

The logo features a thick, dark red arc at the top and another at the bottom, framing the text. The text is arranged in three lines: "Dallas Area" in a multi-colored font (D: blue, a: red, l: green, l: blue, a: red, s: green), "Coalition to Prevent" in a multi-colored font (C: blue, o: red, a: green, l: blue, i: red, t: green, i: blue, o: red, n: green, t: blue, o: red, P: blue, r: green, e: red, n: blue, t: green), and "Childhood Obesity" in a multi-colored font (C: blue, h: red, i: green, l: blue, d: red, h: green, o: blue, o: red, d: green, O: blue, b: red, e: green, s: blue, i: red, t: green, y: blue).

**Dallas Area  
Coalition to Prevent  
Childhood Obesity**

## **Directory of Services**

**Helping Children and Their  
Families Eat Smart and Be Active**

**Dallas Area Coalition to Prevent Childhood Obesity  
c/o Community Council of Greater Dallas  
1349 Empire Central, Suite 400, Dallas, TX 75247  
214-871-5065, Ext. 212  
admin@ccgd.org**

**[http://www.ccgd.org/youth\\_health/prevent\\_child\\_obesity.html](http://www.ccgd.org/youth_health/prevent_child_obesity.html)**



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## About the Coalition

The Dallas Area Coalition to Prevent Childhood Obesity works to prevent childhood obesity by encouraging physical activity and optimal nutrition for children through collaborative community, corporate, and educational activities.

The coalition is made up of more than 90 organizations (over 300 individuals) representing education, youth serving agencies, business, government and healthcare. The coalition was co-founded by the Advocacy Department of Children's Medical Center Dallas and the Community Council of Greater Dallas in 2005.

The Dallas coalition's main goals are to:

- Encourage collaboration among existing community resources
- Support the creation of "best practice" programs and services
- Engage in outreach and media campaigns
- Research and provide culturally competent educational materials

To join the coalition or for more information:

Call: 214-871-5065, Ext. 212

Email: [admin@ccgd.org](mailto:admin@ccgd.org)

Fax: Childhood Obesity Coalition, 214-871-7442

In April 2008 the Coalition will hold a free, fun-filled festival called *Get Kidz Fit* to educate and engage children and families about wellness and nutrition. The event will showcase simple ways families can incorporate physical activity and nutritious eating into their daily lives. To find out more, go to [www.getkidzfit.org](http://www.getkidzfit.org).

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## USING DACPCO's DIRECTORY OF SERVICES

The Directory includes programs and initiatives that:

- Are located in Dallas County or Collin County
- Serve children and their families
- Have a major focus on making healthful nutritional choices, being physically active, maintaining a healthy weight/healthy lifestyle (prevention) OR treatment/intervention
- Are open to the public, within specific eligibility criteria
- Want to be listed on the Coalition's webpage and in the printed directory

- I. The first index lists **Programs Sponsored by Nonprofit Organizations** in alphabetical order
- II. The second index lists **Programs Sponsored by Coalition Members in the Private Sector**
- III. The resources section lists **Web Sites for Healthy Eating and Energizing Activities** in English and Spanish

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**No endorsement or evaluation of the organizations or their services is made or implied by these descriptions.**

Nonprofit organizations wishing to be considered for inclusion in future updates of the Dallas Area Coalition to Prevent Childhood Obesity's Directory of Services are asked to submit a written request to: Childhood Obesity Coalition, c/o Community Council of Greater Dallas, 1349 Empire Central, Suite 400, Dallas, TX 75247, or faxed to 214-871-7442.

## I. PROGRAMS SPONSORED BY NONPROFIT ORGANIZATIONS

**Type of program:**

N – Making healthful **nutritional** choices

P – Being **physically** active

L – Maintaining a healthy **lifestyle**/healthy weight

T – **Treatment**/Intervention

Program Name	Sponsoring Agency	Type of Program	Page No.
AVANCE-Dallas	AVANCE-Dallas	N,P,L,T	1
ChildCareGroup Head Start/Early Head Start	ChildCareGroup	N,P,L	1
COACH (Center for Obesity and its Consequences in Health)	Children’s Medical Center of Dallas	N,T	2
Cooper Institute Speaker’s Bureau Westmoreland Office, The	The Cooper Institute	N,P,L	3
Dallas (City of), North Dallas Health Center	Dallas (City of), North Dallas Health Center	N,P,L	3
DDA Market, Set, Go! Annual 5K Fun Run/Walk	Dallas Dietetic Association	N,P,L	3
Dallas Independent School District Acanthosis Nigricans Screening	Dallas Independent School District Health Services Department	T	4
Dallas Independent School District Diabetes and Bodyworks Program	Dallas Independent School District Health Services Department	N,P,L,T	4
Early Childhood Intervention (ECI), Special Care & Career Services	Special Care & Career Services and Texas Early Childhood Intervention	N,P	5
Expanded Food and Nutrition Program (EFNEP)	Texas AgriLife Extension, Texas A&M University System	N,P	5
Fit-For-Me Foundation	Fit-For-Me Foundation	N,P,L	6
Get a Move On – Dallas Citywide Fitness Initiative	YMCA of Metropolitan Dallas	N,P	6
Get on a Mission of Nutrition	Intestinal Health Institute	N,P,L	7
Girls in Motion	Girls in Motion	N,P,L	7
HEAD START of Greater Dallas	HEAD START of Greater Dallas	N,L,T	8
Healthy Habits	Community Council of Greater Dallas	N, L	8
Kids Get Arthritis Too!	Arthritis Foundation, Texas Chapter	P,L	9
LEAN Families Program	Children’s Medical Center of Dallas	T	9
Life Skills for Individuals With Special Needs	Achievement Center of Texas	N,P	9
Marathon Kids – Dallas	Marathon Kids	N,P,L	10
Mi Escuelita Preschool	Mi Escuelita Preschool, Inc.	N,P,L	10
Operation Frontline	North Texas Food Bank	N,L,T	11
Project Transformation	Project Transformation	N,P,L	11
St. Pius Early Care and Education Center	St. Pius X Private School	N,P	12
School Health Information	American Cancer Society	N,P,L	12
School Walk for Diabetes	American Diabetes Association	N,P,L	13
SMARTBody	The Wilkinson Center	N,P	13
Triple Play Fitness Program	Boys & Girls Club of Greater Dallas	N,P	13
Walk Across Texas	Texas AgriLife Extension and Dallas Independent School District	N,P	14
Special Supplemental Nutrition Program For Women, Infants and Children (WIC)	City of Dallas	N,P,L	14

**II. PROGRAMS SPONSORED BY COALITION MEMBERS  
IN THE PRIVATE SECTOR\***

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## I. PROGRAMS SPONSORED BY NONPROFIT ORGANIZATIONS

### AVANCE-DALLAS

**Program Sponsor:** AVANCE-Dallas

**Address:** 2816 Swiss Avenue, Dallas, TX 75204

**Phone:** 214-887-9907, Ext. 111

**Fax:** 214-887-9159

**E-mail:** [mlechowick.dal@avance.org](mailto:mlechowick.dal@avance.org)

**Website:** [www.avance-dallas.org](http://www.avance-dallas.org)

**Contact Person:** Maya Lechowick, Program Manager

**Hours:** M-F, 7:30 am-5:00 pm

**Cost:** No

**Ages Served:** 0-3

**Target Population:** Hispanic families

**Eligibility Criteria:** Hispanic Spanish-speaking family with a child ages 0-3

**Program Description:** AVANCE-Dallas transforms lives of low-income Hispanic families through a progressive, interventional program. AVANCE-Dallas uses a two-generational approach to education working with both the parents and their children during the developmental stage of birth to age three. The mission of AVANCE-Dallas is to unlock America's potential by strengthening families in at-risk communities through effective parent education and support programs.

AVANCE has a Summer Family Health program funded by United Way and its goal is low-income Hispanic parents and children will develop a physical lifestyle and will access health care resources to improve the living standards of Hispanic families in Dallas for today's Hispanic community and for generations to come. Activities include AVANCE parenting classes that teach about illness, growth, physical needs, and safety; Texas AgriLife Extension classes on nutrition; community resource speakers and health screenings; family exercise time; child classes that teach children good health habits through fun activities; and educational health fair.

AVANCE is a grant recipient of KERA Little Bites Big Steps Program. This project teaches families foundational concepts about living healthy lives through proper nutrition and regular exercise. Parents are encouraged to share their knowledge with the community and to model healthy living in their lifestyle.

#### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

Healthy lifestyle/healthy weight (prevention)

Treatment/intervention

### CHILDCAREGROUP HEAD START/EARLY HEAD START

**Program Sponsor:** ChildCareGroup

**Address:** 8585 Stemmons Freeway, Suite 500 South, Dallas, TX 75247

**Phone:** 214-630-7911

**Fax:** 214-631-7715

**E-mail:** [info@ccgroup.org](mailto:info@ccgroup.org)

**Website:** [www.childcaregroup.org](http://www.childcaregroup.org)

**Contact Person:** Lori Carey, Food & Nutrition Coordinator

**Hours:** M-F, 6:30 am-5:45 pm at center sites; 8:00 am-5:00 pm at main office

**Cost:** \$25 per week – only for Early Head Start parents using services more than 6 hours daily

**Ages Served:** 0-5

**Target Population:** Low income children 6 weeks - age 5

**Eligibility Criteria:** Low-income working families with children ages 6 weeks-5 years old, as well as low-income expectant women. Family income must not exceed 100% of the Federal Poverty Guidelines. For example, in a family of 4, income cannot exceed \$20,000. At least 10% of children served are disabled. Program may accept 10% over the income guidelines. Over-income slots are usually reserved for children with disabilities.

**Program Description:** Head Start is a comprehensive child development program that provides education, nutrition, physical health, mental health and disability services to low-income children ages 3 1/2 to 5 years of age. Parents are involved in the program and receive social services based on a Family Partnership Agreement. Early Head Start is a child development program for children ages birth - three. Service components are education, nutrition, physical health, mental health, disabilities, parent involvement, and social services. There is a prenatal component that provides services to expectant women. Head Start and Early Head Start are early intervention programs with an overall goal of improving the school readiness of low-income children.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

Healthy lifestyle/healthy weight (prevention)

**COACH (CENTER FOR OBESITY AND ITS CONSEQUENCES IN HEALTH)**

**Program Name:** Children's Medical Center of Dallas

**Address:** 1935 Motor Street, Dallas, TX 75235; 2350 Stemmons Freeway, Suite 4400

**Phone:** 214-456-5964

**Fax:** 214-456-5963

**E-mail:** [loretta.oshel@childrens.com](mailto:loretta.oshel@childrens.com)

**Website:** None for program

**Contact Person:** Loretta Oshel, RN, MBA

**Hours:** M, W, Th, 8:30 am-4:30 pm

**Cost:** Call for information

**Ages Served:** 5-17

**Target Population:** High risk patients (for Type 2 diabetes) that have been screened by the Primary Care Provider and referred to the clinic

**Eligibility Criteria:** Referral by physician

**Program Description:** The COACH Program is designed to evaluate and treat children at high risk for the development of type 2 diabetes and its associated conditions such as hypertension and hyperlipidemia.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Treatment/intervention

**COOPER INSTITUTE SPEAKER'S BUREAU WESTMORELAND OFFICE, THE**

**Program Sponsor:** The Cooper Institute

**Address:** 4573 S. Westmoreland, Dallas, TX 75237

**Phone:** 214-330-9165, x2104

**Fax:** 214-330-0206

**E-mail:** [avidales@cooperinst.org](mailto:avidales@cooperinst.org)

**Website:** [www.cooperinst.org](http://www.cooperinst.org)

**Contact Person:** Andrew G. Vidales

**Hours:** M-F, 8:00 am-5:00 pm

**Cost:** No

**Ages Served:** 21-80

**Target Population:** General Public

**Eligibility Criteria:** Varies by program

**Program Description:** The Cooper Institute messages are delivered to the general public in a presentation format upon request. Those messages cover general information concerning nutrition, diabetes, obesity, physical activity, health and wellness etc., and can be tailored to specific requests

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

Healthy lifestyle/healthy weight (prevention)

**DALLAS (CITY OF), NORTH DALLAS HEALTH CENTER**

**Program Sponsor:** City of Dallas, North Dallas Health Center

**Address:** 8001 LBJ Freeway, Suite 200, Dallas, TX 75251

**Phone:** 214-670-6555

**Fax:** 214-670-7140

**Contact Person:** Kristin Kaser, RN, CPNP

**Cost:** No

**Hours:** M, 7:30am-6:00pm; T-F, 7:30am-4:30pm

**Ages Served:** Birth to age 10

**Target Population:** Children and parents

**Eligibility Criteria:** None

**Program Description:** After-school classes are held at the North Dallas Health Center once a week. Both the child and parent(s) participate in the classes. Hands-on activities are used in all classes. Topics include consequences of overweight and sedentary lifestyle, healthy food choices, portion sizes, and exercise/physical activity. Bilingual teacher is available.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

Healthy lifestyle/healthy weight (prevention)

**DDA MARKET, SET, GO! 5K FUN RUN/WALK (ANNUAL EVENT)**

**Program Sponsor:** Dallas Dietetic Association (DDA)

**Website:** <http://www.dallasdietitian.com>

**Phone:** 972-727-1222

**Contact Person:** Angela Lemond, RD/LD

**Cost:** Varies

**Date:** Annually in April down at the Dallas Farmer's Market

**Ages Served:** All ages

**Target Population:** Children and parents

**Eligibility Criteria:** None

**Program Description:** The run/walk encourages family fun, exercise and good nutrition with fruits and vegetables. The DDA is made-up of over 300 dietetic leaders with a passion for food and nutrition sciences. Members are dedicated leaders and advocates of the profession at local, state, and national levels. The group includes a diverse group with many interests, talents and the common goal of making the registered dietitian the most valued source of nutrition and food information for the health and wellness of the public.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active  
Healthy lifestyle/healthy weight (prevention)

**DISD ACANTHOSIS NIGRICANS SCREENING**

**Program Sponsor:** Dallas Independent School District Health Services Department

**Address:** 3700 Ross Ave, Dallas, TX 75204

**Phone:** 972-925-3386

**Fax:** 972-925-3387

**E-mail:** [dnewman@dallasisd.org](mailto:dnewman@dallasisd.org)

**Website:** None for program

**Contact Person:** Diane Newman, RN, MSN

**Hours:** During school

**Cost:** None

**Ages Served:** 4-18 years

**Target Population:** 3<sup>rd</sup>, 5<sup>th</sup> and 8<sup>th</sup> graders

**Eligibility Criteria:** Student enrolled in DISD

**Program Description:** Mandatory screening for risk factors for development Type 2 diabetes.

**Benefits in prevention of childhood obesity:**

Treatment/intervention

**DISD DIABETES AND BODYWORKS PROGRAM**

**Program Sponsor:** Dallas Independent School District Health Services

**Address:** 3700 Ross Ave., Rm. 206, Dallas, TX 75204

**Phone:** 972-925-3386

**Fax:** 972-925-3387

**E-mail:** [dnewman@dallasisd.org](mailto:dnewman@dallasisd.org)

**Website:** None for program

**Contact Person:** Diane Newman, Diabetes Educator

**Hours:** M-F

**Cost:** No

**Ages Served:** 0-17

**Target Population:** DISD students

**Eligibility Criteria:** DISD student

**Program Description:** The Diabetes Program addresses prevention, healthy lifestyle, sound nutritional choices and interventions in emergency situations. The Bodyworks program involves teaching children and teens about good nutritional choices and the importance of being physically active.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active  
Healthy lifestyle/healthy weight (prevention)  
Treatment/intervention

### **EARLY CHILDHOOD INTERVENTION (ECI), SPECIAL CARE & CAREER SERVICES**

**Program Sponsors:** Special Care & Career Services and Texas ECI  
**Address:** P.O. Box 4350 Sigma, Suite 100, Farmers Branch, TX 75244  
**Phone:** 972-991-6777 **Fax:** 972-991-6361  
**E-mail:** [marnies@specialcarecareer.org](mailto:marnies@specialcarecareer.org) **Website:** [www.specialcarecareer.org](http://www.specialcarecareer.org)  
**Contact Person:** Marnie Stone, ECI Program Director  
**Hours:** Flexible, 8:00 am-5:00 pm **Cost:** Varies  
**Ages Served:** 0-3 years old **Target Population:** Young children  
**Eligibility Criteria:** Babies and toddlers birth to 3 with developmental disabilities and delays

**Program Description:** Services provided to babies and toddlers with developmental disabilities and delays. These services include nutrition services for children who may have medical or other conditions that affect their growth and development during the critical first years of life.

#### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active

### **EXPANDED FOOD AND NUTRITION PROGRAM (EFNEP)**

**Program Sponsor:** Texas AgriLife Extension, Texas A&M University System  
**Address:** 7610 N. Stemmons Fwy. #140, Dallas, TX 75247  
**Phone:** 214-688-0903 **Fax:** 214-688-0912  
**E-mail & Contacts:** **Website:** <http://enp.tamu.edu>  
Adult Program: Tamra McGaughy, [tdmcgaughy@ag.tamu.edu](mailto:tdmcgaughy@ag.tamu.edu)  
Youth Program: Cheryl Miller, [chives@ag.tamu.edu](mailto:chives@ag.tamu.edu)  
**Hours:** Varies by site; office M-F, 8:00 am-4:30 pm  
**Cost:** No costs to target population **Ages Served:** Youth & Adults  
**Target Population:** Limited resource parents and youth in Dallas County  
**Eligibility Criteria:** Youth and adults in Dallas County

**Program Description:** EFNEP holds nutrition classes in homes, schools, churches, libraries, apartment communities, recreation centers, and other locations in Dallas County. EFNEP employs Community Peer Educators who teach lessons in basic nutrition, food preparation, food budget management, and food safety. Texas EFNEP uses *Eating Right is Basic Curriculum, Third Edition*, for the adult program and the *Curriculum Source Book* and *Professor Popcorn* for the youth program. Participants learn how to modify eating habits and participate in cooking nutritious recipes. Contact EFNEP for more information about starting free EFNEP classes at your agency.

#### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active

## **FIT-FOR-ME FOUNDATION**

**Program Sponsor:** Fit-for-Me Foundation

**Address:** 25 Highland Park Village, Suite 100-726, Dallas, TX 75205

**Phone:** 214-347-9466

**Fax:** 214-347-9466

**E-mail:** [info@fit-for-me.org](mailto:info@fit-for-me.org)

**Website:** [www.fit-for-me.org](http://www.fit-for-me.org)

**Contact Person:** Don Miguel, President & CEO

**Hours:** M-F

**Cost:** No

**Ages Served:** 5-21

**Target Population:** K-College

**Eligibility Criteria:** Fitness & wellness education and mentorship needed

**Program Description:** To advocate and advance fitness and wellness programs and services directed to better the lives of young people (K-College).

### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

Healthy lifestyle/healthy weight (prevention)

## **GET A MOVE ON – DALLAS CITYWIDE FITNESS INITIATIVE**

**Program Sponsor:** YMCA of Metropolitan Dallas

**Address:** 601 N. Akard, Dallas, TX 75201

**Phone:** 214-880-9622

**Fax:** 214-871-3014

**E-mail:** [cheryl@ymcadallas.org](mailto:cheryl@ymcadallas.org)

**Website:** [www.getamoveondallas.org](http://www.getamoveondallas.org)

**Contact Person:** Cheryl Boswell, Associate VP Membership & Healthy Lifestyles

**Hours:** M-F

**Cost:** No

**Ages Served:** 0-17+

**Target Population:** DISD 3rd Graders, families, individuals, and Corporate employees

**Eligibility Criteria:** DISD - 3rd Grade Energy Balance

**Program Description:** GET A MOVE ON is Dallas' citywide fitness initiative designed to help citizens become more active and fit and to live healthier lives. The program and awareness campaign is aimed at encouraging Dallas residents to be active and to move at least 30 minutes every day. As part of its mission, GET A MOVE ON is conducting the following community activities: A pilot program and curriculum with school districts to give elementary school students a pedometer and the tools to use it; an awareness campaign, including public service announcements, t-shirts, bumper stickers, etc. encouraging people to incorporate 30 minutes of movement into everyday life; encouraging local companies and organizations to develop and support their own customized corporate wellness program; supporting and cross-promoting existing events in Dallas throughout the year, including citywide runs and walks, and the city's park and recreational amenities; and cooperating with local government bodies and school districts to encourage and influence policy decisions that promote healthy living, eating and exercise.

### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

## **GET ON A MISSION OF NUTRITION**

**Program Sponsor:** Intestinal Health Institute

**Address:** 10875 Plano Road, Suite 123, Dallas, TX 75238

**Phone:** 972-686-6869

**E-mail:** [email@enterolab.com](mailto:email@enterolab.com)

**Fax:**

**Website:** <http://intestinalhealth.org> or  
<http://GetOnamissionOfNutrition.org>

**Contact Person:** Phyllis Zermeno, RN, Clinical Manager

**Hours:** M-F, 9:00 am-5:00 pm

**Cost:** No

**Ages Served:** 6-13

**Target Population:** 3rd - 4th Graders, parents, educators

**Eligibility Criteria:** School teachers request to participate in the pilot

**Program Description:** Teachers use the Get On a Mission of Nutrition program as supplemental material to existing curriculum used in Health, P.E., Music, and other subjects to reinforce the importance of good nutrition, exercise, positive values, making good choices, and avoidance of alcohol, drugs, and tobacco.

### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

Healthy lifestyle/healthy weight (prevention)

## **GIRLS IN MOTION**

**Program Sponsor:** Girls in Motion

**Address:** 17300 Preston Road, Suite 160, Dallas, TX 75252

**Phone:** 214-709-5159

**Fax:** 972-733-6564

**E-mail:** [girlsinmotion@gmail.com](mailto:girlsinmotion@gmail.com)

**Website:** [www.girlsinmotion.org](http://www.girlsinmotion.org)

**Contact Person:** Charlotte King, Program Associate

**Hours:** M-F

**Cost:** \$120; scholarships available

**Ages Served:** 9-12

**Target Population:** Young girls

**Eligibility Criteria:** 10-12 year old girls from the community

**Program Description:** Girls in Motion™ is an eight week program created to address the heart of the problem surrounding obesity and eating disorders in the United States. By focusing on early education, mentoring and fitness, Girls in Motion is able to reach out to young girls to instill positive body image and teach healthy eating and lifestyle to prevent these problems that plague 15%-20% of teenage girls.

### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

Healthy lifestyle/healthy weight (prevention)

## **HEAD START OF GREATER DALLAS**

**Program Sponsor:** Head Start of Greater Dallas

**Address:** 3954 Gannon, Dallas, TX 75237

**Mailing Address:** 6502 Military Parkway, Dallas, TX 75227

**Phone:** 214-275-2062 x35

**Fax:** 214-381-9064

**E-mail:** [DBoyd@HSGD.org](mailto:DBoyd@HSGD.org)

**Website:** <http://www.hsgd.org>

**Contact Person:** Dorruth Boyd, Health Coordinator

**Hours:** M-F, 7:00 am-5:30 pm

**Cost:** No

**Ages Served:** 0-5

**Target Population:** Low income families

**Eligibility Criteria:** Children ages of 0-5 and their families must meet federal poverty guidelines

**Program Description:** Operates free full-day full-year early child development program serving income-eligible children under the age of 5. Provides children with comprehensive educational, medical, dental, special needs, and mental wellness services as well as two-thirds of their daily nutrition. Nutritional and growth assessments for each Head Start child and nutrition, education and training classes for families, staff, and children. Head Start also offers counseling resources for families whose children are at nutritional risk and a resource library of books, pamphlets, posters, videos and other materials on programs in the community to reduce the effects of poor nutrition on families.

### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Healthy lifestyle/healthy weight (prevention)

Treatment/intervention

## **HEALTHY HABITS**

**Program Sponsor:** Community Council of Greater Dallas

**Address:** 1349 Empire Central, Suite 400, Dallas, TX 75247

**Phone:** 214-871-5065

**Fax:** 214-871-7442

**Email:** [admin@ccgd.org](mailto:admin@ccgd.org)

**Website:** [www.ccgd.org](http://www.ccgd.org)

**Contact Person:** Marilyn Self, Assoc. Exec. Dir., Coalitions & Planning

**Hours:** Varies by program site location

**Cost:** Not applicable

**Target Population:** Ages 9-13

**Eligibility Criteria:** Participating in one of the partner after school programs

**Program Description:** *Healthy Children Healthy Futures* is a program originally developed by Strang Cancer Prevention Center of New York with support from MetLife Foundation, in which young people ages 9-13 and their parents become advocates – through their schools, families, and communities – for healthy eating and increased physical activity. The Community Council is implementing the curriculum in partnership with eight Dallas after-school programs. The local partnership is called Healthy Habits.

### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Healthy lifestyle/healthy weight (prevention)

### **KIDS GET ARTHRITIS TOO!**

**Program Sponsor:** Arthritis Foundation, Texas Chapter

**Address:** 4300 MacArthur, Suite. 245, Dallas, TX 75209

**Phone:** 214-818-0366

**Fax:** 214-824-5842

**E-mail:** [jsavage@arthritis.org](mailto:jsavage@arthritis.org)

**Website:** [www.arthritis.org](http://www.arthritis.org)

**Contact Person:** Jeff Savage, Program Director

**Hours:** M-Fri

**Cost:** No

**Ages Served:** 3-15

**Target Population:** Children with Juvenile Arthritis (any type)

**Eligibility Criteria:** A child with Juvenile Arthritis ages 3-15 living in the Dallas area

**Program Description:** Designed to develop healthy exercise habits in children with Juvenile Arthritis. Consists of a home exercise program as well as group exercise once per week.

#### **Benefits in prevention of childhood obesity:**

Being physically active

Healthy lifestyle/healthy weight (prevention)

### **LEAN FAMILIES PROGRAM**

**Program Sponsor:** Children's Medical Center of Dallas

**Address:** 6300 Harry Hines Blvd, Dallas, TX 75235

**Phone:** 214-456-5326

**Fax:** 214-456-6819

**E-mail:** [lean.families@childrens.com](mailto:lean.families@childrens.com)

**Website:** [www.childrens.com/leanfamilies](http://www.childrens.com/leanfamilies)

**Contact Person:** Elyse Tyler, MS, RD, LD, CSP - Program Manager

**Hours:** M-Th, 8:00 am-4:00 pm

**Cost:** Varies

**Ages Served:** 6-18

**Target Population:** Children

**Eligibility Criteria:** 6-18 year old children with a Body Mass Index greater or equal to the 95th percentile. No uncontrolled medical or mental illnesses

**Program Description:** The LEAN Families Program at Children's Medical Center Dallas is a 12-week family-centered program. Each family attends a 2-hour class once a week and learns how to make healthful nutrition choices and how to stay physically active. The program is multi-disciplinary in nature consisting of a physician, dietitian, physical therapist, registered nurse and social worker. After graduation, the participant and the family are followed for 2 years.

#### **Benefits in prevention of childhood obesity:**

Treatment/intervention

### **LIFE SKILLS FOR INDIVIDUALS WITH SPECIAL NEEDS**

**Program Sponsor:** Achievement Center of Texas

**Address:** 2950 N. Shiloh Road, Garland, TX 75044

**Phone:** 972-414-7700

**Fax:** 972-414-5500

**E-mail:** [mserie@tx.rr.com](mailto:mserie@tx.rr.com)

**Website:** [www.achievementcenteroftexas.com](http://www.achievementcenteroftexas.com)

**Contact Person:** Marilynne Serie

**Hours:** M-F, 7:00 am-6:00 pm

**Cost:** \$130/wk (full day); \$75/wk (half day)

**Ages Served:** 18 months to age 50

**Target Population:** Special need students

**Eligibility Criteria:** Special needs students ages 18 months to 50 who have a need for day care, life skills training, educational assistance and/or community inclusion

**Program Description:** Provides functional living skills training for children and adults with special needs by training individuals to exercise daily and eat healthy foods. Life skills classes can address health issues, good food choices and proper exercise. Exercise classes include TaeBo, Sweatin' to the Oldies, and other movement programs.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active

**MARATHON KIDS - DALLAS**

**Program Sponsor:** Marathon Kids

**Address:** P.O. Box 5501, Austin, TX 78763

**Phone:** 512-477-1259

**Fax:** 512-472-1260

**E-mail:** [Kay@MarathonKids.org](mailto:Kay@MarathonKids.org)

**Website:** [www.MarathonKids.org](http://www.MarathonKids.org)

**Contact Person:** Terry Wade, Dallas Volunteer Coordinator, [terry@marathonkids.org](mailto:terry@marathonkids.org)

**Hours:** M-F

**Cost:** No

**Ages Served:** 6-11

**Target Population:** Hispanic and African-American, K-5<sup>th</sup> graders

**Eligibility Criteria:** K-5th grade in Dallas ISD, Irving ISD, Mesquite ISD, Plano ISD, Richardson ISD, private schools and home schoolers.

**Program Description:** Dallas Marathon Kids is a free, six month incremental running/walking and nutrition program for K-5th graders. It is an enhancement to a school's physical education curriculum and can be completed both in school and after school hours. In the Dallas area there are 35,000 K-5th graders in participating school districts who register and complete the free programs with additional support provided by parents.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active  
Healthy lifestyle/healthy weight (prevention)

**MI ESCUELITA PRESCHOOL**

**Program Sponsor:** Mi Escuelita Preschool, Inc.

**Address:** 4231 Maple Avenue, Dallas, TX 75219

**Phone:** 214-526-0220

**Fax:** 214-528-0966

**E-mail:** [glaird@miescuelita.org](mailto:glaird@miescuelita.org)

**Website:** [www.miescuelita.org](http://www.miescuelita.org)

**Contact Person:** Gayle Nave, Executive Director

**Hours:** M-F, 7:30 am – 5:00 pm

**Cost:** Sliding Scale

**Ages Served:** 2-5

**Target Population:** Preschool children

**Eligibility Criteria:** Eligibility is through each center and availability of openings.

**Program Description:** Specialize in early childhood education dedicated to teaching English and developing early learning skills to at-risk children of all cultures for preparation toward a successful school experience. Encourage healthy eating. Take height and weight measurements on each child twice a year. The teachers and nutritionist do nutritional activities with the children and encourage them to think about making healthy choices.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active  
Healthy lifestyle/healthy weight (prevention)

**OPERATION FRONTLINE**

**Program Sponsor:** North Texas Food Bank

**Address:** 4500 S. Cockrell Hill Road, Dallas, TX 75236

**Phone:** 214-431-4718

**Fax:** 214-331-4104

**E-mail:** [katherine@ntfb.org](mailto:katherine@ntfb.org)

**Website:** [www.ntxfoodbank.org/au\\_programs.cfm](http://www.ntxfoodbank.org/au_programs.cfm)

**Contact Person:** Katherine Lindholm

**Hours:** Various times and locations

**Cost:** None (\$250 refundable deposit)

**Ages Served:** 8 year minimum - adults

**Target Population:** Low-income

**Eligibility Criteria:** Nonprofit agencies serving those at risk for hunger and malnutrition

**Program Description:** Offers a 6-week class series on basic nutrition and cooking skills. Volunteer chefs and dietitians/nutritionists teach two-hour classes once a week and discuss healthy eating, how to cook healthfully, and food safety.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Healthy lifestyle/healthy weight (prevention)  
Treatment/intervention

**PROJECT TRANSFORMATION**

**Program Sponsor:** Project Transformation

**Address:** 547 E. Jefferson Blvd., Dallas, TX 75203

**Phone:** 214-946-3600

**Fax:** 972-943-4547

**E-mail:** [godawski@projecttransformation.org](mailto:godawski@projecttransformation.org)

**Website:** [www.projecttransformation.org](http://www.projecttransformation.org)

**Contact Person:** Debbie Godawski

**Hours:** M-Th, 3:00-6:00 pm

**Cost:** No

(Summer) M-Th, 9:00 am-3:00 pm

**Ages Served:** 6-15

**Target Population:** Children and youth.

**Eligibility Criteria:** School age children entering grades 1 through 8

**Program Description:** Project Transformation is a faith-based nonprofit based in Oak Cliff. The after school programs focus on academic assistance as well as health and nutrition education. The Healthy Habits component focuses on serving children balanced meals, providing nutrition information and physical activities for children.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active  
Healthy lifestyle/healthy weight (prevention)

**ST. PIUS EARLY CARE AND EDUCATION CENTER**

**Program Sponsor:** St. Pius X Private School

**Address:** 3030 Gus Thomasson Road, Dallas, TX 75228

**Phone:** 972-279-3232

**Fax:**

**E-mail:** [cblassingame@spxdallas.org](mailto:cblassingame@spxdallas.org)

**Website:** <http://www.spxdallas.org>

**Contact Person:** Carolyn Boros, Director

**Hours:** M-F

**Cost:** Varies with program choice

**Ages Served:** Infants-11

**Target Population:** Early Childhood and School Age K-Age 12

**Eligibility Criteria:** Must be enrolled in the Center

**Program Description:** Promote healthful nutritional choices by serving healthy food and offering in-class information and activities to teach the students how to make healthy food choices away from the school. Promote physical activity through year around classes in Kindergym for the younger day care children. Offer additional physical activities as part of summer enrichment and camp programs such as swimming, basketball, soccer, dance, etc. for school age students along with in-class educational programs to illustrate to the students the importance of exercise.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active

**SCHOOL HEALTH INFORMATION**

**Program Sponsor:** American Cancer Society

**Address:** 8900 Carpenter Freeway, Dallas, TX 75247

**Phone:** 1-800-651-5199

**Fax:**

**E-mail:** [loretta.ritchey@cancer.org](mailto:loretta.ritchey@cancer.org)

**Website:** [www.schoolhealth.info](http://www.schoolhealth.info)

**Contact Person:** Loretta Ritchey, Health Initiatives Products Administrative Assistant

**Hours:** M-F

**Cost:** No

**Ages Served:** 6-17

**Target Population:** All populations

**Eligibility Criteria:** Internet access

**Program Description:** Maintains website dedicated to children's health education resources and tools for parents, schools, and communities. Newsletters are available in English and Spanish with tips about nutrition.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active  
Healthy lifestyle/healthy weight (prevention)

## **SCHOOL WALK FOR DIABETES**

**Program Sponsor:** American Diabetes Association

**Address:** 4100 Alpha Road, #100, Dallas, TX 75244

**Phone:** 972-392-1181

**Fax:** 972-392-1366

**E-mail:** [speters@diabetes.org](mailto:speters@diabetes.org)

**Website:** <http://www.diabetes.org/schoolwalk>

**Contact Person:** Sandy Peters

**Hours:** M-F, varies by school

**Cost:** No

**Ages Served:** 5-17

**Target Population:** Students K-12

**Eligibility Criteria:**

**Program Description:** School Walk for Diabetes was established to educate students and their parents on the importance of a healthy lifestyle, which incorporates eating right and exercising. Provides information to parents, teachers, school nurses, and students and promotes walking as a form of exercise.

### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

Healthy lifestyle/healthy weight (prevention)

## **SMARTBODY**

**Program Sponsor:** The Wilkinson Center

**Address:** 5200 Bryan Street, Dallas, TX 75206

**Phone:** 214-821-6380

**Fax:** 214-827-1972

**E-mail:** [Tamyra.Claiborne@wilkinsoncenter.org](mailto:Tamyra.Claiborne@wilkinsoncenter.org)

**Contact Person:** Tamyra Claiborne, Director of Children's Educational Services

**Hours:** M-F, 3:00-6:00 pm

**Cost:** No

**Ages Served:** 5-13

**Target Population:** Low income children

**Eligibility Criteria:** Low income children in grades K-8

### **Program Description:**

Children receive healthy living lessons once a week and daily physical activity. Program also educates parents on nutrition and health.

### **Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

Instill healthy eating and fitness habits for life

## **TRIPLE PLAY FITNESS PROGRAM**

**Program Sponsor:** Boys & Girls Club of Greater Dallas

**Address:** P. O. Box 710399, Dallas, TX 75246

**Phone:** 972-225-4251

**Fax:** 972-225-4252

**E-mail:** [Grobinson@bgcdallas.org](mailto:Grobinson@bgcdallas.org) **Website:** [www.bgcdallas.org](http://www.bgcdallas.org)

**Contact Person:** Greg Robinson

**Hours:** Varies by branch

**Ages Served:** 6-18

**Eligibility Criteria:** Member of Boys & Girls Club of Greater Dallas

**Cost:** Membership and fee - \$10 annually

**Target Population:** Youth

**Program Description:** Designed to demonstrate fitness levels, set goals to improve fitness, embrace the importance of self-esteem, positive thinking, proper diet, team work, and building pride in one's self.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

**WALK ACROSS TEXAS**

**Program Sponsor:** Texas AgriLife Extension and DISD

**Address:** Various locations around Dallas

**Phone:** 972-925-3386

**E-mail:** [dnewman@dallasisd.org](mailto:dnewman@dallasisd.org)

**Contact Person:** Diane Newman RN, MSN

**Hours:** M-F, 8:00 am-3:00 pm

**Ages Served:** 5-17

**Eligibility criteria:** Enrolled in DISD

**Fax:** 972-925-3387

**Website:** [www.walkacrosstexas.tamu.edu](http://www.walkacrosstexas.tamu.edu)

**Cost:** None

**Target Population:** School age children

**Program Description:** Walking clubs and dietary information classes for parents.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices

Being physically active

**SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS AND CHILDREN (WIC)**

**Program Sponsor:** City of Dallas

**Address:** Various addresses throughout Dallas County

**Mailing Address:** 2377 N. Stemmons Freeway, Suite 400, Dallas, TX 75207

**Phone:** 214-670-7200

**E-mail:** [cynthia.wachtler@dallascityhall.com](mailto:cynthia.wachtler@dallascityhall.com)

**Contact Person:** Cindy Wachtler

**Hours:** M-Sat, 7:30 am-4:30 pm

**Ages Served:** Children birth to age 5

**Target Population:** Pregnant, nursing and postpartum women

**Eligibility Criteria:** Low income pregnant, nursing and postpartum women and their children ages birth-5years old

**Fax:** 214-670-7165

**Website:** [www.Texaswic.org](http://www.Texaswic.org)

**Cost:** No

**Program Description:** Provides nutrition education, breastfeeding promotion/support and vouchers for specific foods such as infant formula, milk, iron fortified cereal, cheese, 100% fruit juice, eggs and beans/peanut butter. The nutrition education program is designed to promote a

lifetime of healthy food choices and physical activity. High Risk individual counseling is provided by a registered dietitian for families with children identified as overweight.

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active  
Healthy lifestyle/healthy weight (prevention)

**YMCA OF METROPOLITAN DALLAS**

**Program Sponsor:** YMCA of Metropolitan Dallas – 23 Branch Locations

**Address:** 601 N. Akard, Dallas, TX 75201

**Phone:** 214-880-9622

**Fax:** 214-871-3014

**E-mail:** pama@ymcadallas.org

**Website:** www.ymcadallas.org

**Contact Person:** Pam Atkins, Associate VP Program Services & Program Development

**Hours:** M-S

**Cost:** Varies

**Ages Served:** 0-17+

**Target Population:** For all

**Eligibility Criteria:** None

**Program Description:** All YMCA branches program physical activity for kids and families.

**School Age After School Care** – CATCH activities along with other physical activities, healthy snacks, and age appropriate curriculum

**Sports** – Ages 3–17 can participate in a variety of sports, such as, but not limited to soccer, football, volleyball, baseball, tee ball, softball and basketball

**Swimming** – Swimming lessons are available for all ages. Competitive swimming teams and lap swimming are also available at indoor pools and seasonally at outdoor pools

**Summer Camps** – Sports, games, hiking, and swimming keep kids moving at camp. Some YMCA programs and overnight camp offer canoeing, horseback riding, sailing, water skiing, archery, riflery, ropes courses activities and more to keep the kids active

**Adventure Guides** – A parent/child program that plans activities to keep the family moving and build a lasting relationship. Campouts, service work and monthly activities keep the parent and child moving and making memories

**Benefits in prevention of childhood obesity:**

Making healthful nutritional choices  
Being physically active

## II. PROGRAMS SPONSORED BY COALITION MEMBERS IN THE PRIVATE SECTOR\*

### **CHILDREN'S CLINIC OF RICHARDSON WEIGHT GUIDANCE PROGRAM**

**Program Sponsor:** Children's Clinic of Richardson, [www.childrensclinic.us](http://www.childrensclinic.us)

**Contact:** Marty Strong, RN, CPNP, 972-664-1616

**Address:** 580 West Arapaho, Suite 208, Richardson, TX 75080

**Description:** Patients are screened by a certified pediatric nurse practitioner. Sessions (8-weeks) are taught by a bilingual registered nurse and help inform families how to make better nutritional choices and make exercise a part of each child's daily routine. Accepts Medicaid, CHIP, some private insurance and works "within the cultural and financial constraints of each family."

### **MEDIA LITERACY FOR A HEALTHIER HOME, FAMILY AND COMMUNITY**

**Program Sponsor:** Jerone Roy, Media Artist and Program Director, [www.jeronefriends.com](http://www.jeronefriends.com)

**Contact:** Jerone Roy, 972-217-9835, [jeroneroy@yahoo.com](mailto:jeroneroy@yahoo.com)

**Description:** Offered as an after school or summer youth project, children ages 6-13 will examine some of the innovative ways the Get on a Mission of Nutrition campaign is using media to promote health and nutrition (<http://GetOnamissionOfNutrition.org>). Children will learn how understanding media literacy concepts can help them. Registered vendor with the City of Dallas and DISD that is currently conducting workshops with Dallas Parks & Recreation after school programs.

\*There may be costs associated with these services.

### III. RESOURCES

The *Web Sites for Healthy Eating and Energizing Activities* pages were created as one-page handouts in English and Spanish to share family friendly web sites on nutrition and exercise that are appropriate for kids and parents.

The selection criteria included:

- Literacy level
- Easy web navigation
- Valid content that appeals to kids and families
- Including some disease specific information on how children can manage their diabetes
- Culturally appropriate messages

The websites were reviewed by a committee of dietitians and community leaders who are members of the Dallas Area Coalition to Prevent Childhood Obesity.