

Treasure Valley Childhood and Adolescent Obesity Resources

Education and Outreach

Action for Healthy Kids-Idaho

- Compiled the "Idaho Recommendations For Promoting a Healthy School Nutrition Environment" to help schools ensure that food and beverage selections are consistent with the USDA's dietary guidelines
- Designed a pilot project to demonstrate that healthy school environments can be developed without negative fiscal effects on schools requiring that at the end of the pilot program, each school will develop a system to report observed behavior changes related to physical activity and nutrition, as well as, the fiscal impact of changes in vending and other school sales
- For more information contact: Nancy Rush, Obesity Prevention Program Manager, 327-8546 or visit: http://www.actionforhealthykids.org/state_profile.php?state=ID

Boise School District

- Offers nutrition education in grades 1-8 and grade 11 and nutrition education includes: differentiation and selection between healthy/unhealthy foods, nutrition label education, how to determine healthy body weight, Food Guide Pyramid etc.
- Elementary School challenge programs: incentivize students to take part in activity programs during intramurals or after school
- Secondary education activity programs include weight lifting, aerobics, yoga, school sponsored fitness walks and bike to school days
- Food service employs registered dietitians to administer school meal programs and operate in federal reimbursable program rather than commodities that require USDA nutrition standard compliance (requiring that school lunches include a weekly average of no more than 30% of total calories from fat and no more than 10% of total calories from saturated fat, offering fresh fruits and vegetables for all age groups, using whole grain breads and offering fat free and reduced fat milk)
- Lunch and breakfast is offered at 51 sites and both are required to meet USDA nutrition standards
- Other services include kindergarten milk (\$12 per year), preschool snacks, afterschool snacks, summer meals and free and reduced price meal benefits
- In response to the childhood obesity epidemic, secondary school vending machine changes include at least 50% of food and drink products containing a maximum of 3 grams of fat per 100 calories, a maximum of 600 mg of sodium per serving and a minimum of 12 grams of complex carbohydrates per serving. Beverages may consist of

noncarbonated, unsweetened and unflavored drinking water, low or nonfat milk or 100 % orange or tomato juice

Boise Public Schools Education Foundation Lifetime Movers Program

- Grant based program, beginning in 2008, sponsored by Albertson's Supevalu which seeks to add 90 hours of physical activity per week for each Boise School District student
- Program specifics include: structured activities at participating schools occurring 3 days per week
- Program targets Title One schools (schools with 50% or more students coming from low income families determined by free and reduced lunch rates)
- Activities include walking/running club, basketball, disc golf, soccer, dance, flag football, softball, kickball etc.

Idaho Department of Health and Welfare

- Online assessment weight/BMI calculators
- Online nutrition and physical activity resource links
- My pyramid menu planner
- Obesity trends from 1985-2007
- Preventive Health Assistance (PHA) benefit for Medicaid Participants includes vouchers to participate in YMCA Trim Kids Program and fee based wellness PHA benefits
- For more information on PHA or for vouchers call 364-1843 or visit:
<http://healthandwelfare.idaho.gov/Medical/Medicaid/PreventiveHealthAssistance/tabid/21/Default.aspx>

Humphreys Diabetes Center

Locations:

1226 River Street Boise 331-1155

520 S. Eagle Rd. Suite 1229 Meridian 884-4220

4400 E. Flamingo (2nd Floor Mercy Medical Center North) Nampa 884-4220

Services:

- Healthy Food and Fun activities and nutrition lessons for children
- Diabetes prevention classes (Boise and Nampa)
- Choose-to-Lose weight loss program
- My pyramid nutrition poster

United Dairymen of Idaho Fuel up to play Program

- Partnership between The National Dairy Council, The Idaho Dairy Council and The National Football League to offer schools a free wellness activation kit
- For more information or to receive kit: <http://www.schoolwellnesskit.org/futp/about-kit.asp>

YMCA Trim Kids Program

- Collaboration between YMCA, registered dieticians and St. Alphonsus to educate families on increasing daily activities, promoting self confidence and attainable healthy eating and exercise regimens to promote healthy lifestyles and futures
- Trim Kids is a 12 week program for children ages 8-18 and parents which includes a once a week group meeting, individual pre/post program health evaluations, weekly parent/child interaction discussion session, weekly goal setting/feedback, staff support, completion awards, participation incentives and optional activities
- Program cost: \$148 for YMCA members and \$200 for non members (Financial Assistance available and families on Medicaid can receive vouchers to participate by contacting Health and Welfare PHA unit 364-1843)
- Program is offered at Caldwell YMCA (Contact: Leanne Griffiths 454-9622), Downtown YMCA (Contact: Kimberly Justus 344-5502, ext. 236) and West YMCA (Contact: Christine Border 377-9622)

Central District Health Obesity Prevention

Contact: Nancy Rush, Obesity Prevention Program Manager, 327-8546

- Increases childhood obesity awareness
- Conducts body mass index surveillance
- Researches best practice resources
- Produced Action for Healthy Kids Idaho Healthy School Parties Flyers and Anser Charter School Nutrition Magazine (copy included in mailed list to Naya Antink)

Obesity Action Coalition

<http://www.obesityaction.org/advocacy/states/idaho.php#support>

- Offers national, regional and local links to obesity resources
- Offers printable obesity prevention information in English and Spanish
- Offers national policy/advocacy information and updates

Physical Activity Promotion

After 3 Boise Youth Programs Locator

- **Allows parents to find a child safe program in their neighborhood during after school hours**
- **Includes both free and fee payment options**
- **Includes busing links and links to law enforcement**
- **For more information or to search for programs:**
www.after3boise.com

Be outside Idaho

Interagency partnership with goals that include:

- Working with public health and welfare agencies, medical professionals and other organizations to promote the health value of being outside to children and families
- Establishing partnerships with the medical community such as clinics, hospitals, health districts, psychologists, mental health counselors, school counselors, private practice physicians, insurance companies and other health professionals
- Publicizing and promoting outdoor recreation clubs, organizations and health programs

beoutsideidaho@gmail.com

Contact: Meggan Laxalt Mackey Idaho Children in Nature Network Chair 378-5796

Boise Parks and Recreation Programs:

Outdoor Zone

- Offers recreational activities intended to build youth self-esteem and self-confidence, promote teamwork and trust of others, and provide positive activities that create life-time sports opportunities for all youth.
- For more information:
<http://www.cityofboise.org/Departments/Parks/Activities/YouthServices/page3900.aspx>

Mobile Recreation and and free nutritious snack program

- Mobile recreation van tours parks, schools and low-income areas in Boise
- Provides physical activities, brief nutrition lessons and healthy snacks free of charge
- Program runs year round and includes outreach to Jr. High students beginning Jan. 2009
- For more information, locations and schedule:
<http://www.cityofboise.org/Departments/Parks/Activities/YouthServices/page26030.aspx>

Fort Boise Community Center

700 Robbins Rd. Boise

- Offers teen activity center, youth activities, free weights, drop in activities, adult and youth basketball and volleyball
- Open Gym/Indoor Play Program (For Preschoolers and Parents) No Charge for parents. Program is available Tuesdays and Thursdays from 9:00 am - 11:00 am, \$1.00 per child and runs from Oct. 7 to April 30th.

Weekday Hours:

Monday - Thursday	7:00 AM - 10:00 PM
Friday	7:00 AM - 7:00 PM
Friday Night (teens only)	7:00 PM - 11:00 PM

Adult Memberships

Monthly

Resident	\$23.32
Non-resident	\$36.15

Youth Memberships

Annual - Youth priority Time ONLY	2:30 pm - 6:00 pm
Resident	\$10.09
Non-resident	\$15.65

Treasure Valley YMCAs

- Downtown Family YMCA 1050 W. State Street, Boise 344-5501
- West Family YMCA/ Boise Aquatic Center 5959 N. Discovery Way, Boise 377-9622
- Meridian Homecourt YMCA 936 W. Taylor, Suite 104, Meridian 855-5711
- Caldwell Family YMCA 3720 S. Indiana Ave. Caldwell 454-9622
- The YMCA offers programs in over 90 sites community-wide.
- One out of every two youth in Ada County is involved in at least one YMCA program.
- The YMCA offers youth program, including Camp, Child Care and After-school Programs, Leadership Development, Youth Sports Youth Government and Y-Guides

Boys and Girls Clubs

- School year and Summer Membership \$10 each
- Services include: Games rooms, fitness and education activities, extended holiday/afterschool and weekend hours, teen center, tech labs
- Services also include: 100% free USDA nutrition standard approved meals (snacks, breakfast and lunches, though services vary per site)

Ada County Boys and Girls Club Locations:

- Meridian Club 911 N. Meridian Rd. Meridian, 888-5392
- Moseley Center 610 E. 42nd Street Garden City, 321-9157
- Kuna Club Steering Center (Coming Soon)

Canyon County Boys and Girls Club Location:

- Nampa Boys & Girls Club, 316 Stampede Dr. Nampa, 461-7203

Summer 2009 Events

Idaho Careline

Summer Youth Food Program Sites (a 51 page document that includes information on all free meal sites for children age 1-18)

<http://www.idahocareline.org/>

Idaho IceWorld

7072 S. Eisenman Road Boise 331-0044

- Offers two-for-one skating from 9:30 a.m.-5 p.m. every Monday during summer
- Regular admission is \$7 adults, \$6 for children age 12 and under and \$6 for senior citizens and skate rentals are \$3 each.

Boise Parks and Recreation Programs:

Playcamps:

Ages 6-12 (registration required)

- All Day Playcamp is offered Monday through Friday from 9:00 am to 4:00 pm. Extended day is 7:30 am to 5:30 pm.
- Playcamps begin June 8, 2009 at the following parks: Cassia, Demeyer, Elm Grove, Ivywild and Winstead
- For more information and schedule:
<http://www.cityofboise.org/Departments/Parks/Activities/YouthServices/page3901.aspx>

Teen Pool Parties (ages 12-17)

- June 19 Friday, \$2/person 9:00-10:30 p.m. Ivywild Pool 2250 Leadville
- July 10 Friday, \$2/person 9:00-10:30 p.m. Fairmont Pool 7929 Northview
- July 24 Friday, \$2/person 9:00-10:30 p.m. Borah Pool 801 Aurora
- August 7 Friday, \$2/person 9:00-10:30 p.m. Natatorium/Hydrotube 1811 Warm Springs

Clinical outreach

Terry Reilly Health Services

848 La Cassia Boise, 344-3512 M-Fri 8-5 pm

- Family medical care: physical exams, treatment of illnesses, well-child care, family planning, immunizations, and screening for diseases
- Laboratory services
- Health education
- Physical therapy
- Mental Health: evaluation, counseling and psychiatry
- Case management
- Prescription medications (off-site)
- Assistance obtaining substance abuse treatment (off-site)
- Payment is expected at the time of visit, but payment arrangements can be made
- Accepts Medicaid and Medicare, and is a Healthy Connections provider.
- **No one who meets eligibility guidelines will be denied service for inability to pay**

2005 Arlington, Caldwell 459-1025 M,T,F 8-6 W/Th-930-6

- Family practice, prenatal, pediatrics, geriatrics and urgent care
- 223 16th Ave. North, Nampa 466-7869 M, T, Th, Fri 8-8, W 9-8, Sa 9-5
- Medical/behavioral health, separate teen clinic, homeless health care and outreach

North End Children's Health Clinic

1655 Fairview Ave. Suite 206 Boise 395-0000

- Specializes in Adolescent obesity/behavioral consults
- Offers physicals, vaccines and well child visits

Genesis Garden City Community Clinic

215 W. 35th Street, Garden City 384-5200

- First come, first served free clinic for eligible patients

- Services include acute non-emergent illness, limited chronic care, referrals to specialists
- For more information and eligibility guidelines:
<http://www.genesisworldmission.org/GardenCityCommunityClinic/tabid/56/Default.aspx>

Saint Al's Family Center

1055 N. Curtis
BOISE-R4, ID 83706
(208) 367-3454 Family Center Resource Line

St. Alphonsus Family Center

900 N. Liberty, Ste. 100
BOISE-R4, ID 83704
(208) 367-7380 Registration/ Information/ My Saint Al's

St. Luke's Women and Family Support Services

103 W. State St.
BOISE-R4, ID 83702
(208) 381-3033 Women's Life Administration

Resources/Statistics/Informative Links:

Idaho Health and Welfare Nutrition Information:

<http://healthandwelfare.idaho.gov/Children/EarlyChildhoodInfo/HealthWellness/tabid/164/ctl/ArticleView/mid/1389/articleId/671/Beyond-an-Apple-a-Day.aspx>

Idaho Partnership for Hispanic Health

<http://www2.state.id.us/icha/iphh/>

The Idaho Kids Count Data Center

<http://www.idahokidscount.org/>

The Annie E. Casey Kids Count Data Center

<http://datacenter.kidscount.org/data/bystate/Default.aspx>

Idaho Voices for Children

<http://www.idahovoices.org/>

University of Idaho Extension Nutrition Program

<http://www.agls.uidaho.edu/enp/>

The American Dietetics Association

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/login_search_ENU_HTML.htm?dosearch=1&search=Childhood+obesity

The American Academy of Pediatrics

<http://www.aap.org/healthtopics/overweight.cfm>

American Obesity Association

<http://obesity1.tempdomainname.com/subs/childhood/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/obesity/childhood/index.html>

Centers for Disease Control and Prevention State Based Programs (Idaho is not currently one of these funded States, but this might be a natural progression)

<http://www.cdc.gov/obesity/stateprograms/index.html>

Robert Wood Johnson Foundation

<http://www.rwjf.org/childhoodobesity/index.jsp>

Idaho WIC Program

<http://healthandwelfare.idaho.gov/FoodCashAssistance/WomenInfantsandChildren/tabid/92/default.aspx>

Idaho Head Start Association

<http://www.idahoheadstartassoc.net/AboutIHSA.htm>

Early Childhood Information Clearinghouse

<http://www.healthandwelfare.idaho.gov/Children/EarlyChildhoodInfo/BuildingaHealthyFoundation/tabid/293/Default.aspx>

Mountain States Group: <http://www.mtnstatesgroup.org/children.htm>

Children's Nutrition Program Info: <http://www.mtnstatesgroup.org/pages02/childfood.htm>

Healthy Tomorrow's Program Info: <http://www.aap.org/commpeps/httpcp/overview.html>