

we can!

Ways to Enhance Children's Activity & Nutrition



U.S. Department of
Health and Human
Services



National Institutes
of Health

Your
Logo
Here

A National Obesity-Prevention Program Developed by the National Institutes of Health

National Heart, Lung, and Blood Institute

National Institute of Diabetes and Digestive and Kidney Diseases

National Institute of Child Health and Human Development

National Cancer Institute

We can!

Ways to Enhance Children's Activity & Nutrition



A national education program targeting youth, ages 8–13, and their parents and caregivers in home and community settings to meet the overall goal of preventing overweight and obesity.

Turn key!
Science-based
program for the
entire community

Flexible!
Variety of
settings

Fosters
collaboration!

A National Collaboration

- ***We Can!*** is a collaborative effort of four Institutes within the National Institutes of Health (NIH):
 - National Heart, Lung, and Blood Institute (NHLBI)
 - National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
 - National Institute of Child Health and Human Development (NICHD)
 - National Cancer Institute (NCI)

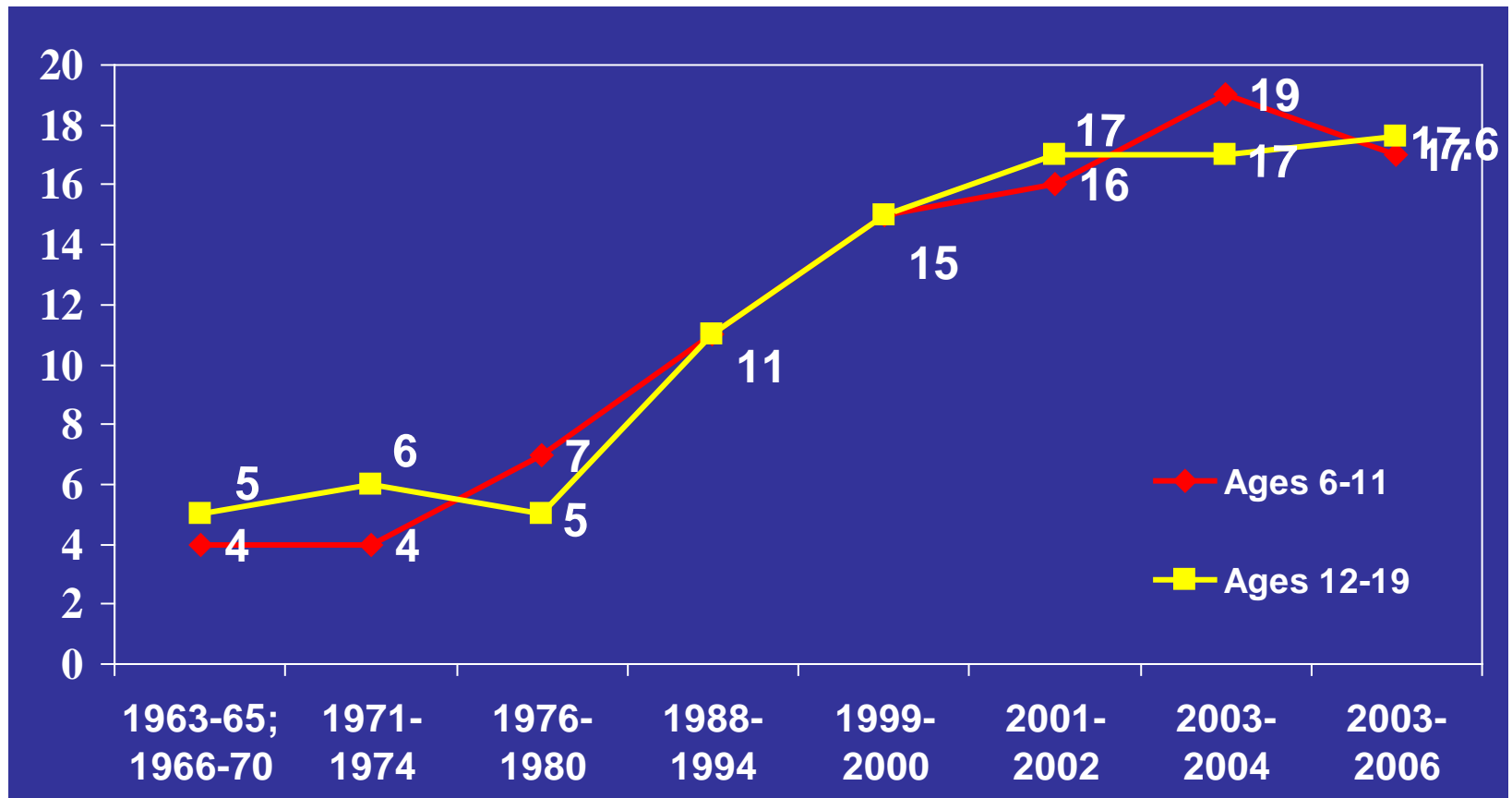




Why We Can!

- National trends and statistics show alarming changes in:
 - Overweight and obesity rates
 - Calorie intake
 - Food and beverage consumption
 - Television viewing

Percentage of U.S. Children and Adolescents Who Are Overweight*



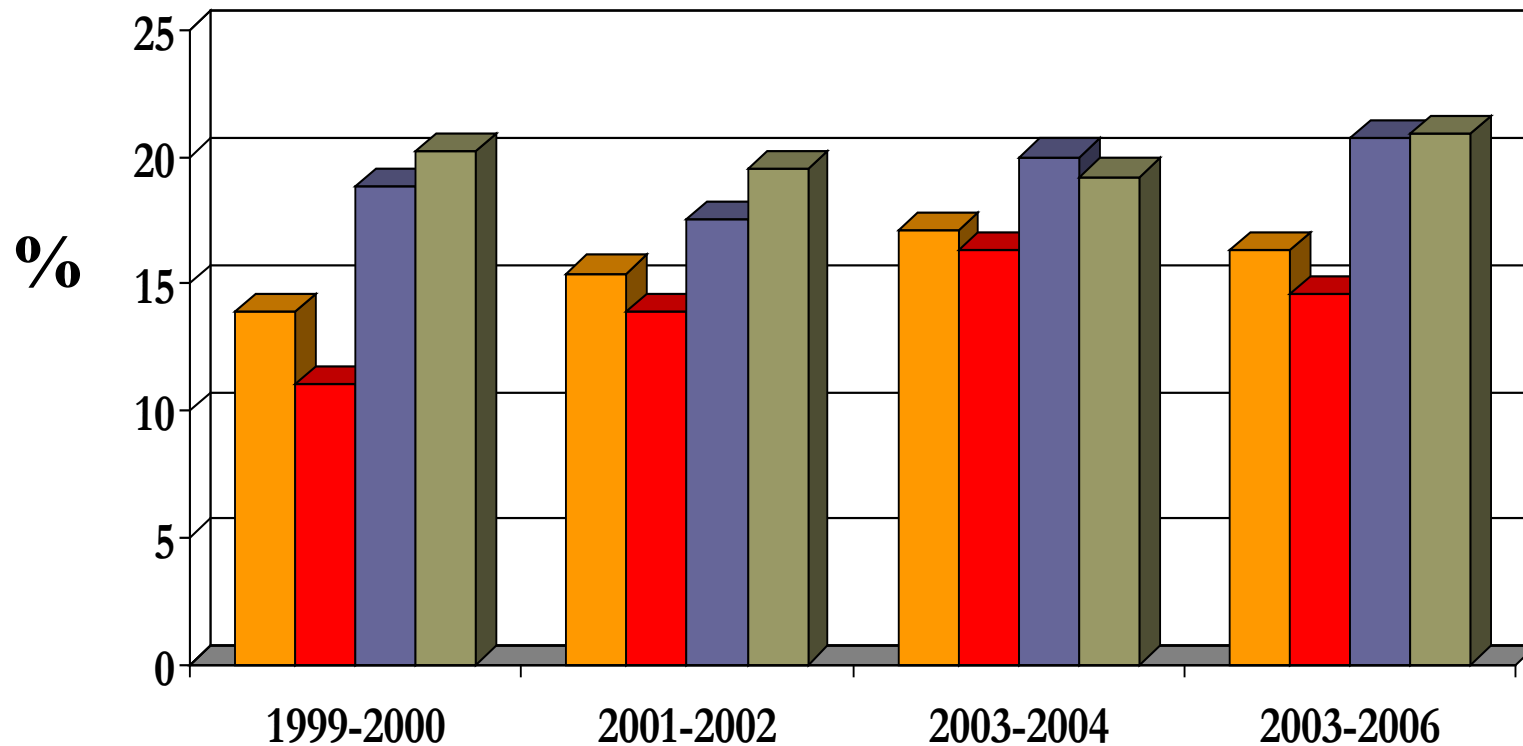
* \geq 95th percentile for BMI by age and sex based on 2000 CDC BMI-for-age growth charts

**Data are from 1963-65 for children 6-11 years of age and from 1966-70 for adolescents 12-17 years of age

Source: National Center for Health Statistics



Trends in Overweight* for Children (2-19 Yrs)



■ All (2-19 Yrs) ■ Non-Hispanic White ■ Non-Hispanic Black ■ Mexican American

*BMI \geq 95th percentile of BMI-for-age, 2000 CDC growth charts
Source: NHANES 1999-2004 Ogden et al. *JAMA* 2006.



Why the Increase?

- Multiple causes
 - Lifestyle, environment, and genes
- Bottom line = ENERGY BALANCE (calories and physical activity)
 - More calories consumed
 - Larger food portions and sizes
 - Eating out more often
 - Increases in soda, pizza, and candy consumption
 - Fewer calories being used up
 - Declines in physically activity
 - Increases in sedentary lifestyle and screen time
 - Computers and television time

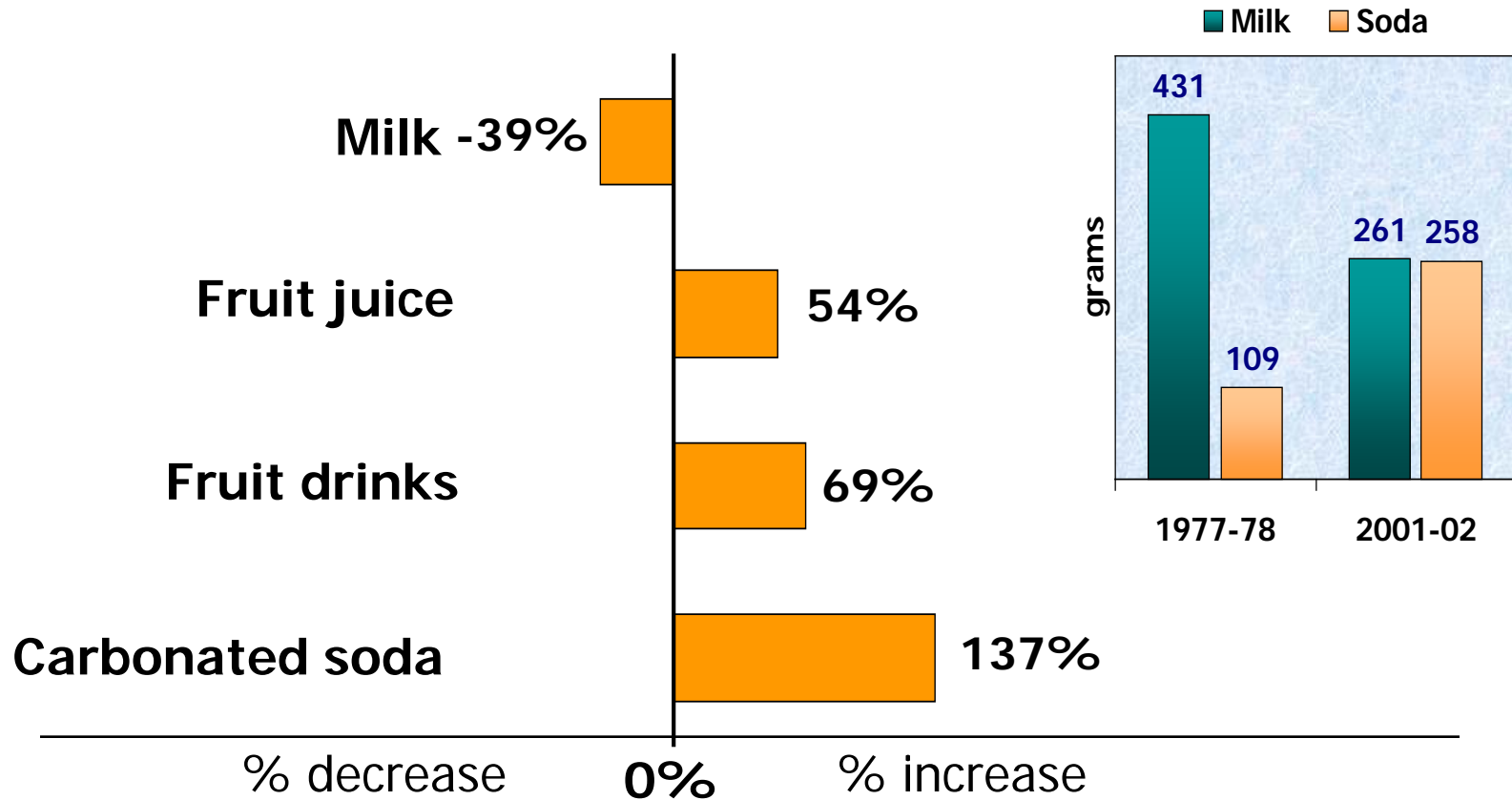
Food Away From Home

- Between 1970 and 1995
 - Food away from home went from 25% of food spending to 45%
- Between the late '70s and mid '90s
 - Contribution of calories from food away-from-home went from 18% to 34%
- Away from home foods shown to be higher in fat and lower in fiber and calcium than home foods

SOURCE: USDA data, Lin et al., *AG Bull* 750, 1999



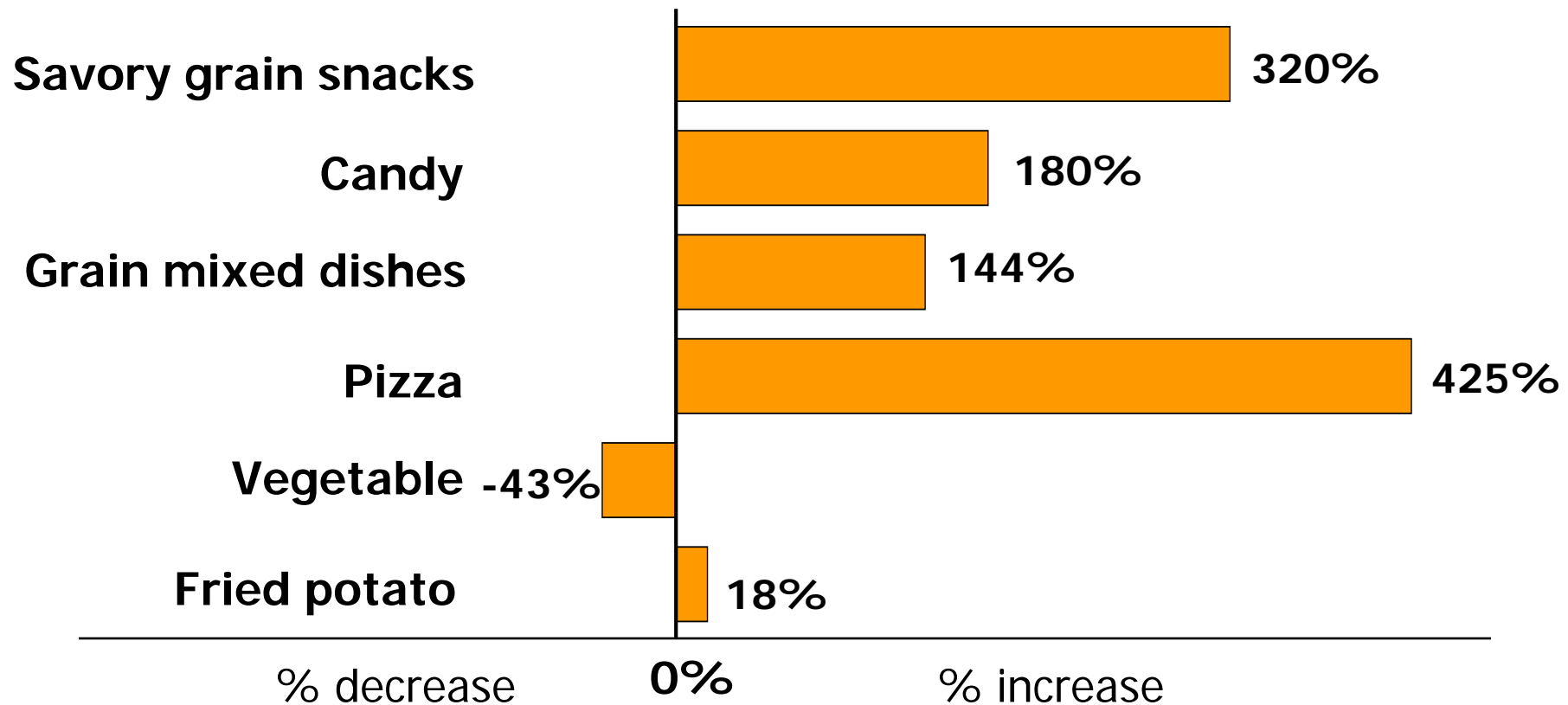
% Change in Mean Intake from 1977-78 Beverages, Children 6-11 Years Old



SOURCE: L. Cleveland USDA; NFCS 1977-78 and WWEIA, NHANES 2001-02, 1 day



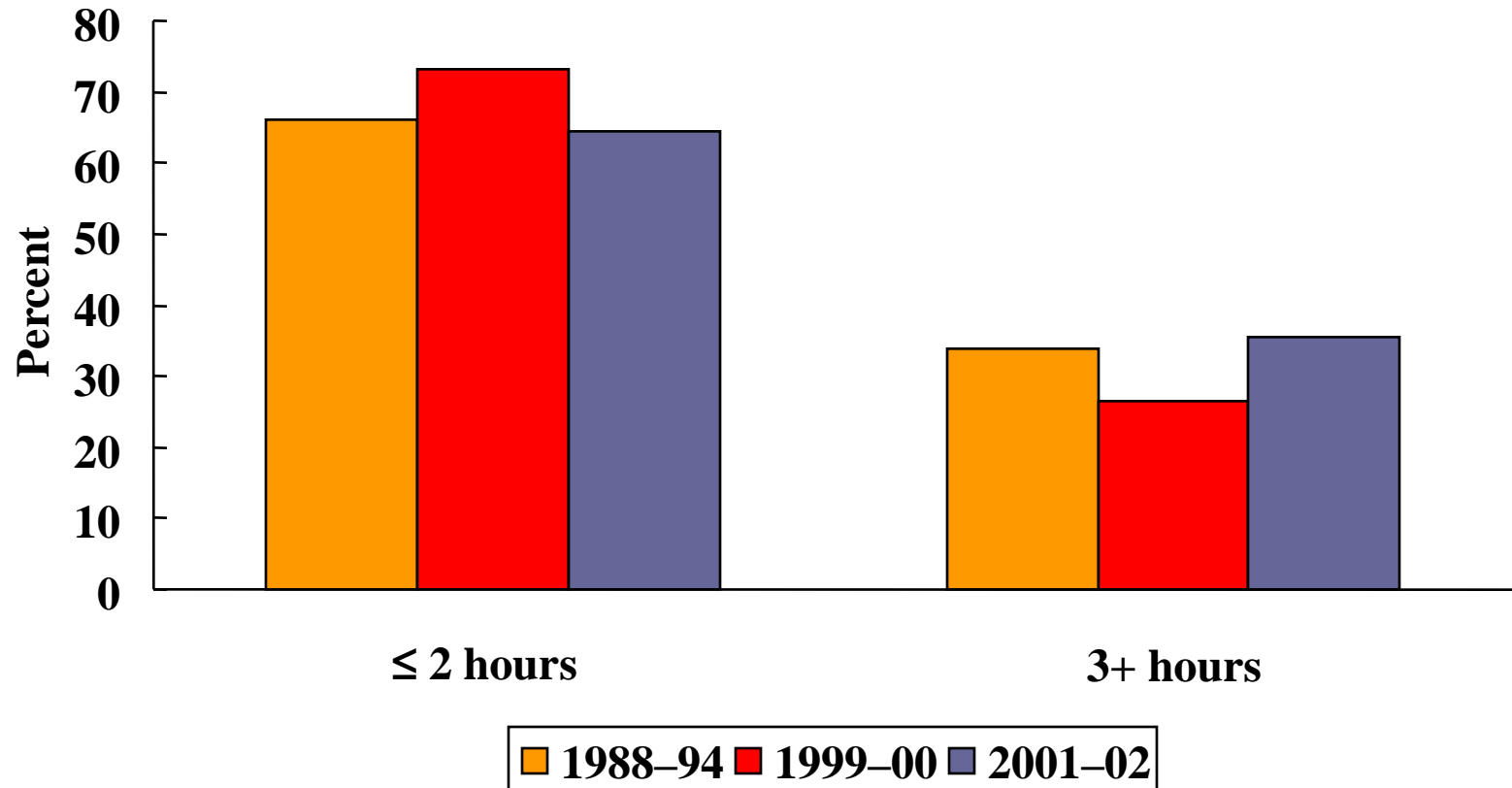
% Change in Mean Intake from 1977-78 Other Foods, Children 6-11 Years Old



SOURCE: L. Cleveland USDA; NFCS 1977-78 and WWEIA, NHANES 2001-02, 1 day



TV Viewing, 6-11 Years, per Day

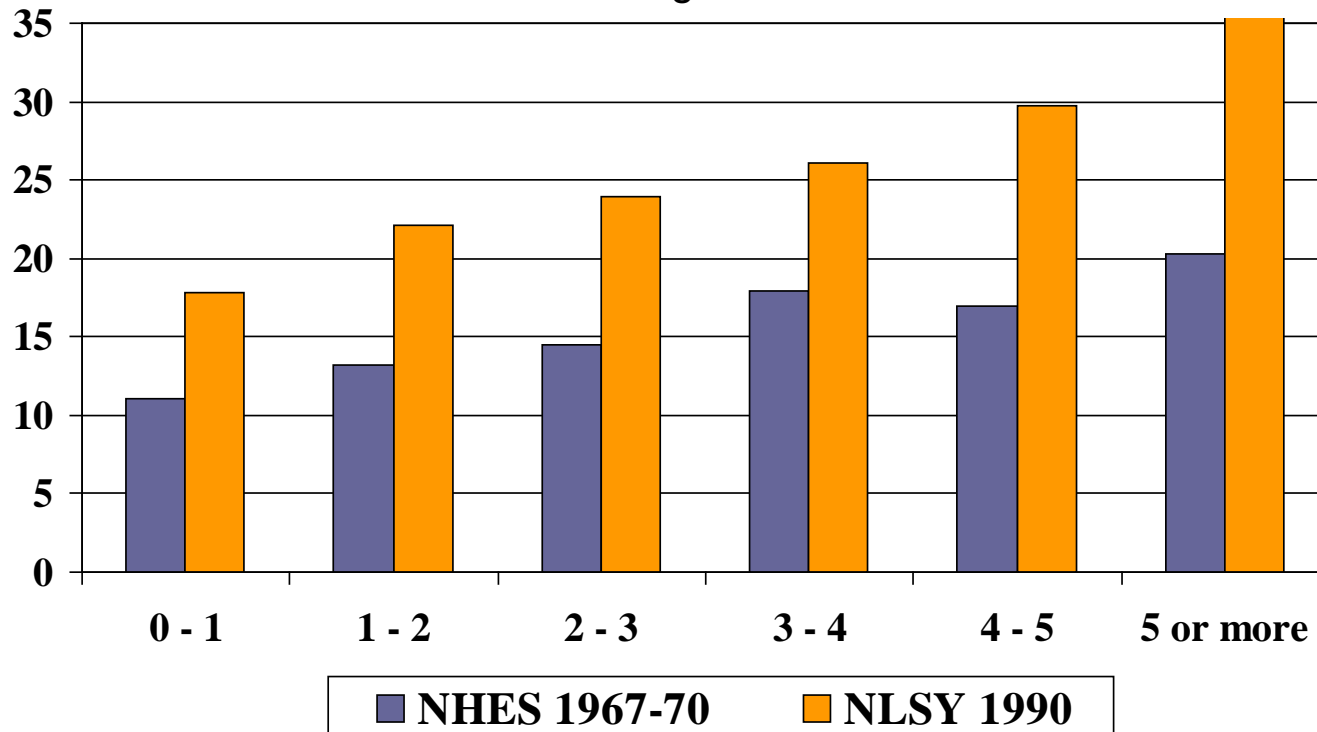


SOURCE: NHANES II, NHANES III, NHANES 1999-2000



Prevalence of Obesity by Hours of TV/Day

NHES* Youth Aged 12–17 in 1967–1970
NLSY** Youth Aged 10–15 in 1990



*NHES = National Household Education Surveys

**NLSY = National Longitudinal Survey of Youth

From http://www.cdc.gov/nccdphp/burden_pres/bcd_30.htm





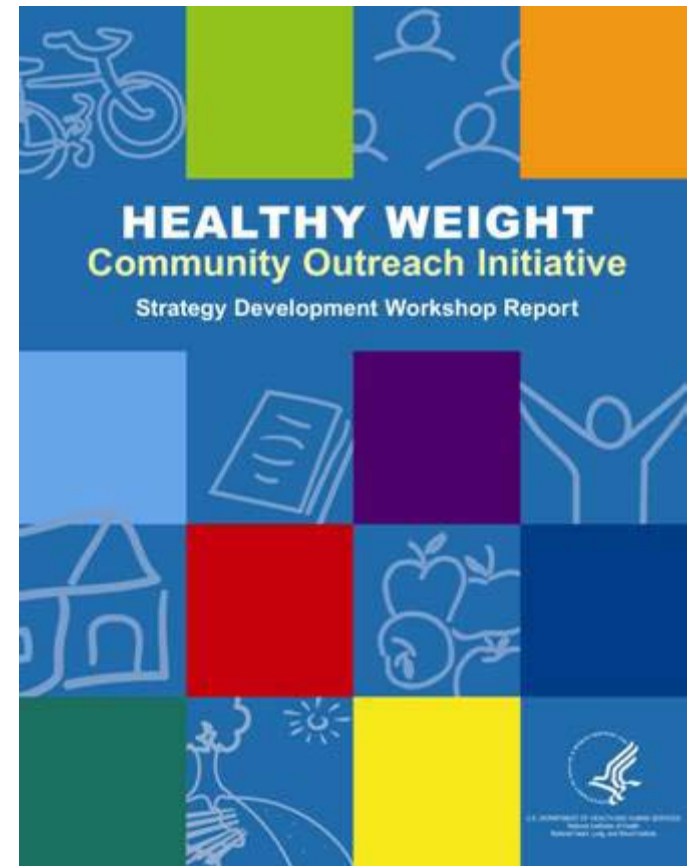
Development of We Can!

- ***We Can!*** was developed based on
 - Recommendations from an NIH strategy development workshop
 - A review of science-based literature
 - An environmental scan to review other work on overweight and obesity
 - Lessons learned from Hearts N' Parks



Strategy Development Workshop

- ❑ Convened at NIH in February 2004 with more than 70 leading researchers, public health experts, nutritionists and dietitians, youth marketing experts, and community center representatives from around the country.
- ❑ Online at www.nhlbi.nih.gov/health/prof/heart/obesity/hwcoi/



Review of Science-Based Literature

- Review of latest science, including
 - Peer reviewed journals to select target audience, behavioral objectives, and intervention settings
 - NIH 2004 workshops on obesity prevention
 - 2004 Institute of Medicine Report (IOM)
Preventing Childhood Obesity: Health in the Balance
 - Final review by IOM panel members and other leading scientists



Environmental Scan

- A review of more than 50 Federal and non-Federal programs addressing overweight and obesity at the national level
 - Captures project descriptions, objectives, partners, target audiences, topics, locations, and components per program
 - Also tracks Federal planning initiatives (e.g., NIH Obesity Research Task Force) and non-Federal initiatives (e.g., IOM Committee on Prevention of Obesity in Children and Youth)
- Confirms need for emphasis on parents
 - Provides valuable list of potential ***We Can!*** partnerships for collaboration to reach youth, physicians, and other key audiences





Lessons Learned From

- 50 Magnet Centers in 11 States
 - Annual increases in the number of programs implemented
 - Annual increases in the number of youth and adults reached
 - Changes in participant knowledge, attitudes, and behavioral intent
- Magnet Center feedback
 - Positive experience
 - Need for increased focus on parents and families
 - Need to provide better linkages between physicians and community resources
 - Evaluation component highly valued

- Demonstrates existing community-based capacity to address overweight and obesity
- Shows need to target parents/primary caregivers
- Provides helpful feedback for materials development, channels and possible messages





We Can! Program Description

- Target Audiences: Parents and Youth
- Behavioral Objectives
- Intervention Settings



Parents/Primary Caregivers

- ❑ Studies show parents as effective change agents concerning obesity.
- ❑ The home is a primary source of nutrition for children.
- ❑ Parents can act as effective role models for youth.
- ❑ Parents are asking for resources.
- ❑ Relatively few programs are targeting families and the home environment.

Youth Ages 8-13

- ❑ National survey data show 17% of children and youth as overweight.
- ❑ A high likelihood of obesity transfer from adolescence into adulthood.
- ❑ Health consequences associated with obesity.
 - Heart disease
 - Asthma
 - High blood pressure
 - Type 2 diabetes
 - Many more!
- ❑ Public health environment looks amenable to change concerning youth audiences.



Behavioral Objectives

Youth Ages 8–13

- Choose a sufficient amount of a variety of fruits and vegetables per day.
- Limit intake of high-fat foods and energy-dense foods that are low in nutrients.
- Control portion sizes of foods consumed.
- Substitute water, fat-free milk, or low-fat milk for sweetened beverages.
- Engage in at least 60 minutes of moderate physical activity on most, preferably all, days of the week.
- Reduce sedentary activity by limiting screen time to no more than 2 hours per day.

Parents/Primary Caregivers

- Increase the availability and accessibility of healthy foods in the home.
- Limit the availability and accessibility of sweetened beverages and high-fat, high-density/low-nutrient-value foods in the home.
- Control portion sizes of foods consumed.
- Support and enable family physical activity.
- Support and enable reduced screen time.

Intervention Settings

Home

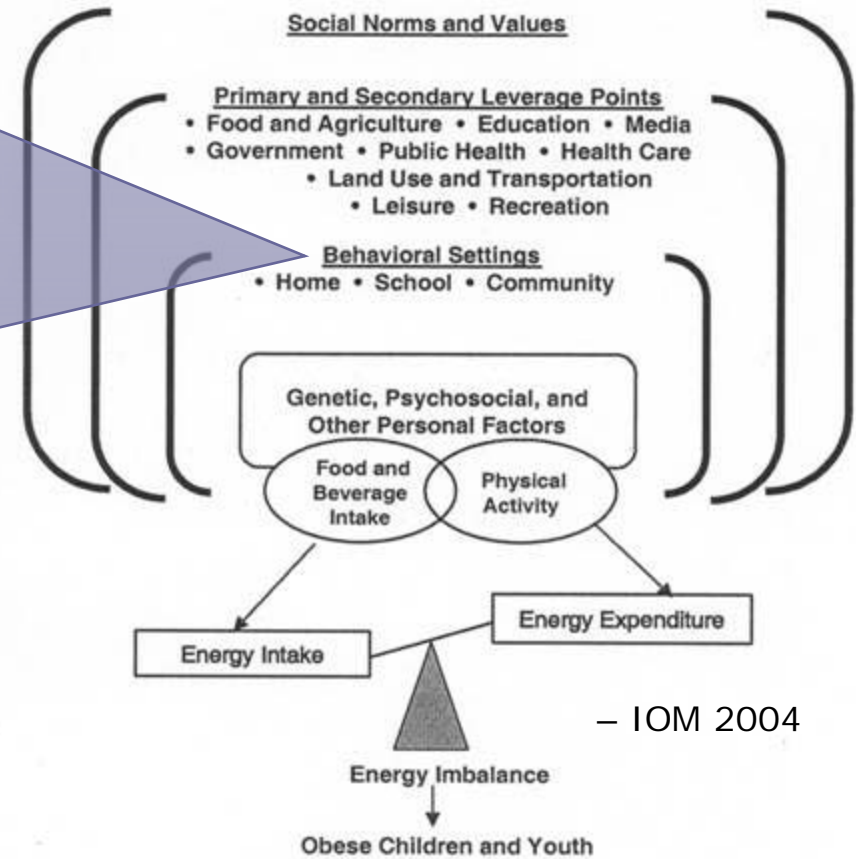
“A child’s health and well-being is fostered by a home environment with engaged and skillful parenting that models, values, and encourages sensible eating habits and a physically active lifestyle.”

– IOM 2004

Community

“Local governments, public health agencies, schools, and community organizations should collaboratively develop and promote programs that encourage healthful eating behaviors and regular physical activity, particularly for populations at high risk of childhood obesity.”

– IOM 2004





We Can! Program Elements



- Community Outreach
- Media and Consumer Outreach
- Program Resources and Channels
- Partnership Outreach



Community Outreach



Community Outreach

- More than 1,170 communities across the country and around the world have signed up for ***We Can!***.
- In coordination with these efforts, we are implementing
 - Programs with youth ages 8 to 13
 - Programs with parents of youth ages 8 to 13
 - Community events

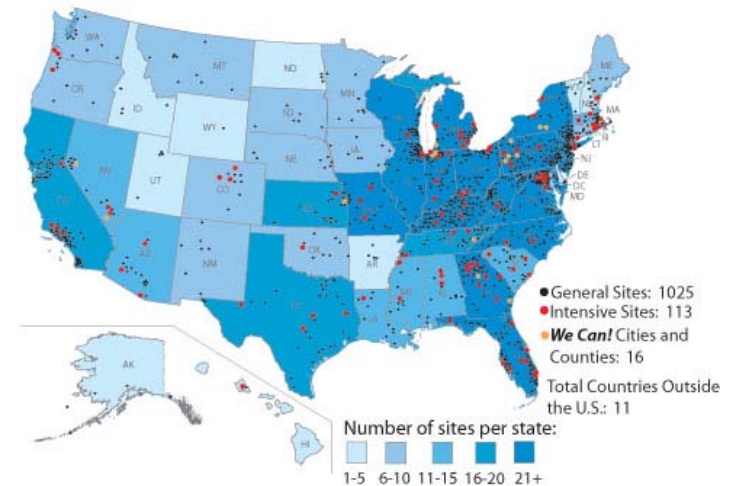
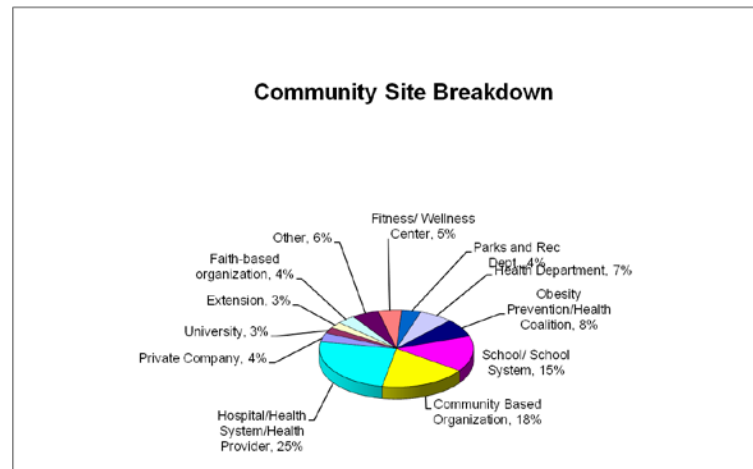


Look who We Can is reaching out to!

- Clinicians
- Educators
- Parks and recreation department staff
- County extension agents
- Dietitians
- Coaches
- Occupational health professionals
- Public health professionals



Community Site Update



- A total of 1,172 Community Sites have signed up for **We Can!** in all 50 states, the District of Columbia, Puerto Rico, the Northern Mariana Islands, the Virgin Islands, and 11 other countries (Antigua and Barbuda, Australia, Bangladesh, Canada, Fiji, Greece, India, Israel, Nigeria, the Philippines, and Uganda).
- Demonstrating program flexibility, adaptability and value, Sites represent a diversity of implementation settings, from schools and park and recreation departments to hospitals, health systems and public health departments (12 different settings in total).

116 Intensive Community Sites

**A Founding *We Can!* Intensive Community Site

State	City	Description
AL	Birmingham	Health Education Linkage Programs (Project HELP) USA
AL	Birmingham	Bethel Community Learning Center
AL**	Statewide	Statewide coalition led by the State Department of Health in partnership with the Department of Education
AZ	Cottonwood	Cardiac Care
AZ	Glendale	Child Obesity Center
AZ	Nogales	University of Arizona COOP Extension
CA	Los Angeles	Drive Kids to Be Fit
CA	Norco	Alvord United School District
CA	Northridge	North Valley YMCA
CA	San Diego	Ellen Browning Scripps Elementary School
CA	South Lake Tahoe	Parks and Recreation
CA	Whiteriver	White Mountain Apache Health Education
CO	Centennial	Integrated Health Center
CO	Greeley	Sunrise Community Health Center
CO	Thornton	Explore Elementary School
CT	Stamford	Stamford Hospital
DC	Washington	Chartered Health Plan
DC	Washington	Corder Pounders Fitness and Nutrition
FL	Fort Lauderdale	Vital For Life, Inc.



116 Intensive Community Sites (cont.)

A Founding **We Can! Intensive Community Site

State	City	Description
FL	Indialantic	MIMA
FL	Jacksonville	Nemours Children's Clinic
FL	Miami	Dr. Rafael A. Penalver Clinic, INC.
FL	Saint Cloud	Innovative Behavioral Services
FL**	Tamarac	City of Tamarac Parks and Recreation
GA**	Athens	Athens-Clarke County Leisure Services
GA	Atlanta	CHAPM
GA	Augusta	Neighborhood Improvement Project
GA	Baxley	Appling Healthcare
GA	Macon	Bibb County School District
GA	Norcross	Victory Community Sports Foundation
GA	Smyrna	Imagine International Academy of Smyrna
GA	Smyrna & Kennesaw	We Can! in Cobb/Cobb & Douglas Public Health & Cobb County School District
HI	Honolulu	Kokua Kalihi Valley
IL	Chicago	Malcolm X College
IN	Columbus	Healthy Communities Initiative
IN	East Chicago	Multicultural Wellness Network
IN	Fort Wayne	Parkview Hospital
IN	Indianapolis	Clarion Health
IN	Michigan City	Temple Total Fitness



116 Intensive Community Sites (cont.)

A Founding **We Can! Intensive Community Site

State	City	Description
KS	Kansas City	University of Kansas Medical Center, Department of Pediatrics
KS	Manhattan	Riley County Manhattan Health Department
KS	Newton	Newton Seventh Day Adventist Church
KY	Bowling Green	Barren River District Health Department
KY	Burlington	YMCA – RC Durr
KY	Danville	Families First, FRC
KY	Georgetown	Western-Anne Mason Family Resource Center
KY	Providence	The Rosenwald Center Corporation
LA	Minden	All Age Medical P.C., Inc.
MA	Fitchburg	BF Brown Middle School
MA	North Dartmouth	Medical Survival Consultants
MA**	Pittsfield	Hillcrest Campus of Berkshire Medical Center
MA	Roxbury	Sociedad Latina
MD	Columbia	Liberty Seventh Day Adventist Church
MD	La Plata	Civista Health and Charles County Health Department
MD**	Montgomery County	Montgomery County Recreation Department
MD	Waldorf	ABC Wellness and Fitness Center
ME	Kennebunk	Jump Ropin' Rays
MI**	Ann Arbor	Project Healthy Schools: A Community-University Collaborative
MI	Clinton Township	St. Joseph's Medical Center School Health Network
MI	Detroit	Detroit Department of Health and Wellness Promotion



116 Intensive Community Sites (cont.)

A Founding **We Can! Intensive Community Site

State	City	Description
MI	Flint	The Good Samaritan Family Network
MI	Muskegon	Muskegon County Health Department
MI	Pontiac	The Baldwin Center
MI	Rochester Hills	Nutrition Emphasis Center
MO	Fulton	Callaway County YMCA
MN	Minneapolis	Fremont Community Health Services
MS	Jackson	North Jackson Baptist Church
MS	Tunica	Tunica County
MO	Columbia	University of Missouri-Columbia Sinclair School of Nursing
MO	Sedalia	Weight Watchers
MO**	Springfield	Springfield-Green County Park Board
MP	Tinian	Tinian Elementary School
NC	Durham	Families In It Together (FIIT)
NC	Kings Mountain	Ervin Clinic
NJ	Irvington	Sivian Nutrition and Health Consulting, LLC
NV**	Henderson	University of Nevada Las Vegas Department of Nutrition Sciences
NV	Las Vegas	Clear Beverage Corporation
NY	Corona	Public School 19



116 Intensive Community Sites (cont.)

A Founding **We Can! Intensive Community Site

State	City	Description
NY	Clayton	The River Rocks Cancer Support Group
NY	Penfield	Penfield Pediatrics
NY	Poughkeepsie	Nubian Directions, Inc.
OH	Akron	Akron Children's Hospital
OH	Cincinnati	Nutrition Council
OH	Cleveland	A Touch of Sugar Healthy Lifestyle Center
OK	Ada	Ada Public Schools
OR**	Lane County	Lane Coalition for Healthy Active Youth
OR	McMinnville	Linfield College/Kid Fit
OR	Portland	Familias en Accion
PA	Brockway	After School at Moorhead
PA	Guys Mills	Crawford County Kids
PA	Mercer	Cool Springs Fitness & Aquatics
PA	Pittsburgh	Children's Museum of Pittsburgh
RI	Central Falls	Channel One-Central Falls/Ralph J. Holden Community Center
RI	Providence	Rhode Island Department of Health, Initiative for Healthy Weight
RI	Woonsocket	Thundermist Health Center of Woonsocket
SC	Clemson	Clemson University – College of HEHD



116 Intensive Community Sites (cont.)

**A Founding *We Can!* Intensive Community Site

State	City	Description
SC	Columbia	The Vision Foundation
SC	Darlington	Pee Dee Minority Health Inc.
TN	Clarksville	Academy for Academic Excellence
TN	Memphis	New Beginning Ministries Church
TN	Sneedville	ETSU School-Based Health Centers
TX	Austin	South Family YMCA of Austin
TX	El Paso	Youth Obesity Prevention
TX	Nacogdoches	Nfusion YouthSports & Fitness Inc.
TX**	Temple	The Children's Hospital at Scott & White
WI	Janesville	Mercy Health System
WY	Cheyenne	Wyoming Department of Health
Canada	Orangeville, Ontario	Dufferin Area Family Health Team
Fiji	Suva	No organization



16 *We Can!* Cities and Counties

State	City	Description
GA	Brunswick	CIA Sportsclub
GA**	Roswell	Roswell Recreation and Parks Department
GA	Savannah	Coastal Health District
IN**	Gary	Gary Youth Services Bureau and Park Recreation
IN**	South Bend	South Bend Parks and Recreation Department
MA**	Boston	Boston Public Health Commission
MI	Berrien County	Lakeland Regional Health System
NV	Carson City	Washoe Tribe
NV	Las Vegas	University of Nevada Las Vegas Department of Nutrition Sciences
NY	Binghamton	Creative Nutrition Solutions
NY	Broome County	Steps to a Healthier NY
PA	Indiana	Indiana Medical Center
PA	Pittsburgh	UPMC Health Plan
PA	Armstrong	Armstrong County Commissioner
PR	Caguas	Corporacion S.A.N.O.S.
TN	Knox County	Knoxville Area Coalition on Childhood Obesity

**A Founding *We Can!* Intensive Community Site



1039 General Community Sites

AL	Brewton, Camden, Mobile (2 sites), Montgomery (2 sites), Opelika, Tarrant, Union Springs (2 sites)
AK	Anchorage, Bethel, Sitka, St. Paul Island, Unalaska
AZ	Goodyear, Mesa (2 sites), Nogales, Peoria, Phoenix (2 sites), Queens Creek, Tempe, Tucson (4 sites)
AR	Little Rock (3 sites), Marshall (2 sites)
CA	Anaheim, Chico, Colton, Concord, Costa Mesa, Diamond Bar, Downieville, Fremont, Fort Bragg, Fountain Valley, Fullerton, Goleta, Imperial Beach, Indio, La Jolla, Lancaster, Long Beach, Los Angeles (4 sites), Manteca, Marina del Rey, Modesto, Newark, North Hollywood, Oakland, Ontario, Orange, Orangevale, Oroville, Oxnard, Pine Valley (2 sites), Red Bluff, Redwood City, Sacramento (2 sites), San Bernardino, San Diego (9 sites), San Fernando, San Francisco (2 sites), San Jose (4 sites), San Leandro, San Marcos (2 sites), Santa Ana, Santa Barbara, Santa Clarita, Santa Fe Springs, Santa Paula, Santee (2 sites), Stockton, Sunland, Truckee, Ukiah, Upland, Vacaville, Ventura, Visalia, Vista, Walnut Creek, Weed, West Sacramento, South Lake Tahoe, Yuba City (2 cities)
CO	Alamosa, Arvada, Aurora, Denver (2 sites), Golden, Larkspur, Towaoc
CT	East Lyme, Enfield, Middletown, New Britain, New London, New Milford, Norwalk, Norwich, Uncasville, Wethersfield
DE	Fenwick Island, Greenville, Seaford
DC	Washington, DC (12 sites)
FL	Apopka, Bristol, Chiefland, Deltona, Fort Myers, Fort Pierce, Ft. Walton Beach, Gainesville, Hollywood (3 sites), Hialeah, Homestead, Homosassa (2 sites), Immokalee, Indiantown, Jacksonville (4 sites), Largo, Lauderhill, Leesburg, Miami (4 sites), Miami Beach (2 sites), North Miami, North Miami Beach, Ocala (2 sites), Oldsmar, Okeechobee, Orlando (2 sites), Palm Beach Gardens, Palm City, Perry, Port St. John, Port St. Lucie, St. Marks, St. Petersburg, Sarasota (2 sites), Sebastian, Starke, Stuart (2 sites), Tallahassee (3 sites), Tampa (2 sites), Titusville (2 sites), Vero Beach
GA	Acworth, Albany (2 sites), Atlanta (4 sites), Augusta, Austell, Brunswick, Calhoun, Carrollton, Clarkesville, Columbus, Dahlonga, Decatur (2 sites), Ft. Stewart, Gainesville (3 sites), Greensboro, Jackson, Kennesaw, LaGrange, Lawrenceville, Lithonia, Macon (2 sites), Marietta (2 sites), McDonough, Powder Springs, Rome, Savannah(2 sites), Smyrna, St. Marys, St. Simon's Island, Stone Mountain
HI	Waimanalo
ID	Boise (2 sites), Council, Fort Dodge, St. Anthony (2 sites)
IL	Addison, Algonquin, Aurora, Bourbonnais, Cahokia, Charleston (2 sites), Chicago (12 sites), Decatur, Ford Heights, Glenview, Homewood (2 sites), Murray, Northlake, Oak Lawn, Oak Park (2 sites), Oglesby, Olympia Fields, Oquawka, Peoria, Peru, Pinckneyville, Rockford, Shorewood, Spring Valley, Sterling, Urbana
IN	Anderson, Clinton, Covington, Crown Point, Dyer, Elkhart (2 sites), Evansville, Fort Wayne (2 sites), Goshen, Greensburg, Huntington, Indianapolis (5 sites), Lafayette, Michigan City, Mishawaka, Monroeville, Muncie, Plymouth, Poland, Portage (2 sites), Muncie, South Bend, Terre Haute, Trafalgar (2 sites), Valparaiso (3 sites), West Lafayette



1039 General Community Sites (cont.)

IA	Anamosa, Ankeny, Burlington, Des Moines, DeWitt, Fort Dodge, Huxley, Mt. Pleasant, Sioux City
KS	Council Grove (2 sites), Ellsworth, Emporia, Kansas City (2 sites), Lawrence, Mayetta, Meade, Pittsburg, Prairie Village, Wichita (4 sites), Winfield
KY	Alexandria, Bardstown, Benton (3 sites), Berea, Betsy Lane, Bowling Green (2 sites), Brooksville, Burgin, Burkesville (2 sites), Campbellsville, Clinton (2 sites), Cold Spring, Corbin, Cynthiana, Danville, Glasgow, East Bernstadt, Eddyville (2 sites), Elizabethtown, Elkhorn City, Felmingsburg, Frankfort, Georgetown (2 sites), Greenville, Grays Knob, Henderson, Highland Heights, Hodgenville, Hoskinston, Jamestown, LaCenter, LaGrange, Lebanon (2 sites), Leitchfield (2 sites), Lexington (2 sites), Louisa (2 sites), Louisville (11 sites), Lucas, Manchester, Marion, Mayfield (6 sites), Mt. Sterling, Munfordville, Mt. Washington, Owensboro, Owingsville, Pikeville, Pineville, Richmond, Salem, Shepherdsville, Somerset, Stamping Ground, Stanton, Tompkinsville, Versailles, Warsaw, Williamsburg, Williamstown
LA	Anacoco, Baldwin, Baton Rouge (2 sites), Farmerville, Franklin, Independence, Mandeville, Morganza, Natchitoches, Ruston, Shreveport
ME	Bowdoin, Kennebunk, Parsonsfield (2 sites), Saco, Skowhegan, Waterville
MD	Annapolis, Baltimore (6 sites), Bowie, Cambridge, Centreville, Clarksburg, Clinton (2 sites), College Park, Columbia, Frederick, Glen Burnie, Howard County, Hughesville, Hyattsville, Kensington, Lee's Summit, Montgomery Village, Nottingham, Oakland, Pasadena, Queen Anne's County, Westminster
MA	Acton, Boston (2 sites), Chelsea, Dorchester, Fall River, New Bedford, Longmeadow, Palmer, Quincy, Roxbury (2 sites), South Boston, Wellfleet, Wellesley, Worcester (2 sites)
MI	Ann Arbor, Atlanta, Au Train, Burton, Cadillac, Chesterfield, Clinton Township, Detroit (5 sites), Grand Rapids, Holland, Lansing (2 sites), Lapeer, Lincoln, Manistique, Marquette, Mt. Pleasant, Pittsford, Rochester, St. Joseph, Sturgis, Warren
MN	Baxter, Brooklyn Center, Grand Marais, Mankato, Minneapolis (3 sites), Moorehead, Slayton
MS	Batesville, Jakson, McLain, Port Gibson (2 sites), Rolling Fork, Terry, Tupelo, Yazoo City
MO	Bolivar, Buffalo, Columbia, Joplin, Kansas City (4 sites), Kirksville, Mountain Grove, Nevada, New London, Poplar Bluff, Rolla, Slayton, St. Joseph (2 sites), St. Louis, St. Peters, Van Buren (2 sites), Warsaw
MT	Ashland, Big Timber, Billings, Great Falls (3 sites), Havre, Livingston, Missoula
NE	Columbus (2 sites), Lincoln, Omaha (4 sites), Scottsbluff, Sidney
NV	Carson City (4 sites), Gardnerville, Henderson, Las Vegas (3 sites), Reno (2 sites), Silver Spring
NH	Barrington, Bedford (2 sites), Berlin, Kingstown, Littleton, Stratham
NJ	Belvidere, Bridgeton, Bridgewater, Butler, Camden, Edison, Egg Harbor, Englewood, Flemington, Fords, Glen Rock, Hackettstown, Highlands, Jersey City, Lakewood, Long Branch, Maplewood, May's Landing, Neptune, Newark (2 sites), Oceanville, Paterson (2 sites), Princeton, Spotswood, St. Davids, Toms River (2 sites), Union, Vauxhall

1039 General Community Sites (cont.)

NM	Albuquerque (4 sites), Dulce, Las Cruces, Pine Hill, Silver City
NY	Albany, Beacon, Brooklyn (5 sites), Bronx (7 sites), Broome County, Carle Place, Cortland, Elmhurst, far Rockaway, Forest Hills, Glens Falls, Hastings, Hawthorne, Katonah, Kerhonkson, Latham, Lake Placid, Malone, New Windsor, New York (9 sites), Port Chester, Rochester (2 sites), Rockville Centre, Rome, Saranac Lake, Saratoga Springs, Spring Valley, Staten Island (5 sites), Syracuse (2 sites), Westfield, Wheatley Heights
NC	Asheville (2 sites), Ayden, Badin, Bryson City, Burlington, Charlotte, Concord, Dunn, Elizabeth City, Faison, Goldsboro, Graham, Greenville (4 sites), Hendersonville, High Point (2 sites), Linden, Raleigh, Ramseur, Rocky Mount, Wilmington, Winton
ND	Fargo (3 sites), Beulah (2 sites)
OH	Akron, Auburn Township, Bay Village, Bowling Green (2 sites), Cambridge, Canfield, Chillicothe, Cincinnati, Cleveland (5 sites), Cleveland Height, Columbiana, Columbus (3 sites), Dayton, Defiance, Elyria, Fremont, Grove City, Hamilton, Hillsboro (2 sites), Lancaster (2 sites), Lima (2 sites), Mantua, Napoleon, Ottawa, Painesville (2 sites), Parma, Steubenville, Toledo (2 sites), Toronto, Troy, Wheelersburg
OK	Concho, McAlester, Moffett, Oklahoma City (2 sites), Red Rock, Tulsa, Tahlequah, Wagoner
OR	Ashland, Benton County**, Burns, Bend, Keizer, Portland, Tualatin
PA	Allentown, Berwick, Bethlehem (2 sites), Bradford, Brookville, Camp Hill, Clarion, Coatesville, Danville, Delta, Dickson City, Downingtown, DuBois, Easton, Elizabethtown, Emmaus, Erie, Exton, Franklin (2 sites), Greenville, Hanover (3 sites), Harrisburg (2 sites), Hazleton, Hershey, Honesdale, Indiana, Johnstown (3 sites), King of Prussia, Kittanning, Lancaster (2 sites), Langhorne (2 sites), Malvern, Muncy, Norristown, Philadelphia (8 sites), Pittsburgh (2 sites), Robesonia, Russellton, Sewickley, Sigel, Uniontown, Upland, Upper Darby, Wellsboro, West Middlesex, West Mifflin, Wilkes-Barre
RI	Cranston
SC	Anderson (2 sites), Columbia (4 sites), Fort Mill, Kingston, Lancaster, McClellanville, Moncks Corner, Sheldon, Swansea, Winnsboro (2 sites)
SD	Chamberlain, Ft. Thompson (2 sites), Pierre, Pine Ridge, Sioux Falls
TN	Chattanooga, Decatur, Johnson City (2 sites), Jonesborough, Kingsport, Knoxville (2 sites), La Vergne, Lexington, Madisonville, Memphis (2 sites), Nashville (2 sites), Newport, Oak Ridge, Rogersville, Seymour, Sneedville, Springfield
TX	Abilene, Baytown, Carrollton, Corpus Christi, Cotulla, Denison, Denton, El Paso, Fort Arthur, Fort Worth, Houston, Humble, Irving, Knoxville, Lubbock, Mcallen, Mesquite, Odessa, Park, Paris, Pasadena (2 sites), Randolph AFB, Round Rock, San Antonio, Tyler, Waco
UT	Cedar City, Salt Lake City (2 sites), South Jordan
VA	Alexandria, Arlington, Arlington County, Chesapeake, Fairfax, Falls Church, Farmville, Hampton, Harrisonburg (2 sites), Herndon, Lynchburg, Milford, Narrows, Newport News, Norfolk (4 sites), Portsmouth, Richlands, Richmond (4 sites), Roanoke (2 sites), Virginia Beach, Warrenton, Woodbridge

1039 General Community Sites (cont.)

VT	Barton, Burlington, Montpelier, Whitingham
WA	Chelan, Lynnwood, Moses Lake, Oak Harbor, Poulsbo, Pullman, Renton, Seattle, Union Gap
WV	Beckley, Birch River, Bluefield, Cairo, Charleston (2 sites), Charles Town, Fairmont (3 sites), Fort Ashby, Franklin, French Creek, Harpers Ferry, Huntington, Hurricane, Madison, Martinsburg (2 sites), Mill Creek, Moorefield (2 sites), Morgantown, Mount Storm, Princeton (2 sites), Ravenswood, Reader, Romney, Shepherdstown, Sistersville (2 sites), Sophia, Summersville (3 sites), Union, Williamsburg
WI	Brookfield, Fort Atkinson, Green Bay (2 sites), Madison, Manitowoc, Milwaukee (12 sites), Monroe, Rice Lake
WY	Casper
Abroad	St. Paul's, Antigua and Barbuda, Queensland, Australia; Ontario and Alberta, Canada; Athens, Greece; Karamsad, India; Ilorin, Nigeria; Saipan and Tinian, Northern Mariana Islands (2 sites); Baguio City and Manila, Philippines; Barceloneta, Bayamon, and San Juan, Puerto Rico (2 sites); Cidra, Puerto Rico; St. Thomas, Virgin Islands; Kampala, Uganda



Program Resources and Channels



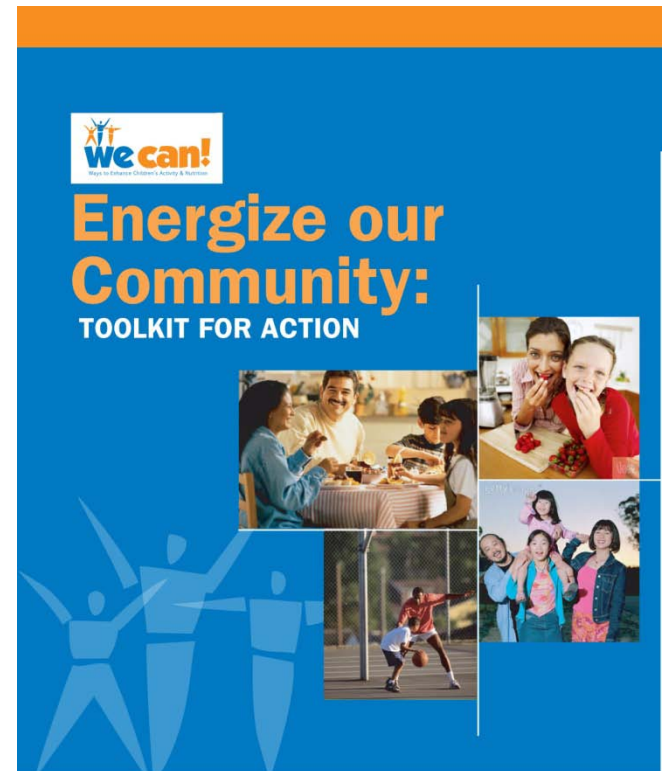
We Can! Resources



1-866-35-WECAN
<http://wecan.nhlbi.nih.gov>

We Can! Materials

- ***We Can!*** Energize Our Community: Toolkit for Action
 - Parent curriculum
 - Community events



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health



Youth Curricula



- **Kids Club** – After-school, summer day care setting for children (K-5) contains three elements– curriculum, and PA and snack components.



- **SMART- Student Media Awareness to Reduce Television** –3 or 4th grade classroom curriculum designed to reduce TV and video game usage.

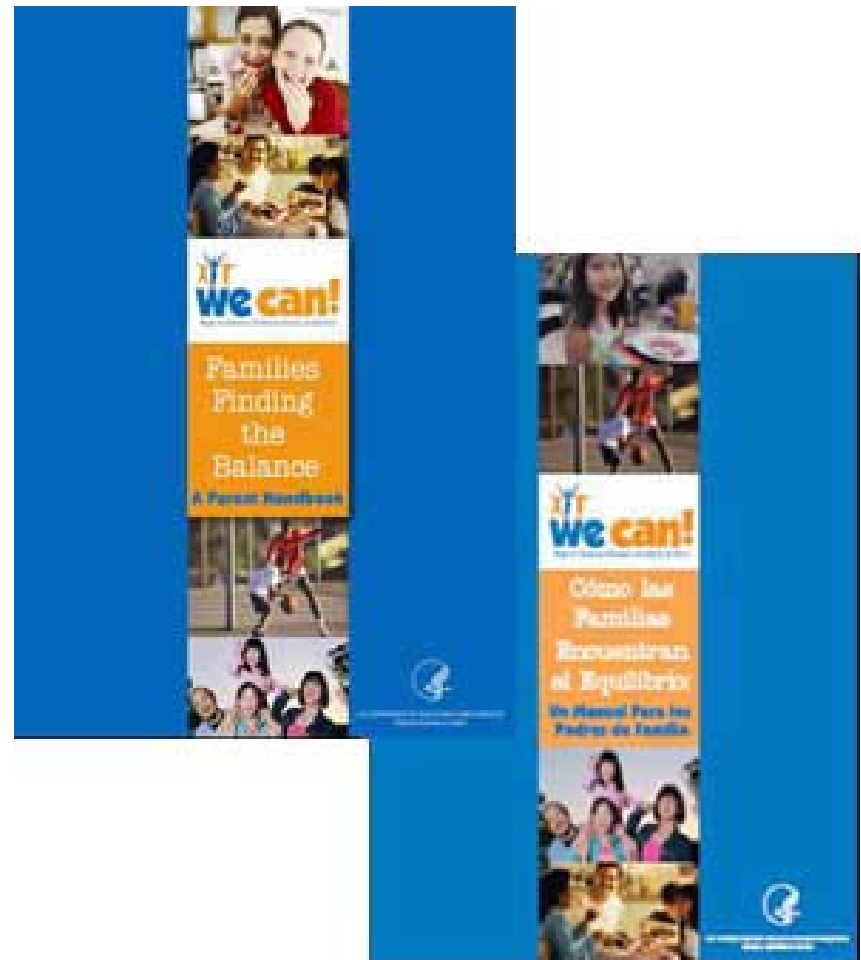


- **Eat, Think and Be Active** – 10 lessons helping children (11-13) understand the connections between media and health.



We Can! Materials

- ***We Can!* Families Finding the Balance: A Parent Handbook**
 - English
 - Spanish





Media and Consumer Outreach



Media and Consumer Outreach

- National and Local Media
 - Public service announcements (print and radio)
 - Media kits (press releases, media advisories)
 - Launch announcements
 - Matte articles
 - Press releases for program milestones
- National Consumer Outreach
 - Consumer Web site
- Media Partners



We Can! on the Web



- Become a friend of ***We Can!*** on MySpace

(<http://www.myspace.com/nihwecan>)



- View "***We Can!*** and You Can Too" and animations on YouTube

- Connect on LinkedIn

(<http://www.linkedin.com/in/nihwecan>)





Partnership Outreach



Over 20 National Partners!

- Over 20 National Partners & Supporting Organizations have joined ***We Can!***
 - Federal Partners
 - Clinical Partners
 - Outreach Partners
 - Media Partners
 - Corporate Partners
- Continually in ongoing discussion with additional partners



We Can! Partnerships

- ❑ The ***We Can!*** partnership goal is to work collaboratively with others to build synergy on preventive strategies and an array of outreach efforts.
- ❑ Through partnerships, we can most effectively leverage resources and channels to disseminate ***We Can!*** messages and materials to parents, caregivers, and youth ages 8–13.



Levels of Partner Commitment

- Organizations invited to participate as Partners or Supporting Organizations
- Partners
 - Participate on a variety of fronts with a significant commitment of resources and activity
- Supporting Organizations
 - Groups that are interested but unable to make as significant commitment

We Can! National Partners

- National partners coming on board to support ***We Can!*** and participate on a variety of fronts
 - Provide resources:
 - Support of program activities and materials development (printing, distribution, event sponsorship, etc.)
 - Contacts and support to ***We Can!*** sites
 - Disseminate ***We Can!*** messages via organizational communication channels (Web sites/Web links, newsletters, listservs, direct mailings to constituents)



We Can! National Partners (cont.)

- Offer exhibit space to ***We Can!*** at national/regional conferences and events
- Offer opportunities to present at meetings
- Offer to help recruit ***We Can!*** Community Sites
- Offer other support/activities specific to the partner's own interests and capacity



Benefits of Participation

- Opportunity to be part of trans-NIH national program
- Opportunity for extended outreach channels and additional synergy through ***We Can!*** communication channels
- Be recognized in ***We Can!*** materials
- Receive ***We Can!*** Partnership Toolkit



We Can! Resources for Partners

- Comprehensive Partner Toolkit
- Offers overview, tools, and template materials
 - News releases, template article, message points, print PSAs (English/Spanish), radio PSA scripts (English/Spanish), sample materials, template PowerPoint presentation, sources of statistics, logos, and more in printed and electronic (CD-ROM) versions



Partnerships

- ❑ The role of each **We Can!** partner will vary because every collaboration will be designed/crafted to channel the partner's natural strengths, networks, and influence at the community level.
- ❑ Involvement by individual groups will depend on any existing programs the partner might already have in place, the resources the partner can contribute, and the partner's own infrastructure and reach — **We Can!** wants relationships to be win-win situations!



Examples of How We Hope You'll Help

- ❑ Participate in planning and provide resources/support activities
- ❑ Disseminate messages and materials to constituencies through existing communication channels (direct mailings, newsletters, flyers, online, etc.)
- ❑ Support/participate in and help drum up interest in/awareness of any local events



Local Partners Include...

- ❑ Business: grocers, printers, sporting-goods stores, T-shirt vendors, transportation providers
- ❑ Civic/Community: chambers of commerce; local health, youth-related, and other coalitions
- ❑ Health Care: health care providers, including hospitals and clinics; insurers
- ❑ Government: local, county, State
- ❑ Media: cable, newspapers, radio, television
- ❑ Multicultural and Faith-Based Organizations
- ❑ Professional Organizations: dietitians, nurses, physicians



A Few Potential Benefits: Local Partners

- ❑ Opportunity to be part of the NIH national **We Can!** program and programming at the local level
- ❑ Opportunity to bring relevant resources and core health and related messages together under the **We Can!** umbrella
- ❑ Opportunity for partners to extend their own outreach channels and create additional synergy for themselves
- ❑ Opportunity for recognition as part of this exciting effort; opportunity for promotion of your existing activities/programming



With Your Help...

we can!

Ways to Enhance Children's Activity & Nutrition

Succeed!





Potential Partnership Ideas and Collaborations



Open Discussion



Thank You!

