



**CATCH (Coordinated Approach To Child Health) Community Resource Guide
 Nutrition, Physical Activity, Obesity, and Diabetes Prevention Resources for Elementary
 Schools in Travis County**

*This is not a comprehensive guide of Travis County resources

Table of Contents

I.	Community and School Setting Programs	3
1.	American Diabetes Association.....	3
2.	American Heart Association.....	3
3.	Camp Fire USA Clubs	5
4.	Capital Area Food Bank.....	5
5.	Communities In Schools - Central Texas, Inc.	7
6.	El Buen Samaritano Episcopal Mission	7
7.	Marathon Kids.....	8
8.	Meals on Wheels and More.....	8
9.	Parks and Recreation	9
10.	Seton Healthy Kids Healthy Families.....	10
11.	STEPS to a Healthier Austin.....	10
12.	Sustainable Food Center	11
13.	Texas AgriLife Extension Travis County.....	12
14.	Texercise	12
15.	Walk Texas – Austin/Travis County Health & Human Services.....	13
16.	WIC: Growing Healthy Families.....	13
17.	Youth InterACTIVE.....	14
18.	Youth Launch	15
II.	Resources	15
19.	American Cancer Society	15
20.	Austin Partners in Education.....	16
21.	Dairy Max	16
22.	Family Connections.....	17



23. Keep it Healthy.....	18
24. Rotary Club.....	18
25. Salud es Vida...¡Entérate! Univision.....	19
26. Team Nutrition.....	19
27. Texas Action for Healthy Kids	20
28. Texas Association for Health, Physical Education, Recreation, and Dance	20
29. Texans Care for Children.....	20
30. Texas Beef Council	21
31. Texas Department of Agriculture.....	21
32. Texas Department of State Health Services Cardiovascular Health & Wellness Program	22
33. Texas Department of State Health Services Nutrition, Physical Activity and Obesity Prevention Program (NPAOP).....	22
34. Texas Department of State Health Services School Health Program	23
35. Texas Diabetes Council	23
36. Texas Parent Teacher Association (PTA).....	24
37. The Austin Project.....	24
38. United Way Capital Area.....	25
III. Medical Services/Outreach to Schools	25
39. Amerigroup Community Care	25
40. Children’s Health Express Mobile Clinic.....	26
41. Ventanilla de Salud	26
IV. Coalitions working with Schools	27
42. AISD School Health Advisory Council (SHAC).....	27
43. Children's/AISD Student Health Services Task Force	27
44. Central Texas Diabetes Coalition	28
45. Safe Routes to School Coalition	28
V. Community Support.....	29
46. Any Baby Can	29
47. Austin YMCA.....	29
48. Boys and Girls Club of the Capital Area	30
49. Caribbean Fitness.....	30



I. Community and School Setting Programs

1. American Diabetes Association

<http://www.diabetes.org/>

2499 Capital of Texas Highway South
Bld. A, Suite 204
Austin, TX, 78746
(512) 472-9838

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, their mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Information is available in both English and Spanish.

Local initiatives include:

- **Step Out: Walk to Fight Diabetes**, formerly America's Walk for Diabetes, is about changing the face of diabetes in our country—by raising funds to help find a cure and by walking a few miles to bring a greater awareness to this devastating disease.
- **School Walk for Diabetes** is an educational school fund-raising program that promotes healthy living, school spirit and community involvement.
- **Family Resource Network** – parents can build relationships with other families who have children newly diagnosed or previously uninvolved with the Association, forming a network of families with diabetes in the community. Families in the network provide one another with information and support. To develop these relationships the ADA hosts quarterly meetings and events for all families participating.
- **Diabetes Sunday Program** – a Pastor or a designated appointee gives a brief presentation and distributes materials (approximately 5 minutes) during the church service about the seriousness of diabetes.
- **Tour de Cure** is a series of fund-raising cycling events held in 40 states nationwide to benefit the American Diabetes Association.
- **Annual Diabetes Summit** – conferences for both the public health and clinical practice.

2. American Heart Association

<http://www.americanheart.org>

1700 Rutherford Lane
Austin, TX 78754
(512) 433-4000

Conozca Su Corazón/Search Your Heart

Provides a core curriculum on heart disease and stroke. The information helps to educate and raise awareness of the heart-health disparities among African-American and Hispanic communities and provide them with some insight on how to live a heart-healthy lifestyle. The program targets faith-based organizations and is also available to other organizations. The Search Your Heart program is designed to encourage individuals to lead healthier lives through fun, interactive activities such as health education sessions, screenings, cooking demonstrations and fitness clubs.



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There are 3 different options for participation in Search Your Heart:

- Challenge Curriculum – A six month competition between faith-based and community organizations to encourage their members to live healthier lives through physical activity, nutrition and health education.
- Workshop Curriculum – A one day health event encouraging participants to take charge of their health through mini workshops on physical fitness, healthy cooking and heart disease and stroke education.
- Activity Curriculum – Suited for those who would like to implement three different health activities over the course of any given time frame up to six months.

Programs contain three core activity areas.

- Heart Disease and Stroke/Las enfermedades del corazón y los ataques cerebrales en los hispanos/latinos – Includes what you need to know about the risk factors for heart disease and stroke including cholesterol, diabetes and high blood pressure.
- Physical Activity/Actividad Física – Learn about the benefits of fitness and how to start a walking club or other group physical activity.
- Nutrition/Nutrición – Learn about healthy nutrition, food selection and preparation and eating on the run.

Go Healthy Challenge

<http://www.igohugo.org/>

The American Heart Association promotes the Go Healthy Challenge to improve child health and prevent cardiovascular disease. The Alliance for a Healthier Generation launched this new interactive, online gaming experience to get kids ages 8-12 excited about healthy eating and active living.

The program is fun, easy and kids and parents can do it together. Program features include

- a self-assessment
- goal-setting
- Nutrition 101
- a do-it-yourself workout video
- an award upon completion of the program.

Any kid can take the challenge by visiting www.igohugo.org.

The Alliance understands the need to reach out to kids where they are -- and they are online. This tool offers kids an educational alternative to playing video games by taking them on a Go Healthy adventure -- at no cost. The 'myGO Healthy Challenge' helps kids increase their level of physical activity and learn how to identify and select healthier foods. Upon completion kids should understand how to (1) engage in at least 60 minutes of physical activity most days of the week; (2) choose and enjoy healthy foods; and (3) become an example for healthy living.



3. Camp Fire USA Clubs

www.campfireusabalcones.org

Camp Fire USA Balcones Council
1603 East 38 ½ Street
Austin, TX 78722
(512) 349-2111

Camp Fire USA Balcones Council's club program reaches school-age children, youth and families throughout the service area. Camp Fire USA Balcones Council is a not-for-profit coeducational youth organization that serves 10 central Texas counties. They provide opportunities for youths ages 3-18 to learn in small groups with peers and adults, explore the natural world in our outdoor programs, and take on leadership opportunities within the community and world at large. Various clubs and programs are offered for youths in pre-kindergarten through 12th grade. Additionally, Camp Fire USA offers fun outings held several times per year, often at Town Lake/ Lady Bird Lake, where youth have the opportunity to participate in hiking, backpacking and paddle programs as well as family paddle days.

Traditional Clubs include:

- Little Stars: Pre-Kindergarten
- Starflight: Kindergarten through 2nd grade
- Adventure: 3rd through 5th grades
- Discovery: 6th through 8th grade
- Horizon: 9th through 12th grade

Camp Fire USA's mission is to build caring, confident youth and future leaders. As a Camp Fire USA member, a child will learn important skills and a valuable sense of accomplishment.

As a child becomes involved in the program, Camp Fire USA will:

- Promote environmental awareness
- Develop leadership skills
- Awaken individual potential
- Encourage healthy lifestyles
- Develop social responsibility
- Impart respect for diversity

4. Capital Area Food Bank

<http://www.austinfoodbank.org/>

8201 S. Congress Ave.
Austin, TX 78745
(512) 282-2111

In its 27th year of service, the Capital Area Food Bank of Texas (CAFB) currently provides food and grocery products to 355 Partner Agencies in 21 Central Texas counties. In 2007, CAFB distributed more than 15 million pounds of food. The CAFB service area covers 19,064 square miles in Central Texas. The mission of the Capital Area Food Bank of Texas is to nourish hungry people and lead the community in ending hunger.



Programs include:

- **CHOICES** – A nutrition education program which includes cooking classes, is funded in part by the USDA's Food Stamp Program to help individuals and families make smart choices at mealtime. Free classes are provided at school sites for qualifying parents, seniors and youth.
- **Food Stamp Outreach & Education** – Food stamps are a key way to address the nutritional needs of low-income Texas families. However, many barriers to participation remain. The Food Bank removes some of those barriers with its outreach and application assistance program.
- **Fresh Food for Families** – Thirteen distribution sites across Central Texas provide families with quality fruits and vegetables. FFFF provides an average of more than 100,000 pounds of produce to more than 3,600 families each month.
- **Kids Café** – The 31 Kids Café sites in Central Texas serve more than 35,000 meals per month to more than 2,800 children in need. This after-school program provides a safe, nurturing place where neighborhood children receive a hot, nutritious dinner, as well as help with homework from caring individuals. Kids Café Sites:
 - Barrington Elementary
 - Becker Elementary
 - Blackshear Elementary
 - Campbell Elementary
 - Hillcrest Elementary (Del Valle ISD)
 - Jordan Elementary
 - Linder Elementary
 - Mission Waco
 - Ortega Elementary
 - Pecan Springs Elementary
 - Pickle Elementary
 - San Marcos Housing Authority — CM Allen
 - San Marcos Housing Authority — Allen Woods Homes
 - Sims Elementary
 - Wooten Elementary
 - Widen Elementary
 - Norman Elementary
 - Zavala Elementary
 - San Marcos Housing Authority — CM Allen
 - San Marcos Housing Authority — Allen Woods Homes
 - Montopolis Recreation Center
 - Dove Springs Recreation Center
 - Boys and Girls Club of the Capital Area:
 - South, East, Bedicheck Middle School, Burnet Middle School, Southwest Key, Lanier High School, Mendez Middle School, Pearce Middle School, Ann Richards School for Young Women, Reagan Middle School, Webb Middle School
- **Wheels of Sharing Mobile Pantry** – Wheels of Sharing brings staple foods, fresh produce and meats to Austin and remote communities in Central Texas.



5. Communities In Schools - Central Texas, Inc.

<http://www.cisaustin.org/>

3000 South IH-35, Suite 200

Austin, TX 78704

(512) 462-1771

Communities In Schools is the nation's largest dropout prevention organization. The mission of Communities In Schools is to champion the connection of needed community resources with schools to help young people successfully learn, stay in school and prepare for life.

Local services include:

- **Basic Campus Services** – A variety of services such as counseling, crisis intervention, referrals for health and human services (basic needs, medical clinics, nutrition, prenatal education, WIC cards, community health fairs), educational support, enrichment activities and parental involvement (home visits, family counseling, parenting classes).
- **AfterSchool Programming** – Organized activities such as leadership development, fitness and service learning projects.
- **AmeriCorps** – Tutoring and mentoring with elementary and middle school students.
- **ASPIRE (Achieving Success through Parental Involvement, Reading, and Education)** – Parenting classes and site visits are provided by parent educators.
- **Blueprint Project** – Places two CIS staff (a parent liaison and regular counselor or social worker) at Pearce & Dobie Middle Schools and Blackshear, Sims, Oak Springs and Harris Elementary Schools. This project aims to provide supportive services not directly related to academic performance. Activities such as home visits, parent involvement events, parent trainings, family events and parent nights are offered to help include parents in their child's education.
- **Care Coordination Project** – Intensive wrap-around services for families.
- **Services Provided to Public Housing Residents** – Caseworkers are hired to work directly in the schools with HACA residents.
- **Pebble Project** – Classroom and community presentations on abuse recognition and prevention.
- **SmartKids** – SmartKids creates a safe environment for elementary, middle, and high school students to learn and have fun after school.
- **Tech Tots** – Provides home computers to low-income families with preschool-age children.
- **XY-Zone** – Leadership development and case management for adolescent males.

6. El Buen Samaritano Episcopal Mission

<http://www.elbuen.org>

7000 Woodhue Drive

Austin, TX 78745

(512) 439- 0700

El Buen Samaritano Episcopal Mission is a 501 (c) 3 nonprofit organization committed to transforming lives by engaging the strengths of working-poor Hispanic families to promote their successful participation in our society. Since 1987, El Buen has become a beacon of hope in the lives of Austin's working-poor Hispanic families, helping more than 36,000 people every year. By providing a safety net of programs and services such as integrated health care, English-as-Second-Language education, job readiness skills, social services, health education, leadership training, children's programs and emergency food assistance, El Buen Samaritano guides working-poor families through the process of gaining self-sufficiency so they lead



healthier, more productive lives.

- **Education** courses include: English-as-a-second language, GED prep, introduction to computers, adult basic education (literacy) in Spanish and citizenship. Other programs include, Summer Fun with Born to Run, a seven-week recreational program which provides 100 youth with a unique opportunity to participate in a fitness program, learn the value of good health, goal-setting and accomplishment while improving their mental and emotional well-being.
- **The Wallace Mallory Clinic** provides primary and preventive health care with a fully bilingual staff to the uninsured. Services include: well-adult and well-child exams, prenatal and post-natal care, health education, (including childbirth education) as well as low-cost pharmaceuticals, lab work, and immunizations. Healthcare providers in internal medicine, obstetrics, gynecology, and general medicine donate volunteer time at the clinic.
- **Social work services** include assessment, counseling and referral, depression or anxiety support groups, hospital tours and pre-registration for prenatal clients.
- **The Promotores Program** trains leaders within the Hispanic community to educate families and organize community improvement activities. Promotores are trained in topics including prenatal health, heart disease, diabetes, obesity prevention and others.
- **Vida y Salud** is a health education program that offers a holistic approach to wellness with classes and support groups in nutrition and fitness. "Cocina de Vida y Salud" (Life and Health Kitchen) teaches participants to prepare traditional meals using healthy ingredients. Fitness classes include Yoga, Zumba, Cycling, Belly Dance, Kickboxing and Boot Camp. Other programs include "Cocinemos con los Niños" (Cooking with Children), a bilingual, innovative, fun and educational nutrition program designed to teach elementary school children to identify different food groups and place them in the food pyramid.
- **The Food Pantry** offers a nutritionally prepared grocery bag with healthy recipes to those with urgent need.

7. Marathon Kids

www.marathonkids.org

Courtney@marathonkids.org

Marathon Kids has existed since 1996 and is a free, incremental, school and community based fitness program. It is a six month endurance-building running/walking, nutrition and schoolyard gardening project for K-5th graders and their families.

Their mission is to build a joyful community around children and be quickly accepted into public, private and home schools as a free, innovative, celebratory fitness and nutrition program, resonating with the child... and with the child's family. The goal is for the child to develop the love and habit of moving through space and to carry forward the power of muscular, nutritional and psychological well being.

8. Meals on Wheels and More

<http://www.mealsonwheelsandmore.org/>

3227 East 5th Street

Austin, TX 78702

(512) 476-6325

Meals on Wheels and More is the strongest voice of the home-delivered meal community in advocating for homebound people, both in Texas and nationwide. Meals on Wheels also provides nutritious evening



meals to over 300 low-income children in after-school programs across the city of Austin daily, as well as monthly lessons on nutrition from a Registered Dietician.

Meals for Kids (MFK) is a collaboration of community organizations (*Communities in Schools, Heart House, Housing Authority of the City of Austin, and Foundation Communities*) working together to achieve one common goal: feeding hungry children who live and attend schools in disadvantaged areas of Austin. A goal of the program is to nourish a vulnerable population by providing a healthy meal which offers fruits, vegetables, lean protein, low fat milk and whole grains. Another goal of the program is to promote healthy eating habits by providing monthly nutrition education pieces and nutrition presentations.

The MFK program provides nutritious, hot meals to at-risk children, ages 6-12 who attend after-school programs (not in school settings). The Nutrition Services Coordinator distributes nutrition education pieces to children and parents, delivers interactive nutrition education presentations and provides nutrition training for the program counselors and site leaders.

9. Parks and Recreation

<http://www.ci.austin.tx.us/parks/>

200 South Lamar Blvd
Austin, Texas 78704
(512) 974-6700

The Austin Parks and Recreation Department offers a wide variety of programs for children 3-12 years of age. The majority of these program are held at their 20 Recreation Centers, the Dougherty Art Center and the Austin Nature and Science Center.

Programs at the Recreation Centers include arts, dance, gymnastics, tiny tots, boxing, karate, team sport leagues, after-school programs that promote outdoor physical activity, daycamps and several others. In addition, the Department offers speciality programs such as rowing/kayaking, tennis, junior golf program, and swim lessons. To help offer team sport programs to as many children as possible the Department supports many youth sports organization throughout the city that offer, baseball, softball, football, soccer, cheerleading and kickball programs. The Austin Parks and Recreation Department offers free, minimal cost and fee-based summer programs for children 3-18 years of age. These programs are offered at their facilities, golf courses, pools, tennis courts and parks.

Three of the various programs are listed below:

- **Summer Playground Program – Play, Pride and Prosper!** – encourages youths to adopt healthy behaviors through regular physical fitness and provides information on proper food choices. All sites implement an active play component requiring a minimum of 1-hour of physical activity for each playground day.
- **Summer Food Service Program** – This program provides lunch to children ages 1- 18 years old at various locations throughout the city of Austin. The U. S. Department of Agriculture funds the Summer Food Service Program through the Texas Department of Human Services.
- **Summer Daycamp Programs** – Each of the 20 Recreation Centers, the Dougherty Arts Center and the Austin Nature Center offer fee-based daycamps for children 3-16.



10. Seton Healthy Kids Healthy Families

Seton McCarthy Community Health Center
Karen McAfee
2811 East Second Street
Austin, TX 78702
(512) 324-4911
kmcafee@seton.org

The Seton Healthy Kids program is a fun, free, bilingual, interactive nutrition and exercise program designed to delay and to possibly prevent Type 2 diabetes in low-income children who are at-risk for developing this chronic disease. The program includes nutrition education and discussion regarding the importance of exercise and provides children and their families with information about healthy food choices, the benefits of exercise and the importance of choosing a healthier lifestyle to prevent diabetes.

11. STEPS to a Healthier Austin

<http://www.ithriveaustin.org/>
info@ithriveaustin.org
STEPS to a Healthier Austin
Austin/Travis County
Health and Human Services Department
1088 Campus Building C - 1088
Austin, TX 78767-1088
(512) 972-6764
info@ithriveaustin.org

The STEPS to a Healthier Austin initiative is a five-year multi-intervention project designed to reduce the burden of chronic diseases, such as diabetes, asthma and obesity by improving nutrition, increasing physical activity and eliminating tobacco use. It is a health program of the Austin/Travis County Health and Human Services Department committed to creating healthier communities. STEPS is funded by the Centers for Disease Control and Prevention (CDC) and is one of 40 funded communities in the U.S. The intervention targets are residents living in East Austin and eastern Travis County, including the cities of Pflugerville, Manor and Del Valle.

STEPS uses a collaborative model of partnership with existing community agencies whose mission, goals, and services work to meet STEPS objectives. STEPS meetings provide great community networking opportunities. The I-Thrive website provides information on smoking, asthma, nutrition, physical activity and diabetes. The STEPS intervention targets 20 zip codes in East Austin/East Travis County.

STEPS interventions include but are not limited to:

- **Media Intervention** – The social-marketing campaign I-Thrive focuses on the health problems of obesity, diabetes and asthma prevention, through behaviors such as nutrition, physical activity, and tobacco use. The goal of this campaign is to increase awareness of perceived risks, prevention methods, and available resources for these health problems and behaviors.
- **School-Based Intervention** – Consists of Wellness Wednesdays and School Health Workgroup. The Wellness Wednesday program is available to Pflugerville, Del Valle, Manor, and Austin ISD. Schools in the STEPS intervention area can receive a Wellness Wednesday binder with how-to-lists and materials to promote health and wellness among students and staff. Schools outside the STEPS intervention area can receive a Wellness Wednesday CD with files of all the materials.



Wellness Wednesday materials include monthly trivia on food groups, physical activities and general health topics of the month along with home challenges and classroom energizers. Each month features foods of the month (a fruit, vegetable, dairy or grain, and a food for thought), physical activity of the month (an individual activity, group activity and a fun'n'fit activity) and a weekly general health topic. Request your CD today by contacting Karina Loyo, Ph.D. at 512-972-6762 or send an email to karina.loyo@ci.austin.tx.us.

- **Community-Based Intervention** – Promotes and expands local resources and programs, including the Walk Texas Austin Chapter walking groups, the Sustainable Food Center, ACS education classes and quit-line for tobacco cessation, American Heart Association education classes, and American Lung Association asthma education programs.

12. Sustainable Food Center

www.sustainablefoodcenter.org

1106 Clayton Ln Suite 480 W

Austin, TX 78723

(512) 236-0074

Sustainable Food Center (SFC) cultivates a healthy community by strengthening the local food system and improving access to nutritious, affordable food. SFC envisions a food secure community where all children and adults grow, share and prepare healthy, local food. SFC was founded in 1993 with roots dating back over 30 years as Austin Community Gardens. From seed to table, SFC creates opportunities for individuals to make healthy food choices and to participate in a vibrant, local food system. Through organic food gardening, relationships with area farmers, interactive cooking classes and nutrition education offered in both English and Spanish, children and adults have increased access to locally grown food and are empowered to improve the long-term health of Central Texans and our environment. The Sustainable Food Center provides support for community and school gardens, workshops and technical assistance to improve our community.

- **Grow Local** program offers the resources and education to enable children and adults in Central Texas to develop skills in food production and organic gardening as well as an understanding of the importance of local food production for the health and well-being of themselves, their families and community and the environment. SFC ensures dependable, safe sources of food by offering the education and resources in both English and Spanish to start and sustain gardens at schools and homes and in areas accessible to neighborhood residents.
- **Farm Direct** organizes the weekly Austin Farmers' Markets and promotes access to fresh, healthy food by making locally-grown produce available in the heart of the city and in locations easily accessible by low-income residents. Through direct marketing projects, like farm-to-cafeteria, farm-to-school and farm-to-work, Farm Direct additionally connects local farmers with worksites, health agencies and schools to provide fresh produce and strengthen the local economy.
- **The Happy Kitchen/La Cocina Alegre™**, a nationally recognized cooking and nutrition education program taught in both English and Spanish, aids individuals and institutions in making lasting dietary and behavioral changes. The Happy Kitchen/La Cocina Alegre serves families with limited resources by empowering them to shop for and prepare nutritious meals.



13. Texas AgriLife Extension Travis County

<http://travis-tx.tamu.edu>

1600-B Smith Road
Austin, Texas 78721
(512) 854-9600

The Texas AgriLife Extension Service offers practical information for families on raising children, housing and environment, eating well, managing money, and staying healthy. County Extension Agents in Travis County are professionals with experience and expertise in a variety of subject matter areas affecting family life and security. Texas AgriLife Extension Service agents market programs to Travis County elementary schools and other community settings.

Programs include but are not limited to:

- Do Well, Be Well with Diabetes – An educational program to help people manage type 2 diabetes.
- Walk Across Texas – Encourages individuals or teams to participate in physical activity by “walking 830 miles across the state.”
- The Expanded Food and Nutrition Education Program (EFNEP) – Offers classes to limited resource parents of young children and youth (ages 6 – 19) related to food, nutrition education and physical education.
- Better Living for Texans – Nutrition education program for low-income families and individuals. This program targets food-stamp eligible residents of Travis County.
- Wellness and Weight Management – Works to motivate participants to lose weight and enjoy better health through diet and exercise.

14. Texercise

www.Texercise.com

1-800-889-8595

texercise@dads.state.tx.us

Texercise is a statewide fitness campaign, developed by the Texas Department of Aging and Disability Services (DADS) to educate and involve older Texans and their families in physical activities and proper nutrition. The Texercise campaign promotes activity among individuals, as well as community events and policies that support fitness in all life areas.

Do you want to start an activity in your community? You can begin by creating a Texercise 12-week program! The Texercise 12-week Fitness Program is for organizations and communities who want to implement a fitness program in their area. This program includes a beginning and an end time for participants, making it easier to launch a fitness program and help participants stay committed.

Texercise provides technical and motivational assistance to help communities as they provide healthy lifestyle programming.

Resources include:

- Gift Bags
- Pledge Sheets
- Texercise 12-week Program Daily Fitness Log
- Pedometers



15. Walk Texas – Austin/Travis County Health & Human Services

<http://www.dshs.state.tx.us/diabetes/walktx.shtm>

Texas Department of State Health Services

Sabrina McCarty

(512) 972-5463

sabrina.mccarty@ci.austin.tx.us

Walk Texas! is a community-based program whose mission is to promote the health of Texans by increasing awareness and opportunities for individuals to engage in regular physical activity, including walking. Developed by the Texas Department of Health (currently DSHS) Diabetes Program/Council; The University of Texas at Austin; and the University of Texas-Houston School of Public Health, Walk Texas!

promotes walking as a way to help prevent or manage a variety of chronic diseases, including diabetes. Walking is one of the safest and most "natural" forms of exercise. However, many types of physical activity can produce significant health benefits. Walk Texas! supports all efforts to increase awareness and opportunities for Texans to engage in regular physical activity.

To accomplish its goals, Walk Texas! targets families and other members of the community as well. Walk Texas! utilizes a community-based approach aimed at reducing exercise-related risk factors associated with Type 2 diabetes by changing behaviors, policies and environments of whole populations. Because many of the modifiable risk factors associated with Type 2 diabetes are also linked to cardiovascular disease, the leading cause of death and disability in the United States, this program is suitable for other organizations developing or expanding a walking program. Walk Texas! issues a challenge for all Texans to walk regularly, keep track of their progress and accumulate miles equal to "walking across the state."

16. WIC: Growing Healthy Families

<http://www.dshs.state.tx.us/wichd/>

<http://www.ci.austin.tx.us/health/wic.htm> (Local website)

Austin/Travis County Health & Human Services

WIC Program

2508 Durwood

Austin, Texas 78704

(512) 972-4942

Fax (512) 972-6848

1-800-942-3678

WIC — The Special Supplemental Nutrition Program for Women, Infants and Children — is a health and nutrition program with a successful record of improving the diet of infants, children and pregnant, postpartum and breastfeeding women who are at risk for nutrition-related illness. The main focus of WIC is educating mothers about proper nutrition for babies and young children. WIC encourages all qualifying women to enroll in WIC as soon they discover they are pregnant.

Nutrition services at WIC include:

- Nutrition Classes
- Individual counseling about nutrition needs and concerns
- Classes on how to breastfeed
- Peer Counselor Program



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- Social services and medical referrals
- Immunizations or referral for immunizations (*no immunizations provided in local Austin offices*)
- Supplemental food packages

17. Youth InterACTIVE

www.youthinteractive.org

Pat Sutton

7801 N. Lamar, D-106

Austin, TX 78752

pat@youthinteractive.org

(512) 533-9555

Based in Austin, Youth InterACTIVE is a 501 (c) (3) non-profit, youth social marketing organization. Youth InterACTIVE inspires and empowers youth to drive positive trends in health, education and civic participation. Youth InterACTIVE works with national leaders and institutions to develop and manage cost-effective, scalable and sustainable solutions which utilize new media, existing infrastructure and the untapped power of youth as agents of positive social change. Youth InterACTIVE believes an ACTIVE lifestyle is one that values health and fitness, lifelong learning and civic participation.

Youth InterACTIVE inspires and empowers young America to actively and effectively manage their health, their education and their community. In turn, youth are empowered to serve as agents of positive social change in their lives and the world around them.

The programs, products, technology, media and events which comprise the ACTIVE Life model most directly align with the health education, physical education, health services, nutrition services, healthy school environment, health promotion for staff and family/community involvement components of the coordinated school health program model. The ACTIVE Life System features a wide array of innovative programs for K-12 youth and their families, including in-school, after school, out of school and at home programs.

Programs include:

- **ACTIVE Life Challenge** – FREE, 8-week program, youth and their families form teams to work together to accomplish weekly fitness-and nutrition-based challenges.
- **ACTIVE Like Me!** – ACTIVE Like Me! is a physical activity- and nutrition-based program utilizing theme-based activities to create a fun, physically active environment for participants of elementary age.
- **ACTIVE Sports** – ACTIVE Sports is an alternative and traditional sports and activities-based program that provides sport-specific skill development, fun sports challenges, and game time for upper elementary, middle, and high school age participants.
- **ACTIVE Family Club** – ACTIVE Family Club program provides parents/caregivers and children the opportunity to learn and put into practice healthy fitness and nutrition concepts as a family unit.
- **Born To Run™** – Born To Run™ enhances physical conditioning through game based programming and educates, engages and empowers kids to achieve a healthy and active lifestyle.



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*Michael & Susan Dell Center for Advancement of
Healthy Living*

18. Youth Launch

<http://www.youthlaunch.org>
7756 Northcross Drive, Suite 203
Austin, TX 78757
(512) 342-0424

Youth Launch believes service is a powerful and effective strategy for positive youth development. Youth Launch develops empowering service programs for young people, through which participants gain new knowledge and skills, form positive and influential bonds with peers and adult role models, improve their self-esteem and efficacy and develop a strong sense of social responsibility.

One of Youth Launch's newest programs, Urban Roots, is a youth development program that uses sustainable agriculture as a means to affect lasting change for youth participants, and to nourish East Austin residents who currently have limited access to healthy foods. On a one acre urban organic farm, the project provides employment, life and job skills, and service opportunities to under-served youth in East Austin aged 14-17. Field trips to the farm are available for elementary and middle school youth.

Urban Roots has partnered with the Sustainable Food Center in its operations at food stands and farmers' markets throughout the city.

Urban Roots hires 15 "farm interns" in January to work on a small urban farm during Youth Launch's spring and summer programs. Youth Launch donates 40% of their produce to hunger relief organizations.

II. Resources

19. American Cancer Society

Understanding the Coordinated School Health Program
www.cancer.org (search – Coordinated School Health)

The American Cancer Society is a nationwide community-based voluntary health organization for cancer research, education, advocacy and service. The ACS is dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer.

The ACS website describes different coordinated school health components and provides helpful links for:

- Health Education
- Physical Education
- Health Services
- Family/Community Involvement
- Nutrition Services
- Health Promotion for Staff
- Counseling, Psychological and Social Services
- Healthy School Environment



20. Austin Partners in Education

www.austinpartners.org

701 Brazos Street, Suite 480

Austin, TX 78701

(512) 637-0900

Austin Partners in Education (APIE) is a 501(c)(3) non-profit organization that creates and fosters effective community and school partnerships to prepare AISD students for college and careers.

Austin Partners in Education began in 1983 as a partnership between the Greater Austin Chamber of Commerce and the Austin Independent School District. Austin Partners in Education works with schools and other education support groups to identify best practices, evaluate them quantitatively and qualitatively, then marshal business and foundation resources to pilot and expand successful programs.

Their flagship study group programs bring volunteers into the classroom during the school day to promote student engagement and achievement and to support teachers in reaching their own instructional goals. The initial focus of these programs is to support Title I schools and students from under-resourced communities. Through the Adopt-a-School program, Austin Partners in Education acts as a point of contact for donors and volunteers.

Programs include:

- **College Readiness** – Effort to help more students go to college. Volunteers tutor high school juniors and seniors in reading, writing, or math.
- **Partners in Math** – Develops student confidence and an interest in math. Small group learning supports deeper understanding.
- **Partners in Reading (Elementary)** – Works with 2nd grade students to increase their fluency. Materials are structured and activities encourage young readers.
- **Compañeros en Lectura** – This Spanish-language version of the Partners in Reading program operates in bilingual classes.
- **Partners in Literature** – Leads group discussions about engaging texts with middle or high school students to promote reading comprehension.
- **Partners in Technology** – Helps middle school students understand how a computer works — including taking apart the hardware, installing software, diagnosing and trouble-shooting, and safe Internet use.

21. Dairy Max

www.dairymax.org

2214 Paddock Way Drive, Suite 600

Grand Prairie, TX 75050

(972) 603-4700

Fax (972) 641-0269

Dairy MAX has joined over 50 national organizations to promote healthy school environments. Action for Healthy Kids works to reduce childhood obesity and overweight by improving nutrition and physical activity in schools. Program partners include the School Nutrition Association, American Association of School Administrators, National School Board Association and the National Football League.



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Dairy MAX is a non-profit organization that is financed and directed by the dairy producers in Oklahoma, New Mexico and Texas. Dairy MAX is charged to implement programs that help increase sales and demand for dairy products and dairy ingredients and help improve the economic well-being of dairy producers. Dairy MAX programs are implemented with partnerships to extend the health message: milk, cheese and yogurt for a lifetime of good health. Dairy MAX also works with teachers, school food service departments and community leaders to develop sound and effective dairy nutrition education programs.

School nutrition focuses upon the following program areas:

- Classroom Education
- School Food Service and the New Look of School Milk
- Action for Healthy Kids
- National Football League Partnership

22. FamilyConnections

www.familyconnectionsonline.org

825 E 53rd 1/2 St # E101

Austin, TX 78751

(512) 478-5725

FamilyConnections is a non-profit organization committed to improving the development of young children and building a strong foundation for their success by educating and supporting the adults in their lives – parents, child care providers, teachers and community leaders.

Services include: The Family Place Library (children's books and educational toys; books on child development for child care professionals and books on parenting; resources for parents and child care professionals) • the mobile library - the Resource Center on Wheels • teacher training workshops and individual mentoring programs • parenting classes • The Parents of Newborns Project – individual meetings with all parents of newborns in five area hospitals to provide parenting resources and information • Celebration of Families, the city's annual parenting festival • child care referrals and other forms of information to educate families • child care resource development and documentation of the child care supply • training and technical assistance for child care providers, including mentoring and accreditation support programs • working with employers to develop employer-assisted child care programs • administration of child care voucher programs for special populations, including low-income, homeless and teen parents • information and advocacy in the community regarding child care issues.

- FamilyConnections was recently awarded a three year grant aimed at improving local breastfeeding rates and the duration of breastfeeding. By providing support services in the hospital, child care settings and workplace environments, FamilyConnections will work with and provide resources to support child care providers in becoming a "Nursing Mother Friendly" program.
- FamilyConnections' library contains various resources on childhood obesity and nutrition. Parent newsletters with information related to nutrition are also available to the public.
- Parent courses are taught in schools and available in Spanish. Topics vary and depend on parent requests. Health and nutrition have been previous topics presented. Parent courses are also taught in collaboration with the Travis County Housing Authority.
- As a STEPS partner, FamilyConnections provides free trainings, resources and on-site consultation to child care programs to promote the health and fitness of the community's youngest citizens and their families.



23. Keep it Healthy

www.keepithealthy.org

keepithealthyaustin@yahoo.com

The core of Keep It Healthy is “To Your Health!,” an 18-week lifestyle intervention curricula that teaches healthy lifestyles and addresses multigenerational obesity issues to vulnerable families in Central Texas. This family oriented and culturally sensitive program addresses factors of multigenerational obesity by directing attention to cultural patterns, energy imbalance, physical inactivity and the need for behavior modification. The program also mitigates the confusion surrounding nutrition and weight loss through education and continuous professional and peer support. Since cultural competency is a key value, every aspect of programming recognizes and celebrates the culture, language and values of target populations. As a result of collaborations with faith-based organizations, schools and community centers the program is effectively integrated into the community. All services are provided in English and Spanish.

To Your Health! includes a combination of:

- cooking workshops
- nutrition workshops
- individual nutrition consultation
- behavior modification counseling
- exercise programs, and
- walking groups

The nutrition workshops cover diabetes awareness and consumer and food label education; while behavior modification counseling uses techniques to help participants develop:

- Self-control to aid in weight-loss and weight maintenance
- Self-efficacy for program adherence
- Positive emotional coping responses that provide a framework to change negative behaviors into positive solutions, and
- Self-motivation through the use of reinforcements targeting desired behavior outcomes

All classes are held in English and Spanish. Exercise classes are offered in collaboration with the YMCA and the walking groups are part of the Austin/Travis County Health Department’s Walk Texas program.

24. Rotary Club

www.rotary-austin.org

Rotary District 5870:

4121 Mek Drive

Austin, TX 78731-2711

(512) 250-5488

The Rotary Club of Austin is made up of business, professional and social leaders in Austin. It is the largest of 13 clubs in the area with over 300 members. Rotarians meet once a week for fellowship, committee planning and to hear a speaker from the community. The mission or purpose of the club is to encourage and foster service as a worthy enterprise.

Potential opportunities for collaboration:

- District Rotary Club – Opportunities for district level broad communication and leadership training with various local rotary clubs.



- Austin Downtown Rotary Club – Funding opportunity for radio advertisements and other potential projects.

25. Salud es Vida...¡Entérate! Univision

<http://www.univision.com/content/videoplayer.ihtml?cid=1610090>

2233 West North Loop Boulevard

Austin, TX 78756

Channel 62

(512) 453-0581

(512) 533-2890 (News Desk)

"Salud es Vida...¡Entérate!" is a national effort designed to raise awareness, increase knowledge and encourage positive health decision-making. The initiative leverages Univision's diverse media assets to educate its audience on health issues and promote primary prevention, habits of healthy living, access to care and disease-specific prevention and treatment.

In its more than 40 years of operation, Univision Communications has created, as part of its public service, award-winning programs and initiatives that address the issues and challenges faced by Hispanics including, "Salud es Vida...¡Entérate!" and the national engagement, "Ya es Hora."

26. Team Nutrition

<http://www.fns.usda.gov/tn/>

USDA's Team Nutrition

3101 Park Center Drive, Room 632

Alexandria, VA 22302

(703) 305-1624

USDA's Team Nutrition is an integrated, behavior based, comprehensive plan for promoting the nutritional health of the Nation's children. This program involves schools, parents and the community in efforts to continuously improve school meals and to promote the health and education of 50 million school children in more than 96,000 schools nationwide.

The goal of Team Nutrition is to improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines for Americans and *MyPyramid*. Schools are the key focal point for Team Nutrition. They are invited to enroll as "Team Nutrition Schools," affirming their commitment to take the lead in making nutritional changes, conducting nutrition education activities and events and using innovative materials from the USDA Food and Nutrition Service (FNS). Emphasis is placed on working through state agencies to recruit Team Nutrition Schools as well as develop training support systems necessary for local implementation.

Team Nutrition uses three strategies to change behavior:

- Training and Technical Assistance for Healthy School Meals
- Nutrition Education
- School and Community Support

Broad support is needed to provide nutritious meals, nutrition education and healthy school and community environments. Adults can provide this support and positive messages in a variety of ways, through their actions and decisions.



27. Texas Action for Healthy Kids

www.actionforhealthykids.org
stateteams@actionforhealthykids.org

Action for Healthy Kids is a public-private partnership of more than 60 national organizations and government agencies representing education, health, fitness and nutrition. Action for Healthy Kids addresses the epidemic of overweight, sedentary and undernourished youth by focusing on changes in schools to improve nutrition and increase physical activity.

The Texas Team works with all state agencies as well as other organizations to implement programs and policy that address nutrition and physical activity in schools. TAHK has worked with the Texas Department of Agriculture to facilitate and gain support for a strong school nutrition policy; developed and implemented trainings with the Texas Education Agency to support quality physical education and Coordinated School Health Programs; works with the Texas Department of State Health Services to facilitate school health advisory council (SHAC) training, and with the Texas Association of School Boards developed a Wellness Policy template for use by Texas school districts. Through a variety of grant programs, TAHK has piloted after-school and student led initiatives as well as state-wide webcasts to share successful initiatives from a variety of school districts.

In collaboration with Texas PTA, Texas Action for Healthy Kids designed a step-by-step guide to creating a successful local wellness policy and distributed it to over 4,000 PTA members, including over 1,900 PTA presidents in Texas.

28. Texas Association for Health, Physical Education, Recreation, and Dance

<http://www.tahperd.org/>
7910 Cameron Road
Austin, TX 78754
(512) 459-1299

TAHPERD is a not-for-profit professional association of individuals in the allied fields of health education, physical education, recreation and dance. This Texas-based association is composed of over 4,500 professional and student members serving educational institutions from kindergarten through college by providing resources regarding health, recreation, physical education and dance. TAPHERD members have access to publications, newsletters, career and resource services, programs (Jump Rope for the Heart and Hoops for the Heart) and member e-services.

29. Texans Care for Children

www.texanscareforchildren.org
814 San Jacinto Suite 201
Austin, TX 78701
(512) 473-2274

Texans Care for Children is a non-partisan, nonprofit network of individuals and organizations advocating for improvement of the well-being of children across the state. Texans Care also offers advocacy training for the public.

Presently, Texans Care for Children is the only multi-issue advocacy organization dedicated exclusively to improving the lives of Texas children. Their multi-issue efforts encompass:

- Child poverty and family economic security



- Child and maternal health
- Children's mental health
- Early care and education
- Child welfare
- At-risk youth and juvenile justice

30. Texas Beef Council

<http://www.beefnutrition.org/materialsanddownloads.aspx>

(512) 335-2333

The Texas Beef Council (TBC) is a non-profit organization charged with the promotion and marketing of beef and beef products in Texas. Go to their website to find Healthy Lifestyle information and:

- **Online Catalog** – free and inexpensive items to order
- **Reproducible Downloads** – handouts, graphics, booklets, and fact sheets
- **PowerPoint Presentations**
 - Strong Minds Strong Bodies – nutrition and school foodservice
 - Nutrition Research – Iron, Zinc, Dietary Beef and Cognition
 - Energy – Everyday Solutions for Everyday Health

31. Texas Department of Agriculture

www.agr.state.tx.us/

www.squaremeals.org

1-888-TEX-KIDS

squaremeals@tda.state.tx.us

The Texas Department of Agriculture (TDA) is a state agency established by the Texas Legislature in 1907. The commissioner of agriculture, who is elected in the general election every four years, heads the agency. The current commissioner, Todd Staples, was elected in 2006.

The mission statement of the Texas Department of Agriculture is:

Partner with all Texans to make Texas the nation's leader in agriculture, fortify our economy, empower rural communities, promote healthy lifestyles, and cultivate winning strategies for rural, suburban and urban Texas through exceptional service and the common threads of agriculture in our daily lives.

The Food and Nutrition Division administers the U.S. Department of Agriculture's School Lunch, School Breakfast, Summer and After School Snack Programs in Texas public schools. In addition to ensuring that schools provide meals that comply with applicable state and federal regulations, division staff also offer technical assistance and training to school district child nutrition professionals to help them stay abreast of state and federal policies, as well as process all reimbursements to schools that participate in the Child Nutrition Programs.

Square Meals, a TDA outreach and education initiative, guides educators, nutrition professionals and parents in improving student nutrition and health. To learn more about Texas school meal programs visit the Web site at <http://www.squaremeals.org>.



32. Texas Department of State Health Services Cardiovascular Health & Wellness Program

<http://www.dshs.state.tx.us/wellness>

1100 West 49th Street
Austin, TX 78756
(512) 458-7200

The Cardiovascular Health and Wellness Program provides technical assistance, training and consultation on the development of policy and environmental change strategies to decrease risk factors for heart disease and stroke and increase chances for people in Texas to establish a heart and stroke healthy lifestyle. Targeted sites include worksites, schools, food establishments, communities and healthcare settings.

The Cardiovascular Health and Wellness Program:

- Promotes worksite wellness resources and programs
- Promotes a Texas Plan to Reduce Cardiovascular Disease and Stroke
- Coordinates the Texas Council on Cardiovascular Disease and Stroke
- Conducts health education outreach and provides Texas Cardiovascular Health Promotion Awards
- Provides data on chronic disease prevalence and indicators
- Provides resources and examples of community policy and environmental change strategies
- Provides reports and publications
- Has developed a Stroke Systems of Care Initiative in collaboration with American Heart Association and American Stroke Association

33. Texas Department of State Health Services Nutrition, Physical Activity and Obesity Prevention Program (NPAOP)

www.texasbringinghealthyback.org

1100 West 49th Street, T-406
Austin, Texas 78756
(512) 458-7200 or (512) 458-7111

Vision: Healthy Foods and an active lifestyle are the easy choice throughout Texas communities.

The state Nutrition, Physical Activity & Obesity Prevention Program (NPAOP) works to reduce the burden of death and disease related to overweight and obesity in Texas. They base their activities on the most current and proven public health strategies to prevent and control obesity and overweight. Through

partnerships with organizations, groups and communities at both the state and local level, they promote science-based nutrition and physical activity interventions, as well as policy and environmental changes.

NPAOP serves an advisory function to other public health programs and agencies. NPAOP also provides resources and funds to programs in the community that focus on policy and environmental changes.

NPAOP has recently released *Updates for the Strategic Plan for the Prevention of Obesity in Texas: Tracking progress, refining targets, and evaluating implementation*. This update contains a thorough review of current evidence-based strategies for the six principal target areas: increasing physical activity, increasing consumption of fruits and vegetables, decreasing consumption of sugar-sweetened beverages, reducing consumption of high-energy-dense foods, increasing breastfeeding initiation and duration and decreasing television viewing.



Current Agency-Wide Efforts Related to Obesity and Overweight include:

- Interagency Obesity Council
- Updates for the Strategic Plan for the Prevention of Obesity in Texas: Tracking progress, refining targets, and evaluating implementation
- Strategic Plan for the Prevention of Obesity in Texas: 2005-2010

Current NPAOP Project-Highlights:

- Tex Plate Restaurant Intervention
- Farm to Work Initiative
- Getting Fit Texas Training Curriculum for *Promotoras* (Community Health Workers)
- The Texas Active Living Network (TALN)

34. Texas Department of State Health Services School Health Program

<http://www.dshs.state.tx.us/schoolhealth/fridaybeat.shtm>

Texas Department of State Health Services
Child Health and Safety Group
School Health Program, MC 1923
P. O. Box 149347
Austin, TX 78714
(512) 458-7279

The mission of the School Health Program is to provide leadership and support to communities in their efforts to meet the health services and health education needs of their children in a school setting. The goals of the School Health Program are to be a central resource to communities, increase access to healthcare for all Texas children, ensure infrastructure to support schools, increase collaboration and partnerships and expand reporting effectiveness.

The Friday Beat, a newsletter for anyone interested in school health issues includes:

- Current and relevant postings on school health education and health services issues
- School health resources
- Professional trainings
- Grant information
- Best practices for school health
- School nurse practice information
- Coordinated school health resources and activities
- State policies and statutes
- Urgent or timely state and national updates

35. Texas Diabetes Council

<http://www.dshs.state.tx.us/diabetes/>
1100 West 49th Street
Austin, TX 78756
(512) 458-7490

The mission of the Texas Diabetes Council is to effectively reduce the health and economic burdens of diabetes in Texas. The Texas Diabetes Council addresses issues affecting people with diabetes in Texas and advises the Texas Legislature on legislation that is needed to develop and maintain a statewide system of quality education services for all people with diabetes and the health care professionals who care for them.



The programs and activities of the Texas Diabetes Council are made possible through state and federal funding and partnerships with other organizations across the state that share the Council's vision of a Texas free of diabetes and its complications.

The Texas Department of State Health Services administers grant-funded initiatives and contracted services, while Council members serve on numerous committees and work groups addressing current issues affecting people with diabetes and those at risk.

For more information on diabetes and a listing of state and national websites devoted to diabetes, offering a wide range of information geared at the individual with diabetes and health care professionals alike, can be found under the "Publications & Resources" section of the Texas Diabetes Council website. Some of the materials or websites may be featured in greater detail in other areas of the Texas Diabetes Council website, so be sure to check out the rest of this site for more information.

Programs:

- Community Diabetes Service Project Sites
- Educational Materials
- Diabetic Eye Disease Program
- Professional Education
- Youth and Diabetes

36. Texas Parent Teacher Association (PTA)

www.txpta.org

1-800-TALK-PTA

The promise of public education is to create the next generation of healthy, educated, productive citizens ready to face the challenges of a 21st century world. Teaching children healthy habits for a lifetime is one of the best ways PTA can help families and children realize their dreams.

The PTA Healthy Lifestyles website has information, ideas and resources to help individuals work with students, families, schools and their community to create healthier home and school environments where children learn healthy habits for a lifetime of good health.

37. The Austin Project

www.theaustinproject.org

5221 Ledesma Rd.

Austin, TX 78721

(512) 414-6825

The Austin Project (TAP) acts as a catalyst to target gaps in services and resources that exist in low-income communities and schools. They work through collaboration, supporting grassroots efforts to develop sustainable systems that provide long term, effective service to communities.

Current TAP initiatives include:

- TAP serves as key partner and fiscal agent for the St. John's Community/School Alliance. They support the Webb Family Resource Center (FRC) and are developing FRCs at Pickle Elementary and Reagan High School to support family stabilization, improved academic performance and to reduce the high mobility rate of families in the St. John's Community. They support



communication and transition programming for families, community engagement and the revitalization of schools and neighborhoods.

- TAP Tutoring Initiative, a 5 year partnership with the City of Austin and the University of Texas at Austin matches high-need elementary school children at Ortega, Govalle and Oak Springs with UT-Austin students who provide school-based tutoring support to 150+ children each year.

Along with other initiatives in the past, TAP integrated the health and wellness needs of young families by piloting health clinics within elementary schools in Austin.

38. United Way Capital Area

www.unitedwaycapitalarea.org

2000 E. MLK Jr. Blvd.

Austin, TX 78702

(512) 472-6267

United Way Capital Area helps and collaborates with hundreds of local nonprofit agencies, providing financial, volunteer and advocacy support. United Way also advocates for social issues, convenes community leaders from across all sectors to solve local human services problems, provides volunteers for a myriad of local projects, studies and addresses long-term solutions to emerging social challenges and raises funds through workplace campaigns and individual donors.

Their work:

- **Education** – Focused on early education and youth.
- **Health** – Focused on older adults, behavioral health and primary care.
- **Financial Stability** – Focused on families and individuals.
- **2-1-1** – Provides referrals to health and human service agencies, nonprofit and faith-based organizations, disaster relief resources and volunteer opportunities.
- **Hands on Central Texas** – The mission of Hands on Central Texas is to connect people with high quality volunteer and leadership experiences. The website www.handsoncentraltexas.org has a database with volunteer opportunities and the ability to register online. Organizations and local initiatives do not need to be an official partner of United Way Capital Area to post volunteer opportunities on the website. About 400 non-profits collaborate with Hands on Central Texas. Recently they have begun working with AISD parent support specialists and administrators. Examples of recent collaborations include, providing training for the AISD District Advisory Board on how to build capacity, identifying and promoting volunteer opportunities and leading volunteer projects. Current plans are underway to enhance work with parent support specialists.
- **Community Engagement** – Promotes community work, networking and volunteer opportunities.

III. Medical Services/Outreach to Schools

39. Amerigroup Community Care

<http://www.myamerigroup.com/English/Pages/SelectLOB.aspx>

823 Congress Avenue, Suite 400

Austin, TX 78701

(512) 382-4970

Provides various healthcare plans for the financially vulnerable, seniors and people with disabilities through publicly-funded (*free to the consumer*) programs.



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Locally, Amerigroup Community Care manages the STAR and STAR PLUS Medicaid programs for Austin and surrounding areas.

Amerigroup participates in an annual back to school night event and various school events with parent support specialists.

40. Children's Health Express Mobile Clinic

www.dellchildrens.net

(512) 324-0260

The mission of Children's Health Express is to address the health needs of children who do not have a medical home. The mobile health team delivers primary and preventive pediatric health care at several school sites to bring quality care into the neighborhoods. Call to make an appointment.

Services include:

- Well-child exams
- Immunizations
- Acute illness
- Sports Physicals

Children's Health Express is staffed with experts in pediatric care.

- Board Certified Pediatrician
- Family Nurse Practitioner
- Licensed Vocational Nurse
- Licensed Medical Social Worker

41. Ventanilla de Salud

Consulate General of Mexico, Austin

800 Brazos Street, Suite 330

Austin, TX 78701

(512) 478-2866 ext. 177

acrawford@capitalahec.org

The Ventanilla de Salud provides bilingual, bicultural health education, access and outreach to the immigrant and Latino families inside the Consulate General of Mexico, Austin. The Ventanilla de Salud offers a bi-monthly mobile health clinic, referrals to free and low-cost health services, preventative health care information, access to nutrition and exercise programs and referrals to community services such as ESL and parenting classes. All services of the Ventanilla de Salud are free of charge. All persons are served regardless of migratory status.



IV. Coalitions working with Schools

42. AISD School Health Advisory Council (SHAC)

<http://www.austin.isd.tenet.edu/schools/shac>

Tracy Lunoff

AISD School Health Coordinator

1111 West 6th Street

Austin, TX 78703

(512) 414-9778

tdiggs@austinisd.org

A School Health Advisory Council (SHAC) is a school board appointed advisory group of individuals who represent different segments of the community. By law, a majority of the members must be persons who are parents of students enrolled in the district and who are not employed by the district. The AISD SHAC is made up of parents, community members, students, and school staff working together to improve the health of all students and families through coordinated school health programs.

Interested in getting involved? Become knowledgeable about district efforts to create healthy learning environments, read the AISD Wellness Policy, work with your school's PTA and principal to help implement the policy and attend monthly SHAC meetings.

43. Children's/AISD Student Health Services Task Force

<http://www.austin.isd.tenet.edu/schools/shac/hsc.phtml>

Tracy Lunoff

AISD School Health Coordinator

1111 West 6th Street

Austin, TX 78703

(512) 414-9778

tdiggs@austinisd.org

The AISD School Health Advisory Council Health Services Committee works with Children's/AISD Student Health Services as part of a comprehensive student health collaboration committed to optimizing the health and well being of children and families by coordinating education, prevention, primary care, public

health services and advocacy. The Children's/AISD Student Health Services Program is implemented by a team of Registered Nurses (RN) and School Health Assistants (SHA). In conjunction with the AISD staff, they provide care for students during school hours. Interested in getting involved? Join the AISD SHAC Student Health Services Committee/Children's/AISD Student Health Services Task Force.

AISD Student Health Services include:

- Health Screenings
- Immunization Compliance
- Health Education
- Sick Child Care/Emergencies
- Medication Management
- Case Management of Students with Special Health Needs
- Disease Surveillance/Prevention of Infectious Diseases
- Risk Management
- Networking



- Parent Contact/Home Visits

44. Central Texas Diabetes Coalition

Cynthia A. Batchner RN, BSN, PHN, CCM
Integrated Care Collaboration
(512) 804-2090 x 210
cbatchner@icc-centex.org

Karina Loyo, Ph.D., M.B.A.
Austin/Travis County Health and Human Services
(512) 972-6762
karina.loyo@ci.austin.tx.us

The Central Texas Diabetes Coalition is a network of health professionals and advocates focused on the prevention and treatment of diabetes. The coalition identifies diabetes prevention resources that are needed in the community and works with community members and agencies to promote healthy lifestyle programs and distribute resources. The coalition promotes programs that are coordinated through the Austin/Travis County Health & Human Services (ATCHHS) 4 year Diabetes grant. These programs include the Sustainable Food Center's The Happy Kitchen/*La Cocina Alegre™* cooking class, ATCHHS Walk Texas Physical Activity program and Texas AgriLife Extension's Do Well, Be Well with Diabetes program.

With the help of UT nursing students, the coalition has developed an English and Spanish diabetes personal guide. Over 10,000 personal guides were printed and distributed to more than 150 locations such as churches, pharmacies and physicians. Currently, the coalition is developing a strategic plan for the prevention and treatment of diabetes and is in the process of recommending the adoption of the PHQ-@ and PHQ-9 as screening tools within the healthcare setting to promote mental health screening. The coalition is also seeking to become more involved with the faith-based community. In the past, the coalition promoted physical activity resources such as Active Austin and Parks and Recreation Department Guides to various healthcare centers and pharmacies in the community. The coalition also created, printed and distributed a Diabetes Resource Guide that maps diabetes resources within the community.

45. Safe Routes to School Coalition

www.dot.state.tx.us/services/traffic_operations/safe_routes_to_school/safe_routes.htm

Austin / Travis County Health & Human Services Department
Public Health Educator
Injury Prevention Program
Austin/TC Health and Human Services Dept.
(512) 972-5120

Safe Routes to School (SRTS) programs create practical projects to make school routes safer for children to walk and bicycle, such as sidewalks, crosswalks and bicycle facilities. Community leaders, parents and schools also use education programs to help children travel safely to and from school. SRTS works to make walking and biking to school safer and more appealing to children, including those with disabilities. SRTS projects and activities reduce traffic, fuel consumption and air pollution near primary and middle schools (grades K-8).

The purpose of the Austin Safe Routes to School coalition is to

- Provide input, guidance and feedback
- Provide assistance on activities
- Collaborate and network to get kids walking/biking

Safe Routes to School is currently targeting the following schools: Andrews, Blanton, Harris, McBee, Metz, Sanchez, Wooten and Zavala Elementary and Martin and Pearce Middle School.



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V. Community Support

46. Any Baby Can

www.abcaus.org

112 East 7th Street

Austin, TX 78702

(512) 453-3743

1-800-672-0238

Fax (512) 454-0205

info@abcaus.org

The parent educators in the Healthy and Fair Start (HFS) Program work side by side with families by teaching parenting skills, child development, home safety, nutrition and providing family support and counseling.

ABC home parent educators assess the family's needs and work with the family to set goals for developmental growth. HFS staff makes weekly home visits to families and work side by side with the parents teaching them to sit on the floor and play with their children to encourage early learning. Parent educators teach parents how to introduce books and picture books with babies, teach to share toys and take turns, use positive discipline and reward good behavior, and teach effective communication (both parents and children).

*Eligibility for in-home services: Families of Children from birth to 5 years of age. Priorities given to families living within their service area (78702,04,21,23,41,44,45,53,54,58, 78660), but others may apply.

47. Austin YMCA

<http://www.austinyymca.org>

The purpose of the YMCA of Austin is to enhance the lives of men, women, boys and girls in the Austin community, regardless of race, creed, age, economic circumstances and physical or mental abilities, by providing quality programs, activities and facilities which develop and maintain opportunities and help individuals.

YMCA programs include:

- Aquatics
- Camps
- Afterschool Care
- Sports
- Basketball
- Soccer
- Baseball
- Kickball
- Health and Fitness – for youth programs such as pre-school movement, youth fitness, gymnastics, sports and teen fitness



THE UNIVERSITY of TEXAS
SCHOOL OF PUBLIC HEALTH
AUSTIN REGIONAL CAMPUS



*Michael & Susan Dell Center for Advancement of
Healthy Living*

48. Boys and Girls Club of the Capital Area

<http://bgcca.net/>

303 West Johanna

Austin, TX 78704

(512) 444-7199

Among various programs, the Sports, Fitness, Recreation Program emphasizes sports and fitness as a positive use of leisure time. Team and individual sports leagues help kids learn social skills, stress management and an appreciation for the natural environment.

Program Examples:

- **set2serve Clinics and Mini-Camps** – Professional tennis instructions provided on a monthly basis to Club kids; members who demonstrate a strong aptitude for the game are invited to quarterly workshops at the set2serve facility. In addition, set2serve scholarships are provided for up to 6 members a year into their program.
- **Inter-Club Sports Leagues** – Club members have the opportunity to participate in football, soccer and basketball leagues. Inter-club play promotes good sportsmanship, increased activity levels and positive social interaction.

49. Caribbean Fitness

<http://www.caribbeanfitness.net/index.html>

(512) 626-3907

caribbeanfitness@gmail.com

Caribbean Fitness promotes fitness at various community events such as the annual American Heart Association Health Fair, Univision Latina Women Health Fair and El Buen Samaritano Annual Health Fair. They educate, support and inspire people, especially Latinas, to make and reach their fitness goals through bilingual personal and group training programs that includes fitness assessments and nutritional guidance, group weight training and merengue-salsa aerobics classes. Caribbean Fitness also provides fitness and health presentations to corporate and governmental organizations and has a Worksite Wellness program to increase employee productivity and morale while decreasing overall cost.