



Improving Health Care and Outcomes for Residents of Lincoln Parish

Funding Summary

Initiative:	Healthier Beginnings
Project Name:	Lincoln Parish Schools <i>Smart Bodies</i>™ Program
Funding Period:	November 1, 2014 – October 31, 2015
Project Coordinator:	Kay Bradford
Project Administration:	Lincoln Parish School Board
Total Funding Requested:	\$ 9,396.80

Program Summary:

Smart Bodies is a program designed to improve children's health by promoting good nutrition and increased physical activity. Through the Louisiana Body Walk, a 35' by 45' walk-through exhibit representing the human body, students explore all vital organs, stopping at learning stations to participate in activities focused on the effects that different foods have on each organ. To date, Ruston Elementary, Alma J Brown, Glen View Elementary, Simsboro High School, Hico Elementary (now Dubach), Bethel Christian School, Howard School (Methodist Children's Home), & Cypress Springs Elementary have participated in the Smart Bodies Program previously funded by Lincoln Health Foundation. The goal is to make this program available to all elementary schools in Lincoln Parish and to encourage teachers to continue to use the informational materials with their students each year.

Program Goals:

1. To increase nutrition and physical activity knowledge and willingness to participate in physical activity
2. To increase consumption of fruits & vegetables of the participating children, both at school & at home
3. To increase parental awareness of their children's weight status.
4. To increase participants opportunities for physical activity in their community & school
5. To increase teachers' knowledge of nutrition
6. To increase parents' knowledge of the benefits of proper nutrition & physical activity