

HARRIS COUNTY MEDICAL SOCIETY
Personal Responsibility Project
Possible Partnerships

Shape Up Houston

Shape Up Houston is a civic entrepreneurship of Lan Bentsen, a for-profit retiree with a thirty-five year history of civic involvement in the health and education issues of at-risk children at the local, state, and national levels. Its mission is to inspire, motivate, and educate the people of Houston to improve or maintain good health by making healthy choices in diet and physical activity to reduce obesity.

Steering Committee members are: Lan Bentsen, Founder, Shape Up Houston; Laurie R. Lee, Senior Program Director, Shape Up Houston; William Boyd Baun, EPD, CWP, FAWHP, Wellness Officer, The University of Texas MD Anderson Cancer Center; and Shreela V. Sharma, PhD, RD, LD, Assistant Professor of Epidemiology, Assistant Director, Dietetic Internship Program, Michael and Susan Dell Center for Healthy Living, The University of Texas Health Sciences Center at Houston.

<http://shapeuphouston.org/>

Healthy Houston Initiative

Healthy Houston is an initiative designed to reduce obesity and increase healthy eating and exercise. The initiative will promote programs, policies and actions designed to reduce food deserts, promote the availability of locally-grown foods, encourage the development of sustainable food systems and promote recreational opportunities.

The Mayor's Office, working with the Mayor's Advisory Council on Health and Environment, partnered with many city departments and organizations to create the Healthy Houston Initiative, including the City of Houston Health and Human Services Department, Planning Department, Parks and Recreation Department, Mayor's Office of Sustainability, State Senator Rodney Ellis' office, State Representatives Borris Miles' and Carol Alvarado's offices, Councilmember Stephen Costello's office, HISD, UT School of Public Health, University of Houston, METRO, Harris County Hospital District Foundation, Children at Risk, Can Do Houston, MD Anderson Cancer Center, Recipe for Success, Urban Harvest, Mental Health America of Greater Houston, Houston Area Dietetic Association, American Heart Association, Neighborhood Centers Inc., Fiesta Mart, Inc., Cigna South Texas/Louisiana and Interfaith Ministries for Greater Houston.

There are currently 22 members of the Healthy Houston Task Force: Dr. Margaret Kripke (Co-Chair) Chair, Mayor's Advisory Council on Health and Environment; Dr. Faith Foreman (Co-Chair) Assistant Director, Houston Dept. of Health & Human Services; Councilmember Stephen Costello, At-Large Position 1; Councilmember Jack Christie, At-Large Position 5; Niiobli Armah, Can Do Houston; Glen Boudreaux, Jackson Walker LLP; Gracie Cavnar, Founder, Recipe for Success Foundation; Eileen Egan, Business Development Director, Near Northwest Management District; Susan Fordice, President, Mental Health America of Greater Houston; Brian Giles, Senior Administrator, Food Services, Houston ISD; J. Barry Hart, Director of Research & Analysis, Fiesta Mart, Inc.; Lynn Henson, Administration Manager, City of Houston Department of Planning & Development; Scott P. Howard, Managing Director, John L. Wortham & Son, L.P.; Auturo Jackson, Senior Director Customer Care & Customized Services, Metropolitan Transit Authority; Mandi Kimball, Public Policy & Government Affairs Director, Children at Risk; Paula McHam, Community Affairs Director, Cigna South Texas/Louisiana; Laura Spanjian, Sustainability Director, Office of the Mayor, City of Houston; Jason McLemore, Executive Director,

Greater Southeast Management District; Gerri Walker, Assistant Director of Benefits, City of Houston Human Resources Department; Dr. Shreela Sharma, Assistant Professor, UT School of Public Health Division of Epidemiology, Michael & Susan Dell Center; Toral Sindha, Project Consultant, Healthy Living Matters; and Joe Turner, Director, City of Houston Department of Parks & Recreation.

NFL Play 60

<http://www.nflrush.com/play60>

NFL Play 60 is the National Football League's campaign to encourage kids to be active for 60 minutes a day in order to help reverse the trend of childhood obesity.

Local Collaborators:

Houston Texans

American Heart Association

Meetup

<http://www.meetup.com/>

Meetup is the world's largest network of local groups. Meetup makes it easy for anyone to organize a local group or find one of the thousands already meeting up face-to-face. More than 9,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities.

Its mission is to revitalize local community and help people around the world self-organize. Meetup believes that people can change their personal world, or the whole world, by organizing themselves into groups that are powerful enough to make a difference.

Are you pouring on the pounds?

"Are you pouring on the pounds?" was a public awareness campaign in New York City that included posters in the subway system and a multilingual Health Bulletin. The campaign launched on August 31, 2009 and continued for three months. The New York Department of Health initiated the campaign.

The New York Department of Health also works with supermarkets, farmers markets, green carts, workplaces, and schools to help increase healthy offerings such as fruits and vegetables, whole grains, and low and no-calorie drinks.

American Diabetes Association, American Cancer Society and American Heart Association

The American Diabetes Association, American Cancer Society and American Heart Association have joined together in a historic collaboration to encourage the prevention and early detection of cancer, diabetes, heart disease and stroke.

"Everyday Choices For A Healthier Life" is a joint initiative with the goal of stimulating improvements in disease prevention and early detection. This will be done by increasing public awareness about healthy lifestyles, increasing the focus on prevention among health care providers, and supporting legislative action to increase funding for and access to prevention programs and research.

MOVE!

<http://www.move.va.gov/>

MOVE! or Managing Overweight and/or Obesity for Veterans Everywhere, is a Department of Veterans Affairs weight management program designed to help veterans lose weight, keep it off, and improve their overall health.

The program is a lifestyle change, not a diet. MOVE! dietitians teach veterans to choose nutritious foods, read food labels, and make small changes that lead to big results.

Comprehensive Surgical Management of Adolescent Obesity

<http://www.texaschildrens.org/Locate/Departments-and-Services/Surgery/Surgical-Divisions/Pediatric-General-Surgery/Adolescent-Bariatric-Surgery/>

One in five American children are overweight or obese, according to the National Institutes of Health. Morbid obesity can predispose patients to other medical conditions (called “co-morbidities”) that if left untreated are potentially life threatening. Recent studies show that:

- A child who is obese by age 12 has more than a 75 percent chance of becoming an obese adult.
- Overweight children and adolescents have higher risk factors for type II diabetes, sleep apnea, high cholesterol and high blood pressure.
- The most immediate consequence of being an overweight child is psychological problems, including poor self-esteem and depression.

Bariatric surgery may be required to reverse these life altering and life-threatening co-morbidities and getting started on the path to lifelong health.

Adult Weight Management Program

Harris County Hospital District-Weight Management Initiative. The program objective is to educate, empower, and assist HCHD patients and the community in pursuing a healthy body weight. Health Educators teach 12-week exercise and nutrition program aimed at giving adults (>18 YO) healthy lifestyle skills.

Contact: Health Promotion Services - 713-566-6292

American Medical Association (AMA) Healthier Life Steps program & the Weigh What Matters app

The Texas Medical Association brings you the American Medical Association (AMA) Healthier Life Steps™ program to help you improve the lifestyles and overall health of your patients. The comprehensive toolkit offers physicians and their patients practical resources for making positive, coordinated lifestyle changes. It focuses on healthy eating, increasing physical activity, quitting smoking, and reducing risky drinking.

AMA Healthier Life Steps™ now also includes a toolkit for physicians to improve their own lifestyles.

The AMA Healthier Life Steps™ concise, easy-to-read physician guide and toolkit offer physicians and their patients these resources:

- Continuing medical education opportunities
- Patient questionnaires
- Action plans
- Progress calendars and more

AMA Healthier Life Steps™ program materials are free for physicians and patients, courtesy of TMA and AMA. And for simply reading the physician guide, physicians can earn up to 1 hour of AMA PRA Category 1 CME Credit™.

As part of the AMA Healthier Life Steps program, patients can use a new smartphone app to track their progress toward a healthier life. The new Weigh What Matters app is part of the AMA Healthier Life Steps™ program. Patients can track their weight, diet, and exercise — and even calculate their BMI (body mass index) score — as they work toward the healthy goals established with their physician. The app also allows patients to view and email progress reports to their doctor.

It's available for the Apple iPhone, iPad, and iPod Touch on the AMA iTunes store, and for Android devices.

Weigh What Matters complements the Healthier Life Steps Physician Toolkit TMA co-branded with AMA three years ago. The comprehensive toolkit offers simple and easy-to-use resources for physicians and their patients for making positive, coordinated lifestyle changes. It focuses on healthy eating, increasing physical activity, quitting smoking, and reducing risky drinking.

Healthier Life Steps program materials are free for physicians and patients, courtesy of TMA and AMA. You can earn up to 1 hour of AMA PRA Category 1 CME Credit™ by taking the CME in the physician guide.

For more, email TMA's outreach coordinator, or call Texas Medical Association at (800) 880-1300, ext. 1470.

Ben Taub Pediatric Weight Management Program

Ben Taub General Hospital & Baylor College of Medicine have joined efforts to provide a multidisciplinary approach for the education and treatment of overweight and obese pediatric patients and their families.

The 15-session program includes: Medical screening and management of obesity related co-morbidities; Individualized dietary counseling and group activities; Mental health screening and behavioral modification; Individualized physical activity program; Attendance incentives for patients; Family involvement is expected; Patients will be seen twice a month for 15 visits; Clinic will meet every Thursday afternoon; and Staff and educational material are bilingual .

The program targets obese children Age 3-18 years with BMI > 85th % for age & gender w/ obesity related comorbidities (hypertension, acanthosis nigricans, high cholesterol, sleep apnea, etc.), BMI > 95th % for age & gender, and Readiness to change diet & activity patterns

Website - Contact Info: 713-873-5437

Bounce (Behavior Opportunity Uniting Nutrition Counseling and Exercise)

The BOUNCE program engages girls and their mothers in a comprehensive lifestyle program to combat obesity. It is a community-based research-oriented approach to promote healthy behavior habits. It includes nutritional education, behavior counseling, and exercise. Summer and after school programs

Its objective is to increase consumption to at least 5 fruits and vegetables per day; to decrease sweetened beverages and high fat food consumption; to enhance self-esteem; and to engage children in at least 60 min. of moderate physical activity per day.

Initiated by the University of Houston, the program targets Hispanic and African American mothers and daughters ages 9-14

Website - Contact Info: Norma Olvera, PhD - 713-743-9848

Better Living for Texans

Better Living for Texans is an outreach program to assist limited resource families in acquiring needed knowledge, skill and behaviors necessary to maximize resources, have nutritionally sound diets and improve health status and self sufficiency. It provides a basic nutrition curriculum of six lessons that works all over Harris county. There is a BLT program in every Texas county.

The Texas AgriLife Extension Service - Harris County and The Texas A&M University System lead the program. Food stamp recipients or food stamp eligible adults and some children are the target audience.

Website - Contact Info: Dr. Jo Lynn Jennings, FCS Agent Texas Cooperative Extension- Harris County - 281-855-5600

CATCH: Coordinated Approach To Child Health

CATCH is a school health program that addresses childhood obesity through physical education, health education, school food service and parental health education. Its objective is to reduce childhood obesity and to meet state mandates regarding Coordinated School Health Programs.

The UT Health Science Center and UT School of Public Health heads this program. Elementary and middle school children are the target population.

Website - Contact Info: <http://www.sph.uth.tmc.edu/catch/>

CHASE: Choosing Health and Sensible Exercise

CHASE is an innovative twenty-week program that can be taught during PE class in a train the trainer format or taught as a stand alone after-school program. Topics include: Target heart rate, flexibility, core strengthening, PA outside of class setting, Planning Healthy Meals/Snacks, Self-Esteem/Sportsmanship. Family education component.

Its program objective is to educate, empower, and assist HCHD patients and schools toward pursuing a healthy body weight through healthy lifestyle education, CHASE targets children (ages 6-17). The program is led by the Harris County Hospital District-Health Promotions.

Website - Contact Info: Jennifer Roberts: 713-566-6538 or jennifer_roberts@hchd.tmc.edu

Center for Clinical and Translational Sciences Community Advisory Board

The CCTS Community Advisory Board is working to better connect the UTHSC and the Houston community. They are developing a database on all the obesity related initiatives in the Houston area.

Its objective is to advise the UTHSC on obesity and diabetes research and disseminate research results to the community. The University of Texas Health Science Center heads the program. Houston/ Spring Branch resident are the target population.

Website - Contact Info: Nancy Benedict - Nancy.Benedict@uth.tmc.edu

Childhood Obesity Taskforce

Led by the Mayor's Wellness Council, the taskforce creates a white paper to advise the City of Houston on how to address the obesity epidemic .

Website - Contact Info: Dr. Lovell Jones - <http://www.getmovinghouston.com/>

Children Weight Management Group (Morris Psychological Services)

The Children Weight Management Group is a set of 12 classes, one hour each, that focuses on the following topics: portion control, support system, significant others as they relate to weight loss, calories and exercise, eating out successfully, handling relapse, the importance of self care, peer pressure and it's relation to weight gain, stress management and its correlation to weight management, and repressed issues and their correlation to weight management. Classes do not teach dieting but rather instruct individuals on how to make a lifestyle change that will enable them to live a longer, healthier, and more productive life. These classes also instruct individuals on specific things that can be done to reduce or eradicate high blood pressure, diabetes, sleep apnea, and other co-morbidities associated with being overweight. Finally, the program offers and/or supports weekly reviews and monitoring, handouts, realistic goal setting and being accountable to self and then others.

The program objective is to allow for open, honest and candid discussion about weight loss struggles, issues and /or concerns so as to move forward in learning how to eat properly so as to not gain more weight than necessary for a given age range and also how to maintain it.

Morris Psychological Services heads this program that targets people 18 years-old and younger.

Website - Contact Info: <http://morrispsychologicalservices.vpweb.com/> and Joanna Morris - (713) 297-8826

Children & Family Wellness Special Interest Group

The group was created to provide resources to implement "CANDO" Children Achieve Not Developing Obesity, a comprehensive community obesity prevention program with physical activity, nutrition, and healthy mind components. CAN DO piloted in Magnolia, Independence Heights, and Sunnyside in Fall 2008 and is led by the Houston Wellness Association.

Website - Contact Info: Christine Mei - <http://www.houstonwellness.org/>

Children with Special Healthcare Needs

Children with Special Healthcare Needs is a 4 week program hosted 4-5 times per year that focuses on the disciplines of nutrition, social work, physical therapy, and child life. Approximately 35 patients per session (inclusive of family members) participate.

The Texas Children's Hospital leads the program. Children with special healthcare needs in Cy-Fair, Cullen, Ripley House, Sugarland, The Woodlands are the target audience.

Website - Contact Info: 832-822-3067

Cy-Fair Health Center
11777 FM 1960 W
Houston, TX 77065

Sugar Land Health Center
15400 Southwest Freeway
Sugar Land, Texas 77478

Ripley House
4410 Navigation Blvd
Houston, TX 77011

The Woodlands Health Center
17198 St. Luke's Way Suite 300
The Woodlands, TX 77385

Choose to Move

Led by the American Heart Association, Choose to Move is a free 12 week physical activity program for women that teaches how to be more physically active, eat healthier, love their body, selecting nutritious foods, and taking time for themselves. Its focus is helping women build more physical activity into their existing routine rather than creating new routines that are hard to fit into the day.

The program objective is to show women practical ways to increase their physical activity and reduce their risk of heart disease and stroke and targets women over 18 years old.

Website - Contact Info: www.goredforwomen.org or www.choosetomove.org

Community Nutrition Program

The program includes 3 series of topics. The first series focuses on promoting awareness of common chronic diseases and the health disparities associated with them. The second series addresses the controllable and uncontrollable risk factors of chronic disease. The third series educates on nutrition including healthy food selection and preparation. Classes will provide a healthy snack and a component of light physical activity.

The program objective is to prevent or delay chronic diseases by empowering, enabling and educating Houston area residents, associations, and community based affiliates on the importance of nutrition and physical activity.

The Community Nutrition Program, City of Houston Department of Health and Human Services and Health Promotion & Education, leads the program.

Website - Contact Info: Toral F. Sindha, Senior Nutritionist - Toral.Sindha@houstontx.gov, Phone: (832) 393-4858 or Fax: (832) 393-5248

Discovery Carts – Nutrition Cart at the John P. McGovern Museum of Health & Medical Science – Financial Support Opportunity

Discovery carts are mobile hands-on classrooms that travel throughout the museum. Volunteer demonstrators drawn from a talented pool of medical students, health professionals, retired physicians, nurses and teachers engage visitors in brief activities that relate to a human body system or preventive health issue.

Nutrition Cart Information: Which is bigger 5 pounds of fat or 5 pounds of muscle? How much sugar is in one can of soda? Come find out how food works in your body. Take this nutrition expedition and learn all the stuff that's in your food, such as vitamins, protein, fat, and more. This cart is designed to give the

general public a better understanding of the new food guide pyramid/dietary guidelines, food portions, the route of digestion, comparison of fat & muscle, sugar fat & salt representations, and artery health.

Drop Your Drink

During November, ShapeUp Houston is challenging Houstonians to drop a drink to lose weight. Participants can log in to the organization's Web site to sign up.

Drinks To Drop are:

- Soda: This includes but is not restricted to Coke, Sprite, Pepsi, Fanta, Ginger Ale, Dr. Pepper, Mr. Pibb, Mt. Dew
- Juice Drinks: Sunny Delight, Tampico, Koolaid, Capri Sun, Big Red, other "juices" that are not 100% juice.
- Sports Drinks: Gatorade, Powerade, etc.
- Energy Drinks: RedBull, Monster, etc.
- Sweetened Teas: Snapple
- Flavored Water Drinks (Sweetened with sugar)
- Coffee Drinks (Sweetened with sugar): Starbucks holiday drinks, caramel macchiato, mocha drinks, Starbucks double shot
- Sugar-sweetened Milk Drinks: Chocolate milk, Strawberry milk, egg nog
- Diet sodas (not sweetened but have no nutritional value)

Eat Well, Play Well

Eat Well, Play Well is a traveling exhibit that will be available at the John P. McGovern Museum of Health & Medical Science in 2013. Please find more details below.

The modern American lifestyle has contributed to a health crisis that is affecting our entire country, and it's time to do something about it! Eat Well, Play Well brings nutrition and fitness education together with favorite components from Let's Get Active and Every Body Eats to encourage all-around healthy living for visitors of all ages! Children and their families learn the science of making healthy food choices while exploring fun and interesting ways to be active

Can you stay balanced for more than a second? Are you as flexible as you could be? How much is an appropriate serving size? And just how long will it take you to burn off those calories? Find out the answers to these questions and more as you discover that healthy choices are all around us!

Exercise Classes

Facilitated by Health Educators, this low intensity group exercise program is designed to offer participants a complete workout in a motivational, fun, and safe environment. Classes combine video instruction, mat workouts, and resistance training. The objective is to educate, empower, and assist HCHD patients and the community in pursuing a healthy body weight.

The Harris County Hospital District-Weight Management Initiative leads this program. Adults are the target population.

Website - Contact Info: Health Promotion Services - 713-566-6292

Expanded Nutrition Program

The Expanded Nutrition Program (ENP) is a federally funded program that provides nutrition education to limited resource families with children in the Harris County area. Nationally, this program is known as the Expanded Food and Nutrition Education program (EFNEP). This program is administered by Texas Cooperative Extension.

The purpose and mission of the ENP Adult program is to reach out and teach limited resource families with young children and provide food and nutrition education. Using hands on experiences, in a small group setting, participants attend a six-lesson series on stretching food dollars, improving eating habits, managing food budgets, food preparation and food safety principles. Nutrition Education Assistants and Associates work and provide these lessons in communities, clinics, neighborhood centers, community centers, hospitals, child care centers, shelters, food pantries, churches, schools and other sites convenient to participants. Youth Program: This program is directed toward limited resource youth ages 6-19 and taught by trained volunteers. These students participate in a series of six fun and educational lessons on good nutrition and food safety. They are presented lessons to boost their self-esteem and develop leadership skills. Our staff provides training to volunteer leaders in churches, schools, community centers, parks, libraries, YMCA, YWCA, home and after-school programs. We also place a strong emphasis on pre- and post-test evaluations that provide a measurement of progress.

The Texas AgriLife Extension Service - Harris County Better Living for Texans and The Texas A & M University System lead the program. Limited resource families with children in Harris County are the target population.

Website - Contact Info: State ENP Office Website: <http://enp.tamu.edu>

Tonya McKenzie-Adult Program
713-349-0880
TSMcKenzie@ag.tamu.edu

Peggy Adams-Youth Program
713-349-0880
pw-adams@tamu.edu

Family Fun Run & Bike Ride and Spread the Word Campaign

The program promotes health education and physical activities for people of all ages to reduce the levels of obesity, diabetes, heart disease, cancer, strokes and other illnesses through parent child joint activities. The programs are geared toward parent child interaction and are life sustaining as well as one day events. We work with the entire community including public and private schools, churches, community service and civic organizations and employers who are interested in the wellness of their employees.

The program objective is to bring families closer together and to educate our community on the importance of staying physically active. The Council For Family Health Education heads this campaign.

Website - Contact Info:
Calvin Blair, Jr. CSCS
Council for Family Health Education
P.O. Box 941496
Houston, TX 77094-8496
Phone: 713-465-CFHE (2343)
Direct: 832-444-1102
www.FamilyHealthEd.org

Fatty Liver Clinic

At the Gastro-Intestinal Department at the Texas Children's Hospital, patients will undergo a full medical, dietary, and lifestyle assessment. In addition to undergoing a work-up for liver disease, patients have one-on-one meetings with a dietician or social worker, when desired. The goal of the program is to achieve a healthy lifestyle, with weight loss and improvement in liver disease attained as a side effect of living a healthy life.

The objective of the clinic is to help overweight/obese children and adolescents achieve a healthy lifestyle that will promote improvement in our patients' liver disease, as well as other co-morbid conditions.

Website - Contact Info: 832-822-1050

Feria de Salud

Feria de Salud is the Latino/Hispanic outreach program for the American Diabetes Association in Houston. Feria de Salud is an outdoor community event intended to reach thousands with the important message that they may be at risk for diabetes. The program location is Mason Park, 541 South 75th Street, Houston TX 77023.

Feria showcases a spectrum of education classes, health services, diabetes care products, screenings and health education information. Screeners will be on site to conduct free glucose, cholesterol, blood pressure, foot exams (diabetes neuropathy) and vision tests. Childhood immunizations will also be offered free of charge if parents bring immunization records.

For more information on Feria de Salud, please contact Gala staff director, Carole Lieber at clieber@diabetes.org.

Get Fit Together DVD

The Get Fit Together DVD is designed for parents and children enjoy physical activity together at home. This DVD is fun, activities are easy-to-follow, and everyone gets exercise!

Mom and Tot Fitness created the DVD. Young children (4 months-6 years) and their parents are the target population

Website - Contact Info: www.MomAndTotFitness.com

Go Kids! Nutrition Wonder Weekend

From bananas to broccoli, learn about healthy eating habits during the annual Go Kids! Nutrition Wonder Weekend at the Children's Museum of Houston. In honor of National Nutrition Month, kids will celebrate by fishing for a healthy meal and making a collage of healthy food choices. Kids will become chefs for a day as they create their own recipes by adding fruits and vegetables to everyday snacks. They will also learn about the food pyramid while pretending to make soup. Kids will sample yummy foods galore as they taste healthy snacks and learn how to keep their bodies strong during the Children's Nutrition Expo presented by the Greater Houston Nutrition Coalition and the Houston Fresh Fruit and Vegetable Association. And, back by popular demand, families can meet Veggie Dude who stands eight feet tall and is created entirely out of veggies.

Website - Contact Info: Tara Lang - 713-535-7283 or tlang@cmhouston.org

www.cmhouston.org

Harris County Steps CATCH Project

CATCH (Coordinated Approach To Child Health) is a TEA approved Coordinated School Health Program, designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children. The objective is to implement CATCH in all Harris County elementary schools.

The Harris County Public Health and Environmental Services, The University of Texas School of Public Health, & The UT Health Science Center at Houston lead this initiative.

Website - Contact Info: Linda Forys - lforys@hcphe.org

Healthy Eating and Lifestyle Program (HELP)

HELP is a free multidisciplinary program (Nurse Practitioner, Dietitian, Social Worker) to help overweight and obese children lose or maintain weight by monitoring their medical status, teaching parents and families to eat healthy and exercise and helping them function in a balanced psychosocial environment.

The Memorial Hermann Health Centers for Schools leads the program. Uninsured, low-SES mostly Hispanic and some African American children from about 27 schools are the target population.

Website - Contact Info: Mehreen Ansari M.P.H., R.D., L.D. Registered Dietitian, Certified Pediatric Weight Management Counselor mehreen.ansari@memorialhermann.org

Health Is Power (HIP)

HIP is a 5-year study funded by the National Cancer Institute (NCI/NIH) which focuses on environmental, social, and individual factors of obesity. Participants will complete 3 individual assessments, where they will complete a survey and have their heart rate, blood pressure, height, weight, and body fat measured, over the course of 1 year and will attend monthly group meetings.

The objectives of the HIP project are to: 1) improve health in African American and Hispanic/Latina women by increasing physical activity and vegetable and fruit consumption; and 2) investigate how neighborhood factors influence health.

The University of Houston leads the study. African American and Hispanic/Latina women in Houston, TX who are 25-60 years of age and are physically inactive are the targeted population.

Scher Mama
undohouston@yahoo.com
<http://hhp.uh.edu/undo>
PH: 713-743-1183
Fax: 713-743-9860

Department of Health and Human Performance
University of Houston
Garrison Gymnasium 105H
3855 Holman Street
Houston, TX 77204-6015

Healthy Habits

As part of a two-hour field trip to the John P. McGovern Museum of Health & Medical Science (The Health Museum), students find out how much fat is in French fries and how much sugar is in a can of Coke, learn about portion sizes, experience what it is like to beat 70 times per minute and more. Also a self guided tour through the Amazing Body Pavilion with a Good Health Reprise video presentation.

Pre K- 2nd grade children are the target audience.

Website - Contact Info: 713-521-1515 x 121; www.thehealthmuseum.org; or Reservations@thehealthmuseum.org

Heart Walk 2012 – 2013

Fun Activities and non-competitive 5k walk to promote walking as a part of a healthy lifestyle, while raising funds to support cardiovascular research and educational programs for the American Heart Association. The walk is 5K around Reliant Park.

<http://heartwalk.kintera.org/faf/help/helpEventInfo.asp?ievent=997907&lis=1&kntae997907=1404E551BDFA43FD876ED40ACB96BD81>

Imagination Playground

Imagination Playground is a breakthrough play space concept designed to encourage child-directed, unstructured free play.

Children play most creatively in settings they can manipulate. Sand and water, for example, serve as raw materials for creativity and sensory exploration. Imagination Playground provides a transformable environment that allows for many types of activities, empowering children to influence the space around them.

A wide array of movable objects allows each play session to become a new experience. With Imagination Playground Loose Parts, children can create their own narratives and games; build something and tear it down; or simply play to enjoy shapes and textures.

Play Associates provide an open setting in which children can direct their own play. These trained adults allow play activity to evolve by maintaining a safe and secure environment, and by renewing and varying the supply of Loose Parts. Their job is to ensure a diverse, creative play space.

Kamp K'aana

Kamp K'aana is a 2-week program at an established summer camp site (Camp Cho Yeh) in Livingston, Texas. The campers learn about healthy nutrition choices and behavioral modification tips while they consume a balanced, nutritious meal plan and engage in a variety of fun summer camp activities. This research-based program also provides tips to parents to create a healthy environment at home at the start and end of camp. The program also has three reunions in Houston over the following year to provide support to maintain a healthy lifestyle. \$1400

Texas Children's Hospital, USDA/ARS Children's Nutrition Research Center, and Baylor College of Medicine lead this program. The camp targets 10 to 16 year olds,

Website - Contact Info: (832) 822-4780

Kids Café

Houston's Kids Café is a collaboration of area chefs, dietitians, students and volunteers that not only will provide nutritious meals in safe surroundings but also food safety and nutrition education and hands-on instruction to help create health lifestyles. The kitchens, overseen by certified chefs, will be stocked with

kitchen essentials and state-of-the-art equipment, and feature top culinary professionals to share knowledge of healthful dining and food choices.

The Houston Food Bank leads this program. Children and teens are the target audience.

Website - Contact Info: Terence Franklin, Director of Agency Services - 713-547-8617 or tfranklin@houstonfoodbank.org

Leisure Learning Unlimited

The program objective is to enhance Houstonian's lifelong learning opportunities. With the Leisure Learning Unlimited, participants can register for a variety of classes that promote physical activity and good eating habits such as aerobics, dance, gymnastics, yoga, Pilates, swimming, cycling, fencing, sailing.

Website - Contact Info: <http://llu.com/sdc/sgroups.html> for a current list of classes.

Lil' Chef's Academy

Lil Chef's Academy is available at the John P. McGovern Museum of Health & Medical Science for ages 5-7. It's time to play with your food! Try your hand at edible, kid-friendly creations including healthy smoothies and pizza! Have a ball learning about the basics of good nutrition. Create food-related crafts, launch a food cannon and more! Member registration begins Monday, February 13 Non-member registration begins Thursday, March 1. Register by March 31, 2012, and receive the Early Bird Discount.

Make the Link: Diabetes, Heart Disease and Stroke

Did you know that 2 out of 3 people with diabetes die from heart disease and stroke? Make the Link! Diabetes, Heart Disease and Stroke is an initiative of the American Diabetes Association and the American College of Cardiology, aimed at increasing awareness of the link between diabetes and heart disease.

Make the Link! stresses that diabetes management is more than control of blood glucose. People with diabetes must also manage blood pressure and cholesterol and talk to their health provider to learn about other ways to reduce their chance for heart attacks and stroke.

Marathon Kids

The program objective is to help children to develop and enjoy physical activity habits as well as learn muscular, nutritional, and psychosocial well-being. K-5th grade children run/walk 26.2 miles over a period of 6 months. Children color in a Marathon Kids Running Log® in increments (1/4-1/2mile) that they completed in their school physical education class or at home. Children also color in a Marathon Kids Fuel Log® every time they eat 5-a-Day fruits and veggies for 26.2 days each month. Monitored by PE teachers and/or parents. Program available in Spanish or English.

The Simmons Foundation, Moody Foundation, Meadows Foundation, and The Michael & Susan Dell Foundation lead this program. The target audience is K-5th graders most vulnerable to type 2 diabetes and obesity.

Website - Contact Info: Jenny McMillan - 512-477-1259, Jenny@MarathonKids.org or www.MarathonKids.org

Men's Group (Morris Psychological Services)

The objective of this group is to allow for open, honest and candid discussion about weight loss struggles, issues and /or concerns so as to move forward in learning how to not only accomplish permanent weight loss but also how to maintain it.

This program caters to men who are 18 years old or older and offers 12, one-hour classes. Discussion topics include: portion control, support system, significant others as they relate to weight loss, calories and exercise, eating out successfully, handling relapse, weight loss and its effects on sexuality and intimacy, the importance of self care, stress management and its correlation to weight management, and repressed issues and their correlation to weight management. Classes do not teach dieting but rather instruct individuals on how to make a lifestyle change that will enable them to live a longer, healthier, and more productive life. These classes also instruct individuals on specific things that can be done to reduce or eradicate high blood pressure, diabetes, sleep apnea, and other co-morbidities associated with being overweight. Finally, we offer and/or support weekly reviews and monitoring, handouts, realistic goal setting and being accountable to self and then others.

Website - Contact Info: <http://morrispsychologicalservices.vpweb.com/> or Joanna Morris - (713) 297-88826

Nickelodeon's Let's Just Play Go Healthy Challenge

Let's Just Play celebrates its 4th year as Nickelodeon's multi-media, pro-social, grassroots campaign that encourages kids to engage in active healthy lifestyles. The Let's Just Play Go Healthy Challenge follows four real life kids over a six month period in the quest to make their lives healthier.

To date, more than 132,000 kids have registered to take the challenge in their own communities. The 2006 on-air campaign culminated on Nickelodeon's third annual Worldwide Day of Play on Saturday, September 30, when the network went dark for three hours and returned with an on-air celebration of the Let's Just Play Go Healthy Challenge.

Lending support to the Let's Just Play Go Healthy Challenge initiative is the Go Healthy Challenge Champions Network. Members include the American Diabetes Association, the National Association of Sports and Physical Education, National Recreation Parks Association and other organizations. These groups lend their support to the Let's Just Play Go Healthy Challenge on a grassroots level, and help bolster kids and community participation.

Nickelodeon has committed more than \$30 million and 10% of its air to health and wellness messaging. Over the past 2 years, Nickelodeon has also awarded approximately \$2 million in grants and through its "Let's Just Play Giveaway" to schools and after-school programs to help provide resources that will create and expand opportunities for physical play.

The Oliver Foundation

The objective of this program is to create effective partnerships, provide resources, and help develop sustainable family, community, and program practices that focus on a balanced, healthy lifestyle. These endeavors assist Texans in achieving a high level of wellness that begins in childhood and leads throughout life.

Currently involved in a program for Fort Bend ISD to train elementary school teachers to incorporate healthy nutrition choices and increase physical activity in the classroom. In partnership with the Baylor

College of Medicine, a 6 year longitudinal study is currently underway to evaluate the program's effects on BMI in 4,200 FBISD children.

Operation Frontline

The program objective is to promote short- and long-term solutions to food insecurity and hunger by mobilizing local volunteer chefs and nutritionists to teach cooking and nutrition skills needed to make healthy choices on a low-income budget in hopes of attaining self-sufficiency and more secure lives.

Program Description:

Courses: At risk children, ages 8-12, receive hands-on nutrition education in a 6 week about nutrition, heart health, and the importance of variety and moderation in their diet using the food guide pyramid. Side-by-Side: School- age children and a parent/guardian participate in a 4-week course in the kitchen to learn about health eating. Topics include healthy eating, fast foods, school meal programs, and family dining strategies. Eating Well: People living with HIV/AIDS attend a 6-week course that addresses their special nutritional needs. Curriculum focus in important relationship between nutrition and immune system.

The Houston Food Bank heads this program that targets low-income adults, at risk children (ages 8-12), school age children and parents, people living with HIV/AIDS.

Website - Contact Info: Tamara Duncan - 713-547-8628 or tduncan@houstonfoodbank.org

PASS & CATCH

The program objective is to increase the physical activity level of students. The students will participate in 60 minutes of physical activity every day by adding activities to the classroom.

The University of Texas Health Science Center at Houston leads this program. Eight schools in Texas are the targeted population.

Website - Contact Info: Julie Garza - Julie.C.Garza@uth.tmc.edu

Pediatric Weight Management Clinic

Through this clinic, the Harris County Hospital District-Weight Management Initiative leads the efforts to educate, empower, and assist HCHD patients and the community in pursuing a healthy body weight.

The multidisciplinary weight loss clinic (nursing, nutrition, physical therapy, social work, and child life) is for children(<20 YO). Medical, dietary, physical activity/exercise, and behavioral interventions include child and family.

Website - Contact Info: Carol Moore, LBJ General Hospital, 5656 Kelley Street, Houston, TX 77026 - 713-566-5656

Power Up Family Learning Event

This family engagement program provides parents with the information that empowers them to take an active role in their child's learning and understanding of healthy living.

As part of the Parent Stars program, CMH hosts Family Learning Events at schools, community centers and childcare facilities. These events help teach parents how to facilitate in-home learning activities that

make use of inexpensive and readily available materials. At the Power Up Family Learning Event, children in grades 2-5 and their parents explore how to make healthy food and exercise choices. They learn to use a pedometer, estimate how many jumping jacks you can do in a minute, measure how much sugar is in the cereal they eat every day, and much more . This family fun event focuses on healthy fun for families including activities like the Wheel of Fitness, Sugar Showdown, Fish for Your Supper and Catch Me if You Can. Families that attend receive a bilingual activity book to help them create a rich learning environment for their children at home. The twenty-five activities in the Power Up Family Learning Guide offer creative ways to make health-related learning fun and interactive. Each activity is designed to help families explore health - through fitness games, food choices, and body knowledge. The Power Up Family Learning Event and Guide were assembled through a partnership with Baylor College of Medicine, funded by the National Space Biomedical Research Institute (NSBRI). Through the same funding, Baylor created a four part series of classroom activities. The classroom lessons are available online free of charge at www.bioedonline.org.

Houston Parks & Recreation and Texas Children's Hospital head this event that targets school age children, especially those with limited access to physical activity.

Website - Contact Info: Tara Lang, Children's Museum of Houston, 1500 Binz, Houston, TX 77004 - 713-535-7283

Recipe for Success

The Recipe for Success Foundation is a public charity that mobilizes community volunteers to work with students, teachers, administrators and parents to integrate nutrition throughout the school curriculum and establish a campus-wide culture of health. Currently operating programs include: Chefs in Schools, Recipe Gardens, Kids Cooking After School, Seed to Plate Ancillary, mentoring of Team Nutrition & school Wellness Committees and community outreach. Programs under development: Nutrition Education Center & Hope Farms.

Through this program, the foundation hopes to combat childhood obesity and encourage long term health by altering the way children understand, appreciate, and eat their food.

Website - Contact Info: ph: 713.520.0443; fax: 713.520.0453; info@recipe4success.org; and www.recipe4success.org

Savory Science at the John P. McGovern Museum of Health & Medical Science

For ages 8 to 10, this camp will teach children to distinguish between healthy and unhealthy ingredients in their favorite entrees and desserts and learn how to cook and develop health eating habits.

SPAN (School Physical Activity and Nutrition Project)

SPAN is a surveillance system which monitors the prevalence of overweight/obesity in school-aged children in Texas (4th, 8th, and 11th graders). SPAN also identifies factors which may underlie obesity, including dietary behaviors, nutrition knowledge and attitudes, and physical activity and will measure BMI and dietary and physical activity habits of students.

The University of Texas Health Science Center at Houston and the UT School of Public Health leads this project.

Website - Contact Info: Carolyn Smith - carlu@uts.cc.utexas.edu

School Walk for Diabetes

School Walk for Diabetes is a year-round educational school fundraising program that promotes healthy living, school spirit and community involvement. While raising money for the American Diabetes Association, students learn about diabetes and the importance of making healthy choices including eating nutritional foods and exercising every day. The money raised through School Walk for Diabetes helps fund diabetes research, education and advocacy in support of the mission of the American Diabetes Association.

To get your school involved in School Walk, contact Mary Baumann at 713-977-7706 ext. 6093 or Amanda Caylor at 713-977-7706 ext. 6085.

Take 10!

TAKE 10!® is a classroom-based physical activity program for kindergarten to fifth grade students. TAKE 10!® is a curriculum tool created by teachers for teachers and students. TAKE 10!® integrates academic learning objectives (in Language Arts, Math, Social Studies, Science and Health) with movement. TAKE 10!® materials contain safe and age-appropriate 10-minute physical activities.

The ILSI Research Foundation and The Center for Health Promotion lead the program.

Website - Contact Info: www.take10.net

Texas Children's Hospital Adolescent Medicine Weight Management Program

In this program, adolescents and their families are evaluated in the Adolescent clinic at Texas Children's Hospital for the medical complications of obesity. Intervention includes medical, nutritional and behavioral strategies. The intervention places an emphasis on meeting adolescents/families where they are. Treatment team members include physicians, nurses, dietitians and counselors to assist with behavioral strategies, as needed.

The targeted population are 10 to 25 year-olds, with a weight-related concern, identified by a physician or self-referred. Contact phone number is 832-822-4887.

Texas Children's Wellness Center Program

Texas Children's Hospital and Texas Department of State Health Services developed this program to promote wellness of children with special health care needs and their families through facilitated play and integrated learning.

Families (parent attendance required) with children 6 to 16 years of age and have been identified by a physician with a health need meet from 9 to noon for four Saturdays at different locations around Houston (programs rotate sites). Games, exercise activities, arts and crafts, group discussions and nutrition classes are led by Texas Children's Hospital staff, including exercise specialists, physical/occupational therapists, child life specialists, dietitians, and social workers. Free.

Website - Contact Info: www.texaschildrenshospital.org/Wellness

Texas Children's Hospital Weigh Of Life

The purpose of this program is to provide individual, multidisciplinary, behavior-based treatment for child and adolescent (ages 1 to 18) overweight and obesity. The program is a joint effort of Texas Children's Hospital and Baylor College of Medicine.

After an initial evaluation, the child and family attend 15 sessions focused on creating and sustaining new eating and physical activity behaviors. A behavioral therapist as well as a dietitian and an exercise therapist all work with the family. The sessions are individual and take place weekly. Located on TCH main campus in Eating Disorders Department.

Website - Contact Info: 832-822-3944

Texas Children's Hypertension Clinic

The purpose of this clinic is to diagnose and treat children with or at risk for high blood pressure in order to prevent cardiovascular and renal disease. Children, from birth to 18 years of age, who have been found to have elevated blood pressure by their primary care providers, school nurses or other medical professionals are the target audience; physician referral recommended.

Hypertension clinic is a joint effort of Texas Children's Hospital and Baylor College of Medicine, and meets at Texas Children's Hospital Clinical Care Center every Monday. It is staffed by Pediatric Nephrologists, Pediatric Cardiologists, Nurse Educators, Dietitians, Exercise Physiologists and Social Workers. At the first visit children will generally have a medical evaluation, educational consultation, nutritional evaluation and exercise consultation to diagnose and assess their individual needs. Testing may include blood work, urinalysis, ambulatory blood pressure monitoring, renal ultrasound, echocardiogram and use of home blood pressure devices. Occasionally, children require additional, more specialized testing. Subsequent visits, which are much shorter, include additional nutritional or exercise training, teaching sessions and management of both non-pharmacologic and pharmacologic aspects of hypertension management. At TCH main campus, in department of renal and cardiology

Website - Contact Info:

Phone 832-824-3800, Fax 832-835-3889;

Clinic Chief: Daniel Feig, MD, PhD

Nurse Educator: Beth Croix, RN

Research Coordinator: Beth Soletsky, RN

Texercise

Texercise is a statewide fitness campaign to promote proper nutrition and increase exercise as key components of aging well for Texans age 60 and older, and their families.

Harris County Area Agency on Aging; Sheltering Arms; BlueCross/BlueShield; Girl Scouts; Sam's Club; TDSHS; and City of Houston Parks and Recreation lead this campaign that was developed by the Texas Department of Aging and Disability Services to educate and involve older Texas and their families in physical activities and proper nutrition. The campaign promotes activity among individuals, as well as community events and policies that support fitness in all life areas.

Website - Contact Info: Dr. Joel Bloom, 713-743-9847; and Jbloom@mail.uh.edu

The Family Guide to Fighting Fat: A Parent's Guide to Handling Obesity and Eating

A book published by Texas Children's Hospital that includes advice from renowned Texas Children's experts—physicians, dietitians, therapists and counselors—on how parents can start taking proactive steps to prevent their child's obesity, modify eating habits and add exercise to their families' lives. It features self-quizzes to help parents create personalized action plans and kid-friendly recipes. The book addresses eating and weight issues of children of all ages, from birth through childhood and up through the teen years. The book is "highly recommended" by the Library Journal. It is only available in English and it is available at Amazon.com

Website - Contact Info: www.amazon.com

Training Interventions and Genetics of Exercise Response (TIGER) Study

The joint goals of the TIGER Study are to identify genetic factors that influence physiologic response to exercise training, while exposing sedentary college age individuals (young adults, 18 – 30 years old) to regular exercise. Baylor College of Medicine heads the study.

Subjects in the TIGER Study currently undergo 30 weeks of exercise training, 3 days per week for 40 minutes at 65-85% of age-predicted maximum heart rate, using computerized heart rate monitors.

Website - Contact Info: Molly Bray, 713-798-9311
www.uh.edu/tigerstudy

Urban Harvest

Urban Harvest is a nonprofit organization dedicated to strengthening communities through gardening education.

The organization helps build gardens at schools for education, in neighborhoods for community growth, and at places of worship for donation to feed the hungry. Our Bayou City Farmers' Market supports local small-scale growers. We offer a variety of organic-based gardening classes to educate community gardeners, teachers and the backyard gardener how to grow fruits and vegetables using organic methods.

Website - Contact Info: Norma de la Fuente, 713-880-5540
www.urbanharvest.org

UT Medical Weight Loss Program

To help Houston adults lose weight gradually and safely to improve health and quality of life, the UT Medical Weight Loss Program offers 12 or 24-week plans to help adults lose weight. The comprehensive program includes individual nutritional and lifestyle counseling along with metabolic rate assessment. The program is scientifically-based, multidisciplinary, and supervised by physicians.

Website - Contact Info: UT Medical Weight Loss, 713-892-5500
www.UTweight.com

Walk Across Texas

Texas AgriLife Extension Service - Harris County Better Living for Texans and The Texas A&M University System have joined efforts to help people start moving more and help establish the habit of regular physical activity; the total is 830 miles.

Most people start by walking as a member of a team of eight for eight weeks at work or with another type of group such as their church or county. Then, they can transfer their own mileage from those eight weeks to the By Yourself option and continue walking on their own. Can also choose By Yourself from the beginning. Walk whenever or wherever you want. Biking, swimming, and dancing may also count towards mileage.

Website - Contact Info: Dr. Jo Lynn Jennings, FCS Agent Texas Cooperative Extension, Harris County, 281-855-5600

<http://walkacrosstexas.tamu.edu>

Walk Texas!

The purpose of Walk Texas! is to promote the health of Texans by increasing awareness and opportunities for individuals to engage in regular physical activity, including walking.

It's a community-based program that promotes walking as a way to help prevent or manage a variety of chronic diseases, including diabetes. Walk Texas! supports all efforts to increase awareness and opportunities for Texans to engage in regular physical activity. The program is lead by DSHS Diabetes Program/Council, UT Austin, and UTSPH and targets adults aged 50 or older who are diagnosed or at risk for Type 2 Diabetes.

Website - Contact Info: Texas Diabetes Council Health Promotion Unit, Texas DSHS, 1100 W. 49th ST, Austin, TX, 78756-3199 - 512-458-7490

Walk the Talk America

This program promotes increased physical activity and seven or more servings of fruits and veggies to reduce overweight/obesity and related chronic diseases.

The program utilizes pedometers to promote 10,000 plus steps daily. Customized logging form is used to document the steps taken daily as well as fruits and veggies consumed daily. This makes it very easy to replicate for children, adults, seniors, etc. Spanish version and interpreters available

Website - Contact Info: Dorcas Ukpe, President & CEO, PO Box 571950, Houston, TX 77057, 713-706-6103 or 832-656-0255, dorcas@walkthetalkamerica.com

We Can!™ Ways to Enhance Children's Activity and Nutrition

The program focuses on three important behaviors to help children 8-13 maintain a healthy weight: improved food choices, increased physical activity and reduced screen time.

The National Heart, Lung, and Blood Institute, National Institute of Diabetes and Digestive and Kidney Diseases, National Institute of Child Health and Human Development lead this program. This science-based national program designed for families and communities to help children 8-13 maintain a healthy weight. Parents and caregivers are the primary influencers for this age group. We Can! offers parents and families tips and fun activities to encourage healthy eating, increase physical activity and reduce sedentary or screen time. It also offers community groups and health professionals resources to implement programs and fun activities for parents and youth in communities around the country.

Website - Contact Info:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>
nhlbiinfo@nhlbi.nih.gov
Tel: (301)592-8573
TTY: 240-629-3255
Toll-free: 1-866-35-WECAN

Weigh to Go

The objective of this program is to provide counseling regarding diet and physical activity to reduce or avoid health problems related to obesity. Kelsey-Seybold Clinic and the Kelsey Research Foundation lead this program.

The child is first seen by a Kelsey-Seybold Clinic pediatrician and receives a "Weigh to Go" assessment including a diet and physical activity evaluation. Parents then fill out a form describing their child's typical daily routine. After reviewing the routine and evaluating the child's condition, a physician gives the child a "Healthy-Living Prescription." The parents and the child also receive biweekly packets of information full of helpful tips.

Website - Contact Info: (713) 442-KIDS (5437), http://www.kelsey-seybold.com/MS_WeighToGo/index.cfm

Weight Management Group- Adults (Morris Psychological Services)

The purpose of this group is to allow for open, honest and candid discussion about weight loss struggles, issues and /or concerns so as to move forward in learning how to eat properly so as to not gain more weight than necessary for a given age range and also how to maintain it. The targeted audience are individuals 18 yrs and older.

The group offers 12 classes one hour each. Some topics include: portion control, support system, significant others as they relate to weight loss, calories and exercise, eating out successfully, handling relapse, weight loss and its effects on sexuality and intimacy, the importance of self care, stress management and its correlation to weight management, and repressed issues and their correlation to weight management. Classes do not teach dieting but rather instruct individuals on how to make a lifestyle change that will enable them to live a longer, healthier, and more productive life. These classes also instruct individuals on specific things that can be done to reduce or eradicate high blood pressure, diabetes, sleep apnea, and other co-morbidities associated with being overweight. Finally, we offer and/or support weekly reviews and monitoring, handouts, realistic goal setting and being accountable to self and then others.

Website - Contact Info: <http://morrispsychologicalservices.vpweb.com/>
Joanna Morris, (713) 297-88826

Weight Management Rehab and Pool Therapy

This program is for adults who are seeking assistance with weight loss and is a part of the Harris County Hospital District-Weight Management Initiative. Its purpose is to educate, empower, and assist HCHD adult patients and the community in pursuing a healthy body weight. Patients receive activity/exercise instruction & subsequent aquatic therapy for those who qualify. Must have physician referral

Website - Contact Info: Physical Therapy Metropolitan Service Center Pool, 713-873-3840

WIC Program

The purpose of the program is to promote health through good nutrition at the beginning of the life cycle. The University of Texas Health Science Center, City Of Houston Health & Human Services, and Harris County Public Health & Environmental Services lead this local program that targets Pregnant, Post-partum or breastfeeding women and children or infants under 5 years of age.

The federal grant program that screens low income women and children for nutrition risk criteria and then provides supplemental foods, nutrition education, breastfeeding promotion and referrals to clients during eligibility period.

Website - Contact Info:

Karen Gibson, WIC Director
The University of Texas Health Science Center
Karen.Gibson@uth.tmc.edu

Risha Jones, RN
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