



2010 Healthy Living Grant Recipients

Alcohol, Substance Abuse and Smoking Prevention

Business Industry Foundation of Middlesex County, Inc. *Middletown, CT*

Happiness: The Original Survival Tool

An interactive software program for middle school children, to help children understand basic concepts of brain neurobiology, and how drugs can make a person 'feel good' while actually doing harm.

cityWILD *Denver, CO*

Drug/Alcohol Prevention and Intervention Activities

A year-round leadership development program targeting at-risk/underserved youth, which includes an after school program, weekend adventures and expeditions, family counseling, homework help, job coaching and prevention programming.

Luzerne County Cooperative Extension *West Pittston, PA*

Strengthening Families Program

A highly interactive intervention designed to reduce substance use and other problematic behavior in youth ages 10-14. Activities improve parenting skills, build life skills in youth and strengthen family bonds.

Nueva Esperanza, Inc. *Holyoke, MA*

Holyoke Teens Speak Out Project

Youth will conceive and produce a multi-media project that will utilize writing, photography, video, art and drama to create a photonovella that will educate peers and encourage them to adopt positive life habits.

Ray County Coalition *Kansas City, MO*

It's a Brain Thing - Preventing Underage Drinking

Through a social marketing program, adults and youth will be educated as to the harmful effects that alcohol has on the developing brain. Youth will develop a social norming campaign, addressing perceptions of acceptability.

Nutrition & Physical Fitness

Center for Self Discovery *Chevy Chase, MD*

Teens Run DC

Empowers at-risk youth to envision and work towards achievement of personal goals through an adult mentoring and distance running program.

East Madison Community Center *Madison, WI*

Fit for the Future

Helps at-risk youth and their families achieve good physical and emotional health through regular exercise, affordable, balanced and portion-controlled meals, nutrition label education and instructions on cooking and budgeting.

Emerging Healthcare, Inc. *Jasper, GA*

Apple Seeds and Jumping Beans

Plants seeds of confidence through exercise and nutrition education for kids ages 3 & 4 in the Head Start program and their parents, through yoga, breathing, aerobic exercise and nutrition games.

Kennedy Elementary School PTA *Fargo, ND*

Healthy Lifestyles Program Expansion

Expanding their healthy lifestyles initiatives, Kennedy PTA will teach families to cook healthy meals together as well as how to stay active through Family Fit Nights.

Lighthouse Free Medical Clinic *Cheektowaga, NY*

Lighthouse Goes Lite!

Medical students will counsel clinic patients on healthy snacking and exercise and will provide healthy snack samples and a community resource guide identifying local, safe recreation sites.

Schulenburg Weimar in Focus Together *Schulenburg, TX*

Healthy Choices

Combats youth obesity through nine annual age appropriate presentations to 900 K-8th graders as well as a comprehensive program for high school students and a new Community Garden initiative.

Utah Partnership for Healthy Weight *Salt Lake City, UT*

Development of a 5210 Media Campaign for Utah

Supports a Utah-specific media campaign around the slogan 5210 - 5 fruits and veggies, 2 hours or less of recreational screen time, 1 or more hours of physical activity and 0 sugary drinks.

Violence Prevention

AHIMSA: CALMING KIDS *Boulder, CO*

CALMING KIDS: Creating a Non-Violent World

Using exercise movements combined with relaxation and communication techniques, Calming Kids facilitates stress management and anti-bullying in school for pre-school through high school students.

Healthy Expectations, Deaconess Family Medicine Residency *Evansville, IN*

No Bullies Allowed

Increases the skills of children in addressing aggressive behavior in peers and siblings through sessions at the Clinic, to help them build empathy, manage anger, work out conflicts and stop bullying by peers.

Grant Halliburton Foundation *Richardson, TX*

TAG, You're It

Providing education to recognize the signs of depression and suicidal risk, this project helps youth remember the simple steps of Take Action, Ask Questions and Get Help.

La Pinon Sexual Assault Recovery Services of Southwestern New Mexico *Las Cruces, NM*

Kidtalk 636-3636

A 'warm line' for all children to call, this program provides a safe place for a child to reach out, where someone will offer unconditional support and empowers children to seek assistance and protection.

Mesa County Medical Society Alliance *Grand Junction, CO*

S.A.V.E. and "Hands are not for Hitting" banner art project

The SAVE (Stop America's Violence Everywhere) program provides non-violent conflict solution material to elementary schools, including how to handle bullies as well as internet safety.

New Mexico Health Advocacy Alliance *Canoncito, NM*

Native H.O.P.E. Youth Council and Mentorship Program

Offers peer to peer suicide prevention training for Native American youth and helps promote culturally appropriate programming on other tribal communities statewide.

North Carolinians Against Gun Violence *Durham, NC*

Minutes Matter

This program aims to educate both gatekeepers and parents on the link between safe gun storage and adolescent suicide prevention, and provides gun locks to the community.

Progressive Youth Connection *St. Louis, MO*

St. Louis Public Schools Violence Prevention Specialist

A Violence Prevention Specialist will work in the St. Louis Public School District to help youth identify and use their strengths to navigate themselves through conflict and life.