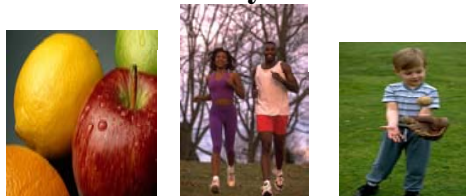


Local Initiatives Related to Healthy Eating and Active Living January 2005



Local Health Department/ Community Agency	Title/Name of program	Description	Setting	Ages	Gender	Contact Information
Bethel Health Department	Body by Bethel	Light to moderate physical activity program that includes aerobic activity, strength training and nutrition discussions; directed by a personal trainer (dependent on personal trainer rates), sponsored by Bethel Health Department, and DPH/CDC.	Community	Adults, Elderly	M/F	Laura Vasile, Director of Health Town of Bethel vasile@betheltownhall.org Fax: 203-794-8595
	Fitness for Teens	Learn how to exercise and stay healthy through organized workout. Teach fitness and nutrition to maintain healthy lifestyle.	Community	11-17 year olds	M/F	Bethel Park and Recreation Dept. Eileen Earle 203-794-8532 earlee@betheltownhall.org
Bridgeport Child Advocacy Coalition (BCAC)	Childhood Obesity	<ul style="list-style-type: none"> ➤ Over 2 years, The BCAC Health Task Force, comprised of 25 representatives of Bridgeport community health centers, hospitals, school-based health centers, WIC, Medicaid managed care plans, physicians, and parents, has been addressing childhood obesity. We have been working with the school system to introduce healthier food choices for school meals and to ensure that students have opportunities to be physically active during the school day. ➤ Working with the Parks and Recreation Department to integrate healthy eating and exercise in the evening recreation programs. ➤ A Report, "Childhood Obesity" was issued that included an assessment of physical facilities in the Bridgeport schools and recommendations for change. 	School, Community	School-age	M/F	Barbara Edinberg, BCAC 2470 Fairfield Avenue Bridgeport, CT Tel: 203-549-0075, Ext. 12 bse@bcacct.org

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Bridgeport Health Department	Citywide Employee Walking Club	Citywide employee walking club	Worksite	Adults	M/F	Marian Evans, Director of Health Bridgeport Health Department Tel: (203) 576-7680
Bristol-Burlington Health District	Shape Up Bristol	Two-year initiative of the Bristol Community Wellness Coalition to promote physical activity, healthful eating and mental well-being to achieve and maintain a healthy weight.	School, Community, Faith-based, Work site	All	M/F	Patricia J. Checko, MPH DrPH Bristol-Burlington Health District 240 Stafford Ave. Bristol, CT 06010 Tel: 860-584-7682; patriciachecko@ci.bristol.ct.us
Boys & Girls Club of America	Triple Play	Program conducted in Club sites. (Including during after school period) Focus of program on development of members "Spirit" – "Body" – "Intellect". Aspects include group clubs, athletic activities (Competitive & Non-competitive); mentoring; recognition for success. Boys & Girls Club Connecticut Locations: Bridgeport, Bristol, Greenwich, New Haven, New Britain, Shelton, Stamford, Ridgefield, Southport, Waterbury, Groton, Redding, Meriden, Hartford, Wallingford	Boys & Girls Club Sites, Schools, Community-centers, Summer Camp	6-18 Years of Age	M/F	➤ Boys & Girls Clubs of America Jeff Starcher Regional Service Director Northeast Service Center 2490 Black Rock Turnpike, #306 Fairfield, CT 06825 Tel: 203-696-0016 John Glazebrook Director of Government Relations 86 Haverhill St. Andover, MA 01810 Tel: 508-320-6712 Joe Andreana 203-924-7462 Ext. 101
	Corroborative Youth Obesity Prevention Program	Program Elements: Smart Moves, Superfit All Stars, Just for Kids, Swimming Program	Community Youth Serving Organizations	School Age (Pilot size – 30 in total)	M/F	➤ Boys & Girls Clubs of America Jack Ribas, Executive Director, Boys & Girls Club of Lower Naugatuck Valley Suzanne Riley, Executive Director, YMCA Joe Andreana 203-924-7462 Ext. 101

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Chatham Health District	Beginners Fitness Class	Preventive Health Grant from DPH; designed for those beginning an exercise program to increase physical fitness to promote long term physical activity, for the purpose of reducing cardiovascular disease.	Other	Adults	M/F	<ul style="list-style-type: none"> ➤ Chatham Health District Thad King; Director of Health healthdirector@easthamptonct.org Tel: 860-267-9601 ➤ Bodyworks Fitness Center Janice Flanigan, President Marlboro, CT Tel: 860-295-9036
Colchester Health Department	Colchester Foot Pounders	5-Week Pilot Pedometer program during Fall 2004. In collaboration with Parks and Recreation, town employees were encouraged to develop 13 walking teams, 5 individuals each to track and total team-wide steps achieved by the week.	Worksite	Adults	M/F	Colchester Health Department Wendy Mis, Director of Health Colchester, CT Tel: 860-537-7214
CT Department of Public Health	Diabetes Prevention and Control Program	Funding from CDC. Objectives to increase rate of eye exams, foot exams, flu shots and A1C testing. Addresses health disparities and maintaining a surveillance system	Statewide	All	M/F	Cindy Kozak CT Department of Public Health Tel: 860-509-7737 Email: cindy.kozak@po.state.ct.us
East Hartford Health Department	HEALTHY East Hartford	CDC/DPH funded community-based initiative to raise awareness about and develop strategies to address community overweight/obesity crisis and physical inactivity. Broad-based community-driven initiative to increase positive behaviors of sensible nutrition and moderate activity. Public support is strongest for youth and school-based changes.	School, Healthcare Delivery System, Community, Faith-based, Worksite	All	M/F	Allison Case, Coordinator HEALTHY East Hartford East Hartford Health Department Tel: 860-291-7451 Email: acase@ci-east-hartford.ct.us

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Local Health Department/Community Agency	Title/Name of program	Description	Setting	Ages	Gender	Contact Information
East Hartford Public Schools – Health and Physical Education Department	Fit for Lift: East Hartford O'Brien Elementary School	Fit for Lift: Students work on the four areas of physical fitness in physical education each class. These areas (muscular strength, muscular endurance, cardiovascular, and flexibility) are also practiced at home. Class goals are made in each area. Students report on number of push-ups, running and stretching.	School	Ages 7-11	M/F	David Flanagan, Department Head Health and Physical Education Stephen Higgins O'Brien Elementary School
	Extra Exercise Club: Norris School – PE/Health	A before school program that includes goals: -45 minute cooperative game club that also trains for C.P.F.A. as a team -Increase love for self and body -Nutrition information and breakfast provided	School	Grades 3-8	M/F	David Flanagan, Department Head Health and Physical Education Sharon Smith, PE/Health Elaina Snyder, Principal (860) 622-5742
	East Hartford Tennis Club – Open House for Norris School students and families	1.5 hour tennis instruction including food and rackets. Complimentary tennis ball and t-shirts for each person.	School	All ages	M/F	David Flanagan, Department Head Health and Physical Education Sharon Smith, PE/Health Elaina Snyder, Principal (860) 622-5742
	Promoting Nutrition in the East Hartford Schools	A variety of strategies in place to promote nutrition in East Hartford schools including: Nutrition Boards, Nutrition newsletter, Monthly Healthy Snack Feature, Vote and be Heard (Students exercising their right to voice their opinion on their favorite foods), Backpackers to provide needy students with meals to get through a weekend.	School	Grades:K-12	M/F	David Flanagan, Department Head Health and Physical Education John Fratiello Sodexo Marriott Food Service
	Langford Mile Club	Recess Club – Students jog at recess – laps are logged, distances calculated, times recorded in September and June, for grades 3, 4, 5.	School	Grades: K-5	M/F	David Flanagan, Department Head Health and Physical Education Michael Montovani Tel: 860-985-4231
	Family Fitness Night – Hockanum Elementary School	The Physical Education teacher and PTO have joined forces to improve family fitness. After families meet at the PTO meeting they participate in a fitness class run by the P.E. teachers	School Community	Adult Youth	M/F	David Flanagan, Department Head Health and Physical Education Mr. Bocchiochio; Hockanum School Tel: 860-622-5440

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Eastern Highlands Health District	PAW PALS	Physical activity as an active lifestyle skill. Eastern Highlands HD collaborated with UCONN Department of Kinesiology to promote physical activity among youth. 20 Students identified as overweight and 6 kids of normal weight and athleticism exercised 1 hour every morning before class, playing games of their own choosing.	School	Youth	M/F	➤ Bonnie Smith Eastern Highlands Health District Tel: 860-429-3325 ➤ Jaci VanHeest Associate Professor of Kinesiology UConn Tel: 860-486-5123
	Matters of the Heart Partnership	This program funded by the State Department of Public Health serves to prevent cardiovascular illness and improve cardiovascular conditions within the Health Districts 6-towns. Several components address childhood obesity including a before school exercise program for overweight/obese students in grades 3 & 4, school workgroups to improve the nutrition and amount of physical activity students receive, and an after school cooking/nutrition class for middle school students.	School Community	Adults & Grades K-12 (child oriented components)	M/F	➤ Robert Miller, MPH, RS Director of Health Eastern Highlands Health District 4 South Eagleville Rd. Mansfield, CT 06268 Tel: 860-429-3325 Email: millerrl@mansfieldct.org
East Shore Health District	Diabetes Education program	Education program for district residents with diabetes, aimed at reducing health-related complications; emphasis on nutrition counseling.	Community	Adults, Youth, Elderly	M/F	Jim Monopoli, Director of Health Jim_esdhd@snet.net Fax: 203-483-6894
Fairfield Health Department	Lean and Lively	Grant funded, 16-hour weight management/nutrition education program taught by a registered dietitian. Currently, in the 3 rd year of the program, administering 4 programs per year. (2 during the Fall and 2 during Spring)	Community	18 yrs of age and older, Adults, Elderly,	M/F	Sarah Levy, MPH Fairfield Public Health Nursing 100 Mona Terr., Fairfield, CT 06824 Tel: 203-256-3150 Email: slevy@town.fairfield.ct.us
Farmington Valley Health District	Heart, Healthy Lifestyle	Educational outreach incorporating four 8hr sessions aimed at: 1) lowering cholesterol, 2) improving overall healthy lifestyle, 3) maintaining healthy body and weight, 4) achieving a desirable blood pressure. Farmington Valley sites will include Granby Memorial Center, Farmington Community Center, Canton Community Center, Simsbury Eno Memorial	Community	18 yrs of age and older	M/F	Farmington VNA, Pamela Addley Director of Community Programs Tel: 860-653-5514 Email: paddley@vnavalleycare.org
Hartford Health Department	Camp Courant	Collaborated with summer Camp Courant initiative to promote healthy eating choices and healthy physical activity through obstacle course challenges.	Community	Youth	M/F	Elizabeth Gibbs Executive Director Camp Courant 285 Broad Street Tel: 241-3674 Email: bgibbs@campcourant.org

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Local Health Department/Community Agency	Title/Name of program	Description	Setting	Ages	Gender	Contact Information
Ledgelight Health District	Obesity Prevention (LIFE) Project	Community designed plan to increase physical activity and improve nutrition; includes social marketing, coalition building, survey and focus group research, and work plan interventions.	School, Healthcare Delivery System, Community, Faith-based, Worksite	All	M/F	Cindy Barry, Community Health Coordinator Ledgelight Health District PO Box 909 Groton, CT 06340 Tel: 860-448-4882 Email: education@ledgelighthd.org
Manchester Health Department	Healthier You Manchester	A.) Local Resource Directory to be mailed to every household with information detailing 1.) activities, programs, organizations providing healthy eating and active living opportunities. 2.) Nutritional survey of restaurants to provide adaptable recipes, healthy options, and food choices for patrons 3.) Healthy Lifestyle choices featuring biographical depictions of Manchester residents 4.) Lifestyle nutrition and physical activity information 5.) Listing of walking trails/biking trails in Manchester B.) 1 yr project with steering committee of organizations and residents addressing early childhood obesity	Community	All	M/F	Barbara Quigley Manchester Health Department Tel: 647-3173 Barb41@ci.manchester.ct.us
Milford Health Department	STEPS COUNT	The purpose of the project was to monitor the number of steps taken each day by students through the use of pedometers in grades three through five, specifically one grade level from each of the nine elementary schools located in Milford.	School	Grades 3-5; Ages 8-11	M/F	Emma Kofa Community Health Coordinator Milford Health Department 82 New Haven Avenue Milford, CT 06460 Tel: 203-783-3289 Email: ekofa@ci.Milford.ct.us
New Canaan Health Department	Awareness campaign: Nutritional content and availability within schools	Currently in partnership with superintendent of schools to evaluate policies and practices related to food programs, food nutritional values, and vending machines.	School	Youth	M/F	New Canaan Health Department David Reed, Director of Health Email: drgadjet@yahoo.com

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North Central District Health Department	Physical Activity Program	North Central District Health Department provides for four exercise programs and one Tai Chi program between Sep-Dec 2004. The aim of this program is to promote a healthier lifestyle and reduce the risk of disease by providing the residents with a minimum of 40 minutes of exercise, 3 times per week.	Community	18 and above	M/F	North Central District Health Department Aruna Jhasti, Health Educator 121 Pearl St. PO Box 1222 Enfield, CT 06083 Tel: 860-745-0383 Email: ajhasti@ncdhd.org
	Nutrition and Weight Management Program	North Central District Health Department provides 3 six-week and 2 four-week Nutrition and weight management programs in the district. This program will provide members with nutrition information and skills to reduce dietary fat and include healthy food in their diet. This program also has a physical activity component that provides members information on weight management.	Community	18 and above	M/F	North Central District Health Department Aruna Jhasti, Health Educator 121 Pearl St. PO Box 1222 Enfield, CT 06083 Tel: 860-745-0383 Email: ajhasti@ncdhd.org
	Nutrition and Weight Management Program	4- week Nutrition Education and weight management program targeted at parents of middle school students. The program aims to provide nutrition information and behavior modification techniques for both adults and children. Through a three-pronged approach, the program is to involve parents, students, and food service staff in educational sessions at one test school in addition to attempting changes in menu offerings.	School	18 and above	M/F	North Central District Health Department Aruna Jhasti, Health Educator 121 Pearl St. PO Box 1222 Enfield, CT 06083 Tel: 860-745-0383 Email: ajhasti@ncdhd.org
Northeast District Department of Health	Healthy Hearts Northeast	Healthy Hearts is a partnership project between NDDH, Day Kimball Hospital and the CT State DPH. We are succeeding in our mission to create healthy neighborhoods in Northeast CT by improving nutrition and increasing exercise in order to prevent heart disease.	Community, Worksite, School, Healthcare delivery, Faith-based	All	M/F	Elaine Turner RN, BSN Project Coordinator NE District Dept. Of Health 136 Main Street Danielson, CT Tel: 860-774-7350 Email: eturner@daykimball.org
Norwalk Health Department	Become a Norwalker	Three-year project to map 10 walking routes in various neighborhoods and to promote physical activity utilizing the stages of change and marketing strategies. Website linkage to walking trails map provided at webaddress: norwalkhealth.com/walkingroutes	Community	All	M/F	Rhonda Collins Health Educator Norwalk Health Department Tel: 203-854-7997 rcollins@norwalkct.org
	Policy Awareness activity	Focus on school system policy changes to promote healthy eating and active living.	School	Youth	M/F	Angela Vicenzi Brookside School Nurse 203-899-2830 Email: angelav22@norwalkpublicschools.net
	Childhood Obesity Committee	Conducted an assessment using school records of BMIs for all kindergarten and 6 th grade students in Norwalk public schools.	School	Youth	M/F	Stephanie Golub, PhD, RN Norwalk Health Department Tel: 203-854-7974 Email: sgolub@norwalkct.org

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Pomperaug Health District	Eating for a Healthier You	A 4 Part series centered around nutritional education and advocating for healthy eating practices lead by a registered dietician. Series includes classroom discussions and supermarket tours to promote healthy eating practices for a healthier you.	Community (Spring)	All	M/F	Mona LaBissoniere Pomperaug Health District 800 Main Street, Suite 130 Southbury, CT 06488 Tel: 203-264-9616
Southington Health Department	Southington Community Health Challenge: Health Quest	The Health Quest website serves as a central repository providing a myriad of information related to healthy eating, physical fitness, and disease prevention. In collaboration with YMCA, schools, Bradley Memorial Hospital, the Southington Health Department, and more, the HealthQuest website provides outreach and education materials for community residents Website: http://southington.4chamberbiz.com/healthquest/	Community	All	M/F	K Digirolamo YMCA-Southington-Cheshire Email: kdigirolamo@southington-cheshireymca.org
Stamford Health Department	Tully for Teens	In partnership with the Cardiac Rehabilitation Tully Health Center, Tully for teens involves a 12 week intensive physical exercise program with nutritional counseling and mental health support.	Community	Youth	M/F	Ginger Berry Executive Director Tully Health and Fitness Institute Tel: 203-355-4502
	Citywide Task Force	2 yr initiative with a citywide task force including the Board of Education to evaluate health, physical education curriculums, and nutritional opportunities within the school setting.	School	Youth	M/F	Wanda Kowalski Stamford Health Department Tel: 203-977-4848
	Stamford High School On-site program	Comprised of nutritionist, nurse practitioner, Physical education teachers, students are provided with on-site walking, nutritional counseling, and mental health support.	School	Youth	M/F	Terry Harrison Nurse Practitioner Tel: 203-977-5511
Waterbury: Staywell Health Center	Staywell Health Center Obesity Prevalence Study	Medical charts of all children and teens (between ages 5-18) visiting Staywell Health Center in the past year were reviewed to identify children who are obese or at risk of obesity.	Healthcare Delivery	5-18 Years of Age	M/F	Dr. Somanath Pediatrician Staywell Health Center 232 North Elm St. Waterbury, CT 06702 Tel: 203-596-8932 Email: bsomanath@staywellhealth.org
	Staywell Health Center: Obesity Outreach Program	Patients identified as obese following the prevalence study were invited to participate in an 8 week obesity program. Program structure follows with interested families				
Stratford Health Department	Beyond Fish Sticks and Juice Packs	Workshop to teach parents how to encourage healthy eating habits in their children; booklet developed to compliment workshop or stand alone.	School, Community	Children	M/F	Connie Olufade Community Health Services Administrator Stratford Health Department 468 Birdseye St. Stratford, CT 06615 Tel: 203-385-4090

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Local Health Department/Community Agency	Title/Name of program	Description	Setting	Ages	Gender	Contact Information
Wallingford Health Department	Cafeteria Point of Sale Evaluation	In collaboration with the School Board of Education, a cafeteria food point of sale evaluation is being conducted among 5 th graders. A quarterly newsletter is shared with parents describing recommended nutrition and physical activity.	School	Youth	M/F	Eloise Hudd, Director of Health Wallingford Health Department 45 South Main St. Wallingford, CT 06492 Tel: 203-294-2065
	Stairwell Signage	Using stairwell signage within the Town Hall workplace to encourage the use of stairs for physical activity in place of the elevators	Worksite	Adults	M/F	
	Afternoon Town Hall Walk	Encouraged Town Hall employees to engage in an afternoon group walk with the use of pedometers.	Worksite, Community	Adults	M/F	
West Hartford-Bloomfield Health District	Senior Health Screenings	Senior Wellness nutrition awareness for seniors part of a senior health screening and awareness program targeting low income/minority persons.	Community	Elderly	M/F	Carol Farland, RN West Hartford-Bloomfield HD Tel: 860-523-3270 Email: carolf@westhartford.org
	Love Your Heart	Nutrition program to reduce the intake of dietary fat in parents (ages 25-49) of school age children.	Community	Adults	M/F	
West Haven Health Department	Farmers Market Fun & Hooray for Health	Promotion of the local Farmer's Market on Thursdays and Saturdays. The local health department provides information on nutrition and exercise focused on families and parents at school events. Utilize USDA vegetable costumes free-of-charge for education outreach and to distribute fresh produce samples.	Community (June-October)	All	M/F	Eric Triffin, MPH Director of Health West Haven Health Department 355 Main St. West Haven, CT 06516 Tel: 203-937-3663

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