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LOCAL FOUNDATIONS JOIN FORCES TO FUND NUTRITION, FITNESS PROGRAMS IN ORANGE COUNTY

August 23, 2004 - The HealthCare Foundation for Orange County and the Orange County Community Foundation have joined forces again this year, to provide nearly \$147,000 in support for local projects aimed at protecting children's health.

Recipients of this year's grants include:

- The Boys and Girls Club of Stanton as the leader of **The Orange County After School Environment Task Force**. This group of Boys and Girls Clubs, assisted by Second Harvest Food Bank, will implement policy changes to create a supportive "healthy food" environment. Over the funding year, they will be voluntarily converting soda and snack food vending machines to serve nutritious alternatives, and tracking the financial and health impacts of these changes.
- **CHOC Foundation for Children's** "Healthy Ways" programs work with parents of young children to teach the importance of "stress-free feeding," and work with older children and their parents to help them understand and counteract the influences of media on food and lifestyle choices.
- Pediatric Adolescent Diabetes Research and Education (**PADRE**) "**Steps to Healthy Living**" program engages elementary school age (5th and 6th grade) children and their parents in a walking program, while teaching about the importance of fitness and nutrition.
- **St. Jude Medical Center's** "Project Fit America" received a second year of funding, to install workout equipment for children at north Orange County school settings and train teachers and parents on helping children use the equipment to stay fit.
- **YMCA Orange County** received support for their Project ALISA (Active Living in Santa Ana), working with city officials and neighborhood residents to make changes to the environment that support an active, healthy lifestyle.

- **YMCA of Anaheim's** "Anaheim Achieves/ Y BE HEALTHY" project received a second year of support, to provide their fitness and nutrition program at 31 school sites.

The two Foundations chose to invest this year's collaborative funding in efforts to change the environments in which children and parents make decisions about nutrition and physical activity – making it easier to make choices that support a healthy and fit lifestyle. Given the growing number of health risks linked to overweight and inactivity, preventing such problems became the focus of their joint efforts to protect the health of Orange County's children. By pooling resources, the Foundations offered community organizations a streamlined application process and were able to fund projects throughout the County.

Interested parties may learn more about the Foundations' work by visiting their websites, www.hfoc.org and www.oc-cf.org.