

California State University Northridge

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Reducing the Childhood Obesity Rate Among Low Income Children in the Van Nuys Neighborhood

Project Description

\$502,042 for 3 years

(eligible activity under 24 CFR part 570.201 as a public service activity that can help stabilize a neighborhood including activities such as health care services and education with benefit to low and moderate income persons)

This project addresses the childhood obesity problem confronting the largely Latino, low income community of Van Nuys, which is located in Los Angeles, California. The project will implement a multi-component, comprehensive intervention at three elementary schools in the Van Nuys community. There are three components of the intervention:

- 1. Improve children's physical fitness**
 - a. Develop and implement PE training for teachers**
 - b. Develop and facilitate weekly PE Lesson Plans**
 - c. Conduct physical activity breaks during class time**
 - d. Twice monthly Walking Program for parents and children**
- 2. Promote children's activity during recess and lunch**
 - a. Develop and facilitate a workshop to train teachers to encourage and motivate children to be physically active during recess and lunch**
 - b. Design playground layout with game markings to facilitate activity**
 - c. Furnish schools with necessary playground equipment**
 - d. Teach and encourage children to play and be active**
- 3. Improve children's healthy eating behavior**
 - a. Facilitate lesson plans for children and parents promoting the value of healthy eating**
 - b. Implement a school gardening program to promote healthy eating**