Programs Fighting Obesity

**Berkeley-Charleston-Dorchester Council of Governments** - Our agency is a Robert Wood Johnson Active Living by Design grant recipient; as the regional transportation agency, we support and promote the funding and implementation of projects that promote safe walking biking for individual health and the environment. The BCDCOG funded a research study of the community health impacts of the addition of bike/ped lane on the Arthur Ravenel, Jr. Bridge. We also worked with the SC School of Public Health on a Health Impact Assessment of a transportation project.


**Burke Bulldog Summer Camp**

**CCSD Wellness Program**

**Charleston Children's Garden**

**Charleston Moves**

**Charleston TriCounty Eat Smart Move More coalition** - MUSC Lean Team, Trident United Way, Lighten Up Charleston Challenge.

**Clemson Extension**

**College of Charleston’s Garden project** - Mitchell Elementary

**Community Gardens** - PSE in schools, community and churches.

**Community Transformation Grant**

**Cooking Matters** - Low country Foodbank

**DHEC Obesity Program**

**Dr. Ann Kulze Wellness**

**East Coast Migrant Head Start** - working on the beginnings of an Obesity Initiative through our agency. We are at the very beginning steps of planning and we are focusing heavily on MVPA as we feel the nutritional aspect of our agency is currently being met. Right now we are evaluating the amount of MVPA children/parents are achieving at home, providing education/support to staff at ECMHSP that encourages more activity standards, implementation of breastfeeding education, and cultural awareness.

**Eat Smart Move More Charleston Tri-County** - young affiliate of the state organization. Charged with increasing awareness, policies and action on local level about obesity and overall wellness. A fully volunteer organization - no paid staff This is a growing community coalition that will bring together community agencies and programs to create collective impact in obesity prevention. The goal is to make the healthy choice the easy choice. We will create P.S.E, change to make healthy eating and active living the norm in the trident area.
Farm to Preschool program - Includes eight preschools schools in South Carolina promoting the cultivation and inclusion of fresh fruits and vegetables in the daily menu as well as weekly nutrition related activities for the children. As an ABC level B provider we embrace enhanced menus that promote whole grain, low fat, low sodium and fresh produce. The children participate in 190 minutes of outside activities daily. Our goal is to develop healthy habits in young children in order to set them up for success in later life. We work with children ages 6 wks. - 12 yrs.

GLOW of North Charleston

Healthy Charleston Challenge

Healthy Lifestyle Network, Inc. - Organizes the Youth and Adult Healthy Lifestyle Jamboree each May. This is a day teaching nutrition and physical activity to families and providing an opportunity for the youths to consider physical activity during the summer break to avoid weight gain. The day starts with a 5K Walk and then various activities are presented basketball, pilates, yoga, African Dance, Zumba and for the nutrition we have cooking demonstration, and a nutrition workshop.

Healthy South Carolina Initiative

Heart Health (MUSC)

JR Dr's of Health (MUSC)

KidsGrow! School Yard Garden Classroom - is a comprehensive program that teaches children to grow and enjoy a variety of fresh vegetables, as well as providing standards-based instruction in science and math. Children take home vegetables for families to sample. We introduce a series of four family dinner nights where families will eat healthy meals and participate in parent education. In December we will begin a KidsMarket where families may purchase, at low prices, fresh produce. The program is in its 2nd year at M.C. Hursey Elementary, a high poverty school in North Charleston.

Let's Go Healthy - A community project funded by BlueCross BlueShield of South Carolina Foundation.
**Lighten Up Charleston** - initiative started by Mayor Riley to encourage healthier eating and increased physical activity. The Mayor has also challenged the community to join him in losing 100,000 pounds. The goal of Lighten Up Charleston is to reduce obesity locally by educating the community on how to eat and act healthy, while highlighting the many health organizations, programs, and opportunities that exist in the Charleston community. A coalition of local hospitals, schools and colleges, businesses, health agencies, physicians, and community leaders was formed to create the Lighten Up Charleston initiative and an interactive website, www.LightenUpCharleston.org. The website is designed to help participants measure their success based on five principles: Fruits and Vegetables Eat 5 or more servings per day Get Moving Increase the level of physical activity each day Portion Control Manage portion sizes, bigger is not always better Beverage Consumption Replace sugary beverages with healthy drinks Keep Track - monitor your weight, activity, and intake The website provides links to information on ways to lose weight (fitness programs, etc.), a locator for facilities and programs nearby and opportunities for the community to share success stories. Included is a community toolbox resource center that provides information on healthy eating and physical activity, community resources, programs, charts, BMI calculators, community links to health and wellness connections, and additional items that assist participants with the needed support to run a self-sustained weight loss program.

**Louie's Kids** - works with kids to integrate exercise into their lives. Other opportunities are with the Lowcountry Housing Trust's loan funds for healthy food access.

**Lowcountry Food Bank**

**MOVE** - Motivating Overweight Veterans Everywhere

**MUSC Heart Health**

**MUSC PE4Life Research**

**MUSC Urban Garden**

**MUSC Weight Management Center** - Specialists at the MUSC Weight Management Center understand the complexity of weight loss. A team of psychologists, physicians, dietitians and exercise physiologists work together, using their diverse knowledge to help you reduce excess weight.

**MUSC's The Lean Team/Boeing Center for Children's Wellness** - school-based interventions to increase healthy eating and active living. MUSC Heart Health Program: Hospital-based program addresses child and parent overweight/obesity with exercise and diet Roper St Francis HealthCare's 'Families for a Healthy Heart ': 6 weeks community based intervention for children and parent that incorporates class sessions and play time with instruction in food shopping, budgeting and preparation Cooking Matters: Community and school-based intervention in 6 week course with children only, parents and children, or parents only. Implemented by Lowcountry food bank. Supermarket tours, shopping list creation, training in budgeting for the healthier choices, food storage, preparation, and hands on techniques.

**SC Safe Routes to School Resource Center** - provides schools and local communities with assistance in encouraging and educating students to walk and bike more.
**School Wellness programs** - addressing wellness policy and environmental change (Wellness Checklist Contest, Docs-Adopt/C-SHAC, Vision 2016): Charleston tri-county region and expanding some programs statewide. School Food Service initiatives (culinary training, recipe contests, nutrition analyses)- Charleston and Dorchester Counties Community Bridge walks Children's Hospital Wellness Initiative Physician academic detailing for improved BMI assessment/interpretation

**SCTR Pilot Project Program** - Obesity Retreat

**SCTR, Center for Community Health Partnerships** - effort to put a priority on obesity research through the Community Engaged Scholars Pilot Project Program.

**Senior Centers (Roper)**

**SEVIEW (MUSC)**

**South Carolina Medical Association** - Childhood Obesity Task Force

**Statewide coalition for obesity prevention** - support local healthy eating active living coalitions in the state and provide support to Healthy SC Initiative grantees.

**The Charleston County Medical Society** - School Health Committee

**The Healthy Young People Empowerment (HYPE) Project** - an evidence and theory-based program to engage youth in planning, implementing, and evaluating policy, systems, and environmental change projects for healthy eating and physical activity in their communities.

**Walk With Ease** - Chronic Disease Self Management Program, Arthritis Foundation exercise program.

**Wellness Works (MUSC)**

**WIC program** - DHEC Registered Dietitians teach weight management classes for children with overweight/obesity risk codes. Classes are also offered for postpartum moms with BMIs 30 and higher. On a very limited basis, the Registered Dietitians provide Nutrition Therapy for weight management to Medicaid clients with HMOs that will pay for service.

**Working Well worksite wellness** - initiative in hospitals and select businesses focusing on PSE strategies.