



LINCOLN HEALTH FOUNDATION

Improving Health Care and Outcomes for Residents of Lincoln Parish

Initiative:	Healthier Living
Project Name:	Parents' Academy for Lincoln Parish Schools and Parental Health & Educational Support Network
Funding Period:	January 17, 2011 – July 17, 2011
Date of Funding:	January 1, 2011
Project Coordinator:	Susan Black
Project Administration:	Family Child Studies Dept., and Nutrition Department of Louisiana Tech University
Total Funding Approved:	\$ 56,643.
Project Status:	In Progress

Program Summary

The purpose of the grant is to implement a Parents' Academy for the primary purpose of developing a forum for communicating with parents issues related to the health of children such as nutrition and general parenting skills, child growth and development milestones which will provide parents with the knowledge and skills to support their children's involvement with improved nutrition, increased physical activity, and success in school.

Grant Objectives:

The primary goals of the Parents' Academy Parental Health & Education Support Network program are to:

1. Increase parenting skills and promote positive parenting styles.
2. Increase parents' awareness of improving and supporting child and family nutritional choices.
3. Increase parent's physical activity knowledge and participation in family physical activity.
4. Increase children's physical activity knowledge and participation in family physical activity.
5. Decrease parents' and children's perceptions of stress levels.