, and is not a current or ongoing program of the Foundation. For more information on this project please contact the grant recipient – Children’s Center for Weight Management in Birmingham, AL.

Program Activities and Description:

Healthy Kids at YMCA will be a joint venture between the Children’s Center for Weight Management (CCWM) and the Birmingham YMCA. CCWM was established in July 2002 as a joint venture between the University of Alabama at Birmingham (UAB) Departments of Pediatrics and Surgery and the Children’s Hospital of Alabama (TCHA), to provide an interdisciplinary approach in efforts or prevention, evaluation, treatment and research with children who are overweight. The model is a social ecological framework that takes into consideration individual variables related to weight loss in the context of the family, peers, community, and society. The CCWM offers:

- An outpatient interdisciplinary clinic
- Two group programs for overweight youth (ages 6-11) and healthier weight (ages 12-18)
- A bariatric surgery service for severely overweight adolescents
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The CCWM has an established relationship with UAB through the Healthier Weight adolescent weight management program which is held at one of their facilities. The Birmingham YMCA is a community based organization that has a record of success in working with children and families. Camps with the YMCA are a popular choice for Birmingham youth. Their vision statement is “We will lead our community to become the healthiest in America” fits well with the issue of pediatric obesity. With the experience of the YMCA, the CCWM will be able to expand its weight management program to a summer day camp. The goal of Healthy Kids at the YMCA camp is to assist these children and their families with initiating a successful weight loss program in a fun camp to address pediatric obesity in the Birmingham metropolitan area.

Project Name: Project 5210 – the code for healthier children:

This project was funded by TREO Foundation, and is not a current or ongoing program of the Foundation. For more information on this project please contact the grant recipient – Christus Schumpert Health System Foundation, Shreveport, LA.

Program Activities and Description:

- 5 servings of fruits and vegetables per day
- 2 hours or less of TV or computer viewing per day
- 1 hour of physical activity/exercise per day
- 0 tolerance for alcohol, tobacco and drugs

The childhood obesity program, Project 5210, is offered to the community free of charge and is composed of three sections: family, school and individual.

PROJECT 5210's main goal is to increase the knowledge of nutrition, exercise, behavior and health for the child and parent while fostering an environment that strives for a healthy lifestyle for each unique participant. Success is not only based on weight loss, but on positive lifestyle changes and increase in knowledge that enables the child and parent to establish health habits throughout life. Besides nutritional education and knowledge of caloric intake, it is important for families to also understand the societal behaviors which are contributing to childhood obesity. PROJECT 5210 is an effective tool in combating childho

Project Name: Fit as a Firefighter

This project was funded by TREO Foundation, and is not a current or ongoing program of the Foundation. For more information on this project please contact the grant recipient – Slidell, LA Memorial Hospital Foundation.

Program Activities and Description:

The Fit as a Firefighter program's mission is: For overweight children to gain knowledge of healthy nutritional and fitness choices while gaining the strength and self-confidence needed to develop a positive self image and personal coping mechanisms, along with learning about safety in their homes, schools and communities. Our goal is to improve the health of Louisiana's families and ultimately share this successful program with other organizations throughout the country. With childhood obesity being increasingly prevalent, the percentage will continue to rise if steps are not taken to prevent it.

The Fit as a Firefighter summer camp offers 80 families educational access to create healthy lifestyles through a free weeklong day camp and additional educational offerings to parents through the "Becoming Healthier" – Parent Nutrition Nights. The Fit as a Firefighter summer program offers the free camp to children of low to moderate incomes. Periodic follow-up and consultations via email or phone interviews also are conducted throughout the year to provide support and additional education.

Project Name: Trim Kids Program

This project was funded by TREO Foundation, and is not a current or ongoing program of the Foundation. For more information on this project please contact the grant recipient – YMCA of Greater Des Moines.

Program Activities and Description:

Trim Kids is a multi-disciplinary 12-week plan for overweight children (ages 6-18 years), which gives parents and children an approach to lifetime weight management, thus decreasing the likelihood of developing diabetes.

Trim Kids is an established, individualized approach to weight management that understands the needs of overweight children vary with their ranges of obesity. Referrals from pediatricians are the primary source of applicants to the program, based on BMI over the 95th percentile. The 12-week program focuses on dietary intervention, physical exercise and behavioral/emotional counseling in order to comprehensively address the underlying issues of youth obesity and achieve and maintain long-term success. The overall goal of Trim Kids is to prevent and manage youth obesity, lowering the likelihood of developing diabetes and other diseases.

Project Name: Healthy Kids Week

This project was funded by TREO Foundation, and is not a current or ongoing program of the Foundation. For more information on this project please contact the grant recipient – Orvis Risner Elementary School, Edmond, OK.

Program Activities and Description:

The objectives of Healthy Kids Week:

- Provide students with sound nutritional advice in which they will be able to make informed decisions about what they consume.
- Study the impact of nutrition and exercise on the student's academic performance.
- Raise awareness of hidden calories, nutritional deficiencies, empty calories and basic nutritional recommendations.

This week included a school-wide assembly with guest Chef Dave Fouts who discussed the benefits of healthy eating in jeopardy game format. Chef Dave then guided the kitchen staff and was allowed to “tweak” the menu to provide a healthy meal that was less than 500 calories. This included a baked potato bar, turkey filling, fresh vegetable bar, baked tortillas and homemade strawberry shortcakes.

Chef Dave also conducted mini cooking demonstrations and nutritional information sessions in small group setting. These lessons provided essential information for the students and allowed them to ask some very important questions, such as: “How many calories should I consume in a day?” “How long will it take to me to burn off the calories from lunch?”

A poster contest and essay contest were also held. The topic for this contest was: “How healthy choices affect my Future.”

Project Name: Prevention before the Crisis

This project was funded by TREO Foundation, and is not a current or ongoing program of the Foundation. For more information on this project please contact the grant recipient – The Faces of Hope, Richmond, VA.

Program Activities and Description:

Prevention before the Crisis is a one-year program of physical activity and nutrition education for children ages 6-18 years old. These children are in the 85th – 95th percentile (at risk of overweight) and the 95th + (overweight) in terms of BMI (Body Mass Index). The program's unique feature is that we work in the child's home environment and with the family. The Support team consists of a fitness trainer and nutritionist personally assigned to the child. The HOPE staff and referral resources are available as needed. The Support team will develop a physical activity plan and nutrition plan especially for that child including their personal interest and cultural preferences. The Support team will work one-on-one with the family to achieve the child's goals and report progress on a periodic basis throughout the program.

HOPE'S program is a combination of the "best practices" of various resources and programs, including but not limited to:

- The American Council on Exercise (ACE) fitness program
- U.S. Department of Health and Human Services "We can! Energize our Community: Toolkit for Action"
- Virginia Department of Health's "I am moving, I am learning: A proactive Approach for Addressing Childhood Obesity"
- U.S. Department of Agriculture – Center for Nutrition
- National Association for Sport and Physical Education

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